



University of New Haven Athletics

2015-2016

This handbook will assist you in your role as a student-athlete at the University of New Haven. You should use the handbook as a resource tool. Some of the information you will need immediately, while some of the information will not be pertinent until later in your academic career. Please read the handbook in its entirety so that you understand what is expected of you as a student-athlete and what resources are available to you as well.

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ATHLETICS DIRECTORY

GENERAL INFORMATION

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300 Boston Post Road
West Haven, CT 06516

Phone: 203/932-7016

Fax: 203/932-7470

www.NewHavenChargers.com

ADMINISTRATIVE STAFF

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Robin Salters, Sr. Associate Director of Athletics / Senior Woman Administrator.....(203) 932-7022
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Larry Earnesty, Associate Director of Athletics / Compliance & Student Welfare ..(203) 932-7026
Andrew Beardsley, Associate Director of Athletics for Internal Operations ..(203) 932-7357
Daniel Ruede, Director of Athletic Communications ..(203) 932-7025

SUPPORT STAFF

Janet Dinihanian, Athletic Administrative Specialist.....(203) 932-7016
Chad Cooper, Athletic Communications Multimedia Specialist.....(203) 479-4118
Darren Hain, Head Athletic Equipment Manager ..(203) 932-7019
Nate Hepner, Director of Sports Medicine.....(203) 479-4890
Jon Dale, Assistant Athletic Trainer ..(203) 932-7407
Vicky Szymula, Assistant Athletic Trainer.....(203) 479-4889
Dr. Aaron Covey, Team Physician ..(203) 265-3280
Julie Muscarella, Graduate Asst. Athletic Trainer ..(203) 932-4889
Jake Cruz, Graduate Asst. Athletic Trainer.....(203) 932-7407

FACULTY ATHLETIC REPRESENTATIVE (FAR)

Dr. Charles Vigue ..(203) 932-7107

TITLE IX COORDINATOR

Carol Koziatek ..(203) 932-7479

COACHING STAFF

Baseball

Chris Celano (Head Coach) ..(203) 932-7468
Mike Mac Millan (Asst. Coach).....(203) 932-7459

Men's Basketball

Ted Hotaling (Head Coach) ..(203) 932-7024
Mark Palmieri (Asst. Coach).....(203) 932-7293

Women's Basketball

LaTonya Watson (Head Coach).....(203) 932-7098
Kamiko Williams (Asst. Coach) ..(203) 479-4511

Cross Country / Track (Men/Women)

Victor Parsley (Men's Head Coach) ..(203) 932-7021
Shaunnaya Williams (Women's Head Coach).....(203) 932-7021
Nicholas Noheimer (Head Cross Country Coach / Asst. Track Coach).....(203) 932-7021

Football

Chris Pincince (Head Coach)	(203) 932-7023
Brian Vaganek (Defensive Coordinator)	(203) 932-7457
Chris Smith (Assistant Head Coach/Offensive Line)	(203) 932-7458
Chris Nugai (Special Team Coordinator/Tight Ends)	(203) 931-2943
Anthony Baskerville (Wide Receivers)	(203) 932-2979
Desmond Anderson (Grad Assistant / Defensive Backs)	(203) 931-2948
Nick Music (Graduate Assistant / Wide Receivers)	(203) 931-2944
Michael Mortali (Running Backs)	(203) 931-2949
Anthony Mortali (Assistant Special Teams Coordinator/Linebacker)	(203) 931-2947
Adam Schultz (Wide Receivers)	(203) 931-2944
Dave Pagnetti (Defensive Line)	(203) 931-2944

Women's Lacrosse

Jen Fallon (Head Coach)	(203) 932-7464
Ariana Parker (Graduate Assistant)	(203) 932-7464

Men's Soccer

Donald Hathorn (Head Coach)	(203) 932-7027
Salvatore Ditommaso (Graduate Assistant)	(203) 932-7027

Women's Soccer

Laura Duncan (Head Coach)	(203) 932-7044
Nicole Pacapelli (Graduate Assistant)	(203) 932-7044

Softball

Jen Starek (Head Coach)	(203) 932-7045
Leah McIntosh (Graduate Assistant)	(203) 932-7045

Women's Tennis

Alexandra Leatu (Head Coach)	(203) 931-2916
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Women's Volleyball

Robin Salters (Head Coach)	(203) 932-7022
Amber Cannady (Asst. Coach)	(203) 479-4194
Ana Pego (Graduate Assistant)	(203) 479-4194

OTHER IMPORTANT NUMBERS

EMERGENCY	911
Bursar's Office.....	(203) 932-7217
Campus Police	(203) 932-7014
Campus Police Emergency	(203) 932-7070
Center for Learning Resources.....	(203) 932-7215
Health Services	(203) 932-7079
Financial Aid.....	(203) 932-7315
First Year Success Center	(203) 479-4581
Office of Academic Services	(203) 932-7436
Registrar's Office.....	(203) 932-7309

Get the Latest Alerts texted to your cell phone or PDA, via RSS feed, or in your email.

Your information, the way you want it.

Receive important UNH updates via e2campus, a messaging service that sends instant messages to your cell phone, wireless PDA, pager and e-mail address. Be among the first to know about school closings, news and events, parking advisories, and more. You can sign-up or log-in to manage your account at the address below:

<http://www.newhaven.edu/2399/>

All users receive these notifications: Emergency conditions

Recommended notifications: Weather Alerts, Parking Alerts

Additional options: Athletics, UNH New and Events, Computer Network updates, and more

STUDENT-ATHLETE REMARKS

My remarks to my fellow student-athletes, upon reflecting on my career as a Charger:

When I sit back and think about my last four years here at University of New Haven, it sometimes amazes me how far I have come not only as a student, or an athlete, but as a person. I can truly say that I could not have had the success that I have had without the amazing support system that I had on a daily basis. I remember how fearful I was as a freshman, I had no idea how I would fit in on my track team, or how I would do academically, or even what I wanted to do with my life. Quickly as my first collegiate track season began, I realized that with the countless hours spent lifting, practicing and those 30 minute scheduled meetings with coach that turned into a whole day meeting, I was going to have to find a way to handle the demands of my first college semester.

Often times I was mentally defeated, confused and felt hopeless. But then I found balance. I realized that if I wanted to get the grades that I desired, I needed to use instances such as when professors let class out early and the short time between class and practice to get any homework done that I could. I learned that my planner was going to become my best friend. I began to organize my entire week, making goals and deadlines for assignments and trying my best to stick to my plan. I realized the importance of time management and organization. My mother always told me “Organization is the key to life”, and that is something that has truly carried me through college. In the beginning of my college years, I would quickly become frustrated if something came up that took me away from my plan, I would stress out myself out and ultimately begin to believe that I would never finish the assignment. Somehow, however, I always seemed to get everything done and I learned that stress was not the answer. As time went on, I realized that living in the society we live in, it is almost impossible to avoid unforeseen circumstances that take us off of our plans, but I have learned to remain calm and confident and have ultimately enjoyed myself more because of that realization. The hard work that I put in everyday has truly paid off, as I can proudly say I have completed five of my seven semesters with a 4.0 GPA.

Of course when I reflect back on my four years, I remember all of my academic success, but the one part of my college experience that I will remember the most is being a part of the track team where I learned so much about myself. I can truly say that I would not be where I am today without the support that I received every day from strangers that quickly turned into my family. I have learned what it means to work hard and the reward that comes from working hard. In a sport like track, the responsibility is so much on the individual. If you do not put the work in, you will not get the results. Coach LaSure always told us, if we had no excuses, we would have no regrets, and I adhered to that principle, as every winter and summer break, if you needed me, you could find me training at the track. I learned leadership skills and what it took to be a positive role model for the underclassmen by leading through example and having good communication skills. I am lucky enough to be a part of SAAC, the Student Athlete Advisory Committee, where I learned even more leadership skills and have helped to be a voice for my team. I also learned the importance of teamwork and how vital it is to work together as a team both in and out of championship season. There are so many life lessons that I learned from track that I will carry over with me into my professional life. However, even with all of these life lessons, I always let fear hold me back from fulfilling my greatest potential on the track. But then I found the importance of taking chances.

My collegiate track career has had its fair share of successes and disappointments and plenty of injuries that have kept me from participating in what I love to do. It truly seems as if it was just yesterday I had my first college meet, and then I blinked, and here I am now speaking in front of you with only a few more meets left under my belt. I know I wasted too much time being afraid, not truly believing in myself, and not seizing every opportunity as I should have. This year, it finally hit me that this would be my final year running track, and I could not leave here with regrets. I had to find a way to fulfill the talent that I had been too afraid to fulfill before. I began taking risks and being confident in my abilities. I began working on my mental toughness, and the results this year have been amazing. Success truly came for me when I put away my excuses, closed the door on my fears, and truly began to enjoy the journey. My biggest advice right now to everyone on my team is to not wait for tomorrow or the next meet, because that opportunity is never promised. I learned this year the importance of living in the moment, and to take every opportunity as if it is my last. I have learned to be the best version of me that I can be on a daily basis, and as long as I give 100% effort every day, I know that I have done something right. Most importantly, I have learned the value of failure. So often, I find that we are so fearful of

failure that we ultimately fail to realize the importance of the lessons we learn from those failure. I am so thankful for all the failures that have happened in my life, including the fact that injuries and lack of mental toughness held my teammates and I back at Nationals this past week. I have taken this situation and grown from it, making myself better from the situation and learning more about myself in the process. From failure, I have learned to trust and believe in the process. Failure has taught me that the biggest definition of my character is not how hard I get knocked down, but how hard I fight to get back up.

I am so thankful for the coaches that have supported me during this bumpy, but amazing ride. They never once gave up on me, no matter how many times I gave up on myself. I never dreamed of accomplishing all that I have accomplished, and it is truly because of them that I have gotten so far. They have taught me so much about life, and I am forever grateful. I am also so thankful for such supportive and loving parents who think I am amazing no matter what grade I get on a test or what place I get at a meet. I know they are always there at the finish line with open arms, a smile, and the right things to say. I could not ask for a better support system and I can truly say that I will miss being both a student and an athlete at UNH.

Ultimately, my experiences during my last four years have proven that with hard work and dedication, anything, no matter how big or how small, is possible. Four years ago, coming in as a freshman, I was nervous, unconfident, afraid and unsure. But then I found myself.

Ivy Watts
Women's Track and Field Alumni '15
NE-10 Co-Woman of the Year Recipient

UNIVERSITY OF NEW HAVEN DEPARTMENT OF ATHLETICS OVERVIEW

UNIVERSITY OF NEW HAVEN MISSION STATEMENT

The University of New Haven is a student-centered comprehensive university with an emphasis on excellence in liberal arts and professional education. Our mission is to prepare our students to lead purposeful and fulfilling lives in a global society by providing the highest quality education through experiential, collaborative and discovery-based learning.

DEPARTMENT OF ATHLETICS MISSION STATEMENT

The mission of the department of intercollegiate athletics is to support the mission of the university and to integrate intercollegiate athletics into higher education so that the educational experience of the student-athlete is paramount. The department will provide growth opportunities for student-athletes to achieve in a nationally competitive intercollegiate program that attracts, nurtures and graduates student-athletes who under the guidance of a quality staff, represent the University of New Haven with character and integrity while achieving academic excellence, serving the community and pursuing excellence in their respective sports.

DEPARTMENT OF ATHLETICS PHILOSOPHY

Higher education has lasting importance on an individual's future success. For this reason, the emphasis for the student-athlete experience at the University of New Haven is a comprehensive program of learning and development in a personal setting. As an NCAA Division II program, our approach provides growth opportunities through academic achievement, learning in high-level athletic competition and development of positive societal attitudes in service to community. The balance and integration of these different areas of learning opportunity provide our student-athletes a path to graduation while cultivating a variety of skills and knowledge for life ahead.

The University of New Haven seeks to provide the world with leaders who can make a positive difference in a global society. Student-athletes are afforded unique opportunities for leadership because of the visibility provided through athletics competition. UNH's intercollegiate program provides opportunities for its student-athletes to develop moral virtues, such as courage, self-confidence, and integrity and to learn communication and teamwork skills associated with outstanding leadership. Thus the Department of Athletics helps the University satisfy its primary aspiration, which is to prepare students to lead purposeful and fulfilling lives in a global society through experiential, collaborative, and discovery-based learning.

The Department of Athletics is committed to delivering intercollegiate athletics programs that are consistent with the University's mission and generates the trust and support of its various constituencies. The goal of the department is to field sports teams that compete successfully against other NCAA Division II teams while upholding the academic standards of the University of New Haven. The department is also committed to conducting its programs in strict adherence to the policies, rules and regulations set by the University's administration, Board of Governors, the NCAA and the Northeast-10 Conference.

Through its programs, the department gives its student-athletes of different genders, races, religions, national origins and sexual orientation opportunities to participate in intercollegiate competition. The intercollegiate program will function free of discrimination with a University commitment to the adherence to Title IX and the Office of Civil Rights guidelines. A major goal of the Department of Athletics is to help student-athletes realize the full potential of their athletic abilities while also increasing their intellectual capabilities and providing them a meaningful opportunity to earn a baccalaureate degree. The department will not compromise its commitment to educate and graduate its student-athletes.

Department of Athletics personnel are expected to represent the University in a manner consistent with UNH's principles and values. All personnel are expected to perform their responsibilities with the highest standards of integrity, ethical behavior and sportsmanship at all times. Coaches and staff are expected to treat student-athletes fairly and with respect and to facilitate leadership that helps them mature physically, intellectually, emotionally and socially.

DEPARTMENT OF ATHLETICS STUDENT-ATHLETE CORE VALUES

VALUE STATEMENT

In order to be a part of a successful athletics program at the University of New Haven, our interactions with our coaches, faculty, athletics department staff, fellow student-athletes and our university community are guided by certain core values which influence our academic achievement, high-level athletics competition and the development of positive societal attitudes in service to community. While we trust these values are inherent in the character of all student-athletes, we also appreciate that values must be continually emphasized.

We will exhibit the following core values as we pursue excellence in all that we do.

Integrity – We will display integrity in every decision and action by being honest and trustworthy.

Respect – We will give respect and demonstrate compassion to others. This includes respect for other view points, openness to growth and change, support of diversity, and pride and tradition of programs. Respect for fairness and ethical conduct toward others will be the standard of behavior.

Commitment – We will understand the energy and dedication needed to be contributing members of the department by being active, accountable and responsible for all actions.

Teamwork – We will pursue unity of purpose through teamwork while building and sustaining a supportive community. We will lead by example while striving for continuous improvement.

Loyalty – We will maintain loyalty to our fellow student-athletes, faculty, staff, coaches, fans, and the University of New Haven.

ATHLETIC CONFERENCE AFFILIATIONS

The Department of Athletics adheres to the rules and regulations of the University of New Haven, the National Collegiate Athletic Association (NCAA) and the Northeast-10 Conference (NE-10)

NCAA DIVISION II

As Division II schools and conferences, our emphasis for the student-athlete experience is a comprehensive program of learning and development in a personal setting. Our approach provides growth opportunities through academic achievement, learning in high-level athletic competition and development of positive societal attitudes in service to community. The balance and integration of these different areas of learning opportunity provide our student-athletes a path to graduation while cultivating a variety of skills and knowledge for life ahead.

NORTHEAST-10 CONFERENCE

The NE-10 stands as one of the premier NCAA Division II conferences in the nation. The NE-10 prides itself in developing leaders and celebrates the academic and athletic excellence that its member institutions have and continue to achieve.

NE-10 members for 2015-16 include: Adelphi University, American International College, Assumption College, Bentley University, Franklin Pierce University, Le Moyne College, Merrimack College, University of New Haven, Pace University, Saint Anselm College, Saint Michael's College, The College of Saint Rose, Southern Connecticut State University, Southern New Hampshire University and Stonehill College.

The NE-10 sponsors the following championship sports: baseball; men's and women's basketball; men's and women's cross country; field hockey; football; men's and women's golf; men's ice hockey; men's and women's lacrosse; men's and women's indoor and outdoor track and field; men's and women's soccer; softball; men's and women's swimming and diving; men's and women's tennis; and women's volleyball.

The Northeast-10 Conference's mission is to encourage sound academic practices and contribute to the total personal development of all student-athletes, stimulate good sports like behavior and healthy environments for competition, and promote mutual trust and harmonious relations between its member institutions.

UNIVERSITY AND DEPARTMENT OF ATHLETICS POLICIES

The University of New Haven is strengthened by the high caliber of its student-athletes, and the Department of Athletics is committed to promoting that strength with the guiding principles of honesty, integrity, respect, ethical conduct, teamwork, and hard work. Being a student-athlete at the University of New Haven is a privilege and not a right. The following policies and procedures are the standards of expectations for all student-athletes.

STUDENT-ATHLETE CODE OF CONDUCT

As a student-athlete at the University of New Haven, I am an ambassador for my University, my Department of Athletics, my team, my coaches, my family, and my fellow students. Because of the respect I have for myself and for them, I will:

- Be responsible for my own actions at all times.
- Act with the highest standards of integrity in all that I do.
- Participate fully in academic and athletic matters.
- Exhibit good sportsmanship no matter what circumstance I am in.
- Contribute to my community, especially to those less fortunate than myself.
- Lead, rather than follow, the behavior of others.
- Be a positive role model for my team members, fellow students, alumni, fans, and especially the young children that will follow my footsteps.

Section I. Standards of Conduct

It is a privilege to be a student-athlete at the University of New Haven. As such, every student-athlete is expected to conduct himself or herself in a manner that exhibits honor and respect to the team, the department, the University and its surrounding community for the duration of his or her tenure as a student-athlete. As a member of the student body at the University of New Haven, each student-athlete must act in accordance with the provisions of the Student Handbook and the Code of Conduct therein. In addition, student-athletes at the University of New Haven are accountable to the following authorities:

- Municipal ordinances and State and Federal laws, both civil and criminal
- National Collegiate Athletic Association (NCAA)
- Northeast-10 Conference
- University of New Haven
- Department of Intercollegiate Athletics
- Team Rules

Violations of any standards of conduct encompassed in these authorities may result in discipline as described in Section IV below, as well as civil and/or criminal liability.

Any student-athlete charged with a felony crime will be immediately suspended from athletics participation pending further investigation and will thereafter be eligible for reinstatement only upon subsequent determination after going through the Grievance Procedure.

Any violation of the Student-Athlete Code of Conduct may result in disciplinary action including, but not limited to, reduction or revocation of athletic scholarship awards and suspension (temporary or permanent) from participation in athletics.

Team Rules:

Each student-athlete is responsible for following his/her specific team policies. These policies shall be in writing and distributed to the team members at the start of each academic year or the beginning of the playing season, whichever comes first. The Head Coach, Sport Supervisor, and the Associate Vice President, Director of Athletics and Recreation shall have authority to impose these sanctions.

Reporting Obligation:

Every student-athlete is obligated to report his or her violations of this Code of Conduct to his or her Head Coach or to the Associate Vice President, Director of Athletics and Recreation within 24 hours of such violation. This obligation is in effect year-round, including semester and summer breaks.

Section II. Definitions

- A. Student-Athlete** is defined as any university student who reports for an intercollegiate squad that is under the jurisdiction of the athletics department. A student retains the title of student-athlete and is bound therein to the standards of all student-athletes until such time that he or she has exhausted their eligibility and/or is no longer a student-athlete through either quitting or being dismissed from a team. This includes breaks, holidays and vacation periods.
- B. Hazing** is defined as any act that endangers the mental or physical health or safety of an individual (including, without limitation, an act intended to cause personal degradation or humiliation), or that destroys or removes public or private property, for the purpose of initiation in, admission to, affiliation with, or as a condition for continued membership in a group or organization.
- C. Sexual Harassment** is defined as any unwelcome sexual advances, requests for sexual favors, and/or other verbal or physical conduct of a sexual nature.
- D. Sportsmanship** is defined as respect for oneself, teammates, coaches, officials, opponents, and property before, during, and after practice and competition. This requires maintaining self-control, and refusing to be drawn into or encourage physical conflict not otherwise required by proper execution of the sport.
- E. Athletic Team Function** is defined as any gathering, whether on or off-campus, formal or informal, where the intent or reason to gather is to conduct business or engage in any athletic or social activity related to the team's purpose, and organized, arranged or initiated by Athletic Department staff, or team members.

Section III. Prohibited Conduct

Prohibited conduct includes violation of any of the standards of expectation established by the governing authorities listed in Section I. These standards of expectation include, but are not limited to, any of the policies listed below:

- A. Hazing** in connection with membership or participation in University Athletic Teams or Team activities is strictly prohibited. See definition of "hazing" above.
- B. Social Networks / Internet Behavior** the University of New Haven supports and encourages individuals' expression of free speech. This includes participating in online social media sites such as Facebook, Twitter, Instagram, Snapchat, YouTube, etc.

Playing and competing for the University of New Haven is a privilege. Student Athletes at UNH are held in the highest regard and are seen as role models in the community. As a member of the UNH Department of Athletics, you are a representative of the University, the Department of Athletics, the Northeast-10 Conference, and the NCAA. As leaders, you have the responsibility to portray your team, the university, and yourself in a positive manner at all times. Instagram, Snapchat and other social media platforms have increased in popularity around the world and are used by a majority of student-athletes at New Haven in one form or another.

Many student athletes may not be aware that third parties including the media, faculty, future employers and NCAA officials can easily access your accounts and view all personal information. This includes pictures, videos, comments and posts. Inappropriate material found by third parties affects the perception of the student-athlete, Department of Athletics and the university. This can be detrimental to a student-athlete's future employment opportunities, whether that includes professional sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Content showing the personal use of alcohol, tobacco or other drugs.
- Content that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Content that condones drug related activity. This includes images that portray the personal use of marijuana and drug paraphernalia.
- Using inappropriate or offensive language in all comments, videos, and other postings. This includes threats of violence and derogatory comments against race, religion, gender or sexual orientation.

- Content that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity. This includes derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender.
- No posts should depict or encourage unacceptable, violent or illegal activities.
- Content that would constitute a violation of Northeast-10 Conference or NCAA rules. This includes commenting publicly about a prospective student-athlete, providing information related to sports wagering activities or soliciting impermissible extra benefits.
- Information that is sensitive or personal in nature or is proprietary to the New Haven Department of Athletics or the university, which is not public information.

Sanctions for not abiding by the outlined social media policy may include but not limited to:

- Notification from the Associate Vice President, Director of Athletics and Recreation to the student-athlete outlining the policy and requiring that the unacceptable content be removed and/or the social media account deactivated.
- Suspension from the team and all team-related activities. Based on the situation, you can be temporarily suspended for a determined length of time or receive a permanent suspension.
- Immediate loss or non-renewal of athletic grant-in-aid.
- Student-athletes may face review by the University of New Haven's judicial board.

For your own safety, please keep the following recommendation in mind as you participate in social media sites:

- Set your security settings so that only your friends can view your content.
- You should not post your email, home address, local address, telephone number, or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend or allow to follow you, as many people are looking to take advantage of student-athletes.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as those of the Department of Athletics and university. Remember to always present a positive image and don't do anything to embarrass yourself, your team, your family, or the university.

C. Alcohol. Prohibited acts include (1) possessing or consuming alcohol if under the age of 21, (2) Operating a motor vehicle while under the influence of alcohol, (3) Misrepresenting one's age for the purpose of purchasing, possessing, or consuming alcohol, (4) Purchasing, furnishing, or serving alcohol to or for an underage person, (5) Being dangerously intoxicated to the point where State Law mandates being taken into custody, (6) Other prohibited acts as outlined in the *University of New Haven Student Handbook*, (7) Violations of additional Team Rules regarding alcohol use, and/or (8) Consumption of alcohol during team travel or at team functions.

D. Other Drugs. Prohibited acts include (1) Possessing or using illegal substances, as defined by law, (2) Possessing or using controlled substances as defined by law (unless taken pursuant to a properly issued prescription in the amount prescribed), (3) Distributing, selling, or possessing with the intent to distribute illegal or controlled substances, as defined by law, (4) The use of tobacco products by a student-athlete during practice, competition, or other team functions (including to and from competition venues), and/or (5) Other prohibited acts as described in the *University of New Haven Student Handbook*.

E. Gambling. Pursuant to NCAA Bylaws, student-athletes shall not knowingly (1) Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition, (2) Solicit a bet on any intercollegiate or professional team, (3) Accept a bet on any intercollegiate or professional sports team, and/or (4) Participate in any gambling activity that involves intercollegiate athletics or professional athletics through a bookmaker, a parlay card, or any other method employed by organized gambling. Examples of illegal gambling include March Madness, Super Bowl, World Series, BCS Championships, etc.

F. NCAA Banned Substances / Nutritional and Dietary Supplements. Many nutritional/dietary supplements contain substances banned by the NCAA. Each student-athlete has been provided a list of the NCAA banned substances and is responsible for knowing the policies regarding this list. Taking of impure supplements may lead to a positive NCAA drug test and thus affect the eligibility of that student-athlete. To potentially avoid violations of this standard, as questions arise, student-athletes should contact the team physician or athletic trainer and/or consult the NCAA banned substance list. All student-athletes should also remember that NCAA Drug Testing is random and year-round and failure to show for a scheduled drug test will be considered a positive test and all penalties will be enforced. The Department of Athletics also reserves the right to randomly drug test its student-athletes at any time during the school year. If any suspicion arises from any coach or Athletics Department Staff member, a student-athlete may be required to provide a specimen for testing. If a student-athlete receives a positive drug test through this process, he/she will be immediately suspended and will have to attend a drug education program and must retest negative before being considered eligible for participation reinstatement. If a student-athlete has a confirmed or suspected violation of “in the presence of” or “use of” a banned substance as reported by campus police, residential life staff, or any other UNH professional staff member, the student-athlete will be immediately required to submit to a drug test and the cost of the drug test will be the responsibility of the student-athlete.

G. Violence. The University of New Haven is committed to creating and maintaining a community in which its members are free from all forms of harassment, exploitation, intimidation, and violence. UNH's violence prevention policies, and response procedures for violent incidents, are intended to protect the health and safety of the campus and the community and ultimately, to advance the educational mission of the University. Student-athletes are prohibited from engaging in violent acts including assault on person or property, hate crimes, hazing, stalking, sexual violence, or any other conduct prohibited by University policy and/or state and federal laws.

H. Harassment means an incident or incidents of verbal, written, visual, or physical conduct based on or motivated by a student's or a student's family member's actual or perceived race, creed, color, national origin, marital status, sex, sexual orientation, or disability that has the purpose or effect of objectively and substantially undermining and detracting from or interfering with a student's educational performance or access to school resources or creating an objectively intimidating, hostile, or offensive environment. Acts of harassment will be subject to the disciplinary process and/or sanctions.

I. Sexual Assault consists of a range of behaviors from nonconsensual sexual intercourse and is a violation of the University's code of conduct. Sexual assault is prohibited, regardless of sexual orientation or gender of the perpetrator or victim.

J. Stealing / Vandalism. Stealing is defined as the taking of the property of another or others without permission or right whether that be secretly or by force. This includes issued team equipment that is not returned by the assigned due date. Vandalism is defined as the deliberate destruction or damage of property (ie., locker door damage, taking of weight room equipment, etc).

Section IV. Disciplinary Process and Sanctions

The Department of Athletics disciplinary process is independent of, and supplements, the University's judicial process. Sanctions levied by Athletics may occur over and above those levied by the Dean of Students and the Judicial Board.

When the Department of Athletics becomes aware of an alleged violation of this Code of Conduct, the Associate Vice President, Director of Athletics and Recreation or her/his designee will take reasonable steps to verify the validity, reliability, and accuracy of the report. These steps may include interviews of students and employees, and other steps necessary for the administration to determine the merits of the report. A meeting with the student-athlete will ordinarily occur before any discipline is imposed, however, in extenuating circumstances, the Associate Vice President, Director of Athletics and Recreation may suspend the student-athlete before the meeting.

Violation of Criminal Law. When a student-athlete has engaged in conduct alleged to be in violation of criminal law, immediately upon receipt of notice of such possible violation, the Head Coach must report the information to the Associate Vice President, Director of Athletics and Recreation.

Student-athletes arrested for or charged with violating the criminal law will be placed on immediate administrative suspension from involvement in team activity pending further investigation. If a violation would constitute a misdemeanor, the Head Coach may, in the exercise of his/her reasonable discretion, lift the

administrative suspension only with the permission of the Associate Vice President, Director of Athletics and Recreation. If a violation of the law would constitute a felony, the administrative suspension may be lifted only upon authorization of the Associate Vice President, Director of Athletics and Recreation. In all cases in which a student-athlete is arrested for or charged with illegal use of drugs, illegal gambling, or sexual misconduct or violence, the student-athlete will be immediately suspended and the suspension may be lifted only by the Associate Vice President, Director of Athletics and Recreation.

Possible sanctions include but are not limited to:

1. Written warning
2. Probation – special status with conditions imposed for a limited time
3. Community Service
4. Required educational or counseling sessions
5. Drug Testing
6. Restitution – payment for damaged/stolen property
7. Suspension – removal from all athletics department activities for a limited time
8. Expulsion – permanent removal from a team and/or department activities
9. Revoking of Athletics Aid – termination of athletically related financial aid as allowable by NCAA regulations

ALCOHOL, TOBACCO, AND OTHER DRUGS SUBSTANCE ABUSE POLICY (ATOD)

The University of New Haven Department of Athletics substance abuse policy is founded in the primary concern for student-athlete welfare. This program includes the education, testing, and if necessary, rehabilitation. The UNH substance abuse education policy was developed in the spring of 2009 and is to be reviewed annually and revised as needed.

Philosophical Statement

The University of New Haven is committed to providing a safe and healthy environment for its student-athletes, coaches, and staff. The health and welfare of student-athletes is of paramount concern to the UNH Department of Athletics. The Department of Athletics does not condone or tolerate the abuse of alcohol, tobacco, or banned substances by student-athletes. Alcohol, illicit drugs, anabolic steroids, and other performance enhancing substances have been shown to be detrimental to the health and development of the student-athlete. Additionally, they may create an unfair competitive environment and may damage the reputation of the student-athlete and University.

The illegal use or abuse, possession, manufacture, dispensation, distribution, or being under the influence of controlled or banned drugs is prohibited by all student-athletes at the University of New Haven. Student-athletes are additionally not permitted to use banned substances as identified by the NCAA. This statement corresponds with and augments the UNH general student policy on alcohol and drugs and works in concert with it.

Purpose

The purpose of this policy is:

1. To deter substance abuse among UNH student-athletes
2. To identify student-athletes with substance abuse problems
3. To refer student-athletes identified with substance abuse problems to a treatment and rehabilitation program
4. To ensure the health and safety of all UNH student-athletes
5. To maintain appropriate standards of behavior and insure the integrity of the student-athlete and the University of New Haven
6. To ensure fair and equitable competition for all student-athletes competing in intercollegiate athletics.

Participation

1. As a condition to participate in intercollegiate athletics at UNH, all student-athletes are required to participate in the drug education and testing program.
2. Annually, all student-athletes will be required to sign NCAA and institutional drug testing consent forms. These will be administered by a UNH Department of Athletics administrator.
3. The student-athlete will be denied the opportunity to participate if the consent forms are not signed.
4. This policy will be in effect at all times a student-athlete is enrolled at UNH, throughout the calendar year. This includes but is not limited to when classes are in session, during institutional breaks from classes (including summer and winter breaks), whether on campus or off-campus, and at all times during the day.

Substance Abuse Policy

The overall goal of the UNH substance abuse policy is to promote a healthy environment for all student-athletes and intercollegiate athletics participants. The program is comprised of drug education, drug testing and incident management.

Drug Education: *To provide student-athletes with information regarding the potential for use and abuse of alcohol and drugs and to educate student-athletes about the risks and dangers associated with the abuse of alcohol and drugs.*

GOALS:

1. Improve student- athlete decision making ability regarding substance use
2. Reduce overall alcohol and drug use
3. Assist in identifying student-athletes with substance abuse problems
4. Comply with all State of Connecticut, Federal, NCAA, NE-10 Conference, and University of New Haven rules, laws and policies.
5. Student-athlete understands that they are ultimately responsible for any and all substances used.

To achieve the educational goals of this program the following activities take place each year:

- Pre-season and mid-year meetings
 - Information on drug education, drug testing, and drug rehabilitation will be presented annually at meetings set up with each team. Meetings will include a review of commonly tested banned substances, a review about dangers of supplements and energy drinks, and a review of student-athlete's responsibility for anything they use.
- Speakers
 - The UNH Student Athlete Leadership and Development program will annually provide speaker presentations to student-athletes.
- Coaches meetings on recruiting/hosting
 - All student-athletes will sign a form stating they will not allow prospective student-athletes to associate with alcohol or drugs while on official or unofficial visits. It is strictly prohibited for a student host or prospect to be in the presence of or to use alcohol or drugs.

Drug Testing: *to detect use and abuse of banned substance by student-athletes. Student-athletes are warned that dietary substances, nutritional supplements, energy drinks, or other products may contain banned substances. These items are not regulated by the US FDA and may result in a positive drug test even if the substance is not specifically listed on the supplement's label*

- The NCAA conducts random drug testing throughout the entire year including the summer months and at championship events.
- UNH will conduct random drug testing throughout the year as well as through violations of the University or Department of Athletics ATOD Policy.
- Further information on the NCAA drug testing and sanctions may be found in the student athlete handbook.
- The specific drug test may include, but is not limited to the following banned substances:
 1. NCAA banned substance list, available at www.ncaa.org or in the athletic training room.
 2. Anabolic steroids or other performance enhancing drugs

3. Amphetamine/Methamphetamine, Cocaine, Marijuana, Opiates, Ecstasy (MDMA), PCP, Barbiturates, Benzodiazepines, Oxycodone (incl. OxyContin), Methylphenidate (incl. Ritalin), Synthetic Cannabinoids (K2, Spice, etc.), Bath Salts (synthetic stimulants) and Methylexanamine (DMAA)

The manufacture, distribution, possession, sale, or use of any illegal or controlled substance, including misuse of prescription drugs, is a violation of university regulations. Intentionally or recklessly inhaling or ingesting substances that will alter a student's mental state is also prohibited. If students are in a location where others are using illegal drugs they may be held responsible for violations as well. Students who are suspected to have violated these regulations will be subject to university disciplinary action.

If a student-athlete has a confirmed or suspected violation of "in the presence of" or "use of" a banned substance as reported by campus police, residential life staff, or any other UNH professional staff member, the student-athlete will be immediately required to submit to a drug test and the cost of the drug test will be the responsibility of the student-athlete.

Furthermore, in accordance with NCAA legislation, the use of tobacco products is strictly prohibited by student-athletes, and all game personnel in all sports practices and competition. This includes any team function such as meetings or informal workouts.

UNH TOBACCO-FREE/SMOKE FREE CAMPUS POLICY

Smoking and tobacco product use are prohibited in all facilities and areas of the University of New Haven campus. This includes, but is not limited to all indoor and outdoor areas on the Main, North, Sawmill and Orange Campuses. This policy applies to any individual on campus property, including but not limited to: students, employees, contractors, subcontractors, volunteers, visitors, and members of the public, and is applicable twenty-four (24) hours a day, seven (7) days a week.

For purposes of this policy, the following terms are defined below:

(a) **Smoking.** Inhaling, exhaling, burning, carrying or possessing any lighted tobacco product, including cigarettes, cigars, pipe tobacco or any other lit tobacco products.

(b) **Tobacco Products.** All forms of tobacco, including but not limited to cigarettes, cigarillos, cigars, shisha, pipes, herbal cigarettes, water pipes (hookahs), electronic cigarettes (vaporizers), electronic hookahs, and all forms of smokeless tobacco including but not limited to:

- 1) Chew: Tobacco placed between the cheek and gum or upper lip teeth
- 2) Orbs: Nicotine-infused orbs consumed like breath mints
- 3) Snuff: Fine-ground tobacco inhaled through the nose
- 4) Snus: Ground tobacco in a tea bag-like sack kept between the cheek and teeth
- 5) Sticks: Nicotine-infused sticks chewed like a toothpick
- 6) Strips: Nicotine-infused strips that dissolve on the tongue

(c) **Tobacco Use.** Personal use of any tobacco product, whether intended to be lit or not, which includes smoking (as defined above) as well as the use of electronic cigarettes or any other device intended to simulate smoking, the use of smokeless tobacco, including snuff; chewing tobacco; smokeless tobacco; smokeless pouches; and other forms of loose-leaf tobacco, smokeless tobacco; and the use of unlit cigarettes, cigars, pipe tobacco, hookah or other devices using smoke and/or vapors. This also includes use of any product intended to mimic tobacco products, contain tobacco flavoring or deliver nicotine for any purpose other than cessation.

(d) **UNH Controlled Properties.** Any property, building or space occupied by the University of New Haven including but not limited to that which is owned, leased or managed.

(e) **Tobacco Free Areas.** All common areas, classrooms, residence halls, elevators, hallways, university-owned and university-leased vehicles, personal vehicles while on university properties, restrooms, dining areas, conference and meeting rooms, all other enclosed areas on campus, garages, parking lots, outdoor grounds, quads, athletic fields, entrance and exit ways, and any other areas of the university campus.

Sanctions: All University of New Haven students, employees, contractors, subcontractors, volunteers, visitors, and members of the public are required to adhere to this policy. Should repeated violations occur, the following disciplinary actions may be taken:

Violations by students should be brought to the attention of the Office of the Dean of Students (203-932-7432), which will take appropriate educational or disciplinary action. Possible sanctions for violations of the Tobacco-Free & Smoke-Free policy are as follows:

1st Violation—Warning

2nd Violation—Letter of Reprimand, \$50 fine

3rd Violation—Letter of Reprimand, \$100 fine

4th Violation—1 year Disciplinary Probation, \$150 fine

5th Violation—1 year Disciplinary Probation, \$200 fine, possible removal from University Housing

Drug Testing Procedure NCAA year-round program and UNH Department of Athletics Random Drug Testing Program:

Student-athletes selected for drug testing will be notified by the drug testing coordinator, a maximum of 24 hours prior to the testing. There is no minimum period of time that must be provided between notification and testing. At this time, the drug testing coordinator will notify the student-athlete of the date, time, place, and procedure for drug testing. Once at the testing site, the student-athlete must remain at the testing site until an adequate sample has been collected. The student-athlete may witness or may request a witness of his/her choice to be present at the time of testing.

Failure to report to the drug testing site and provide a sample for testing will be treated as a positive test result. If a student-athlete leaves the testing site before completion of the test it will be treated as a positive test result. Any student-athlete manipulating a sample to influence a drug testing result will be treated as a positive drug test result and is subject to sanctions.

Incident Management: After an incident in which a student athlete has a confirmed violation of the drug and alcohol policy, (by positive drug test, arrest, University sanctioned incident, or NCAA testing etc.) the student will be assessed sanctions as outlined in the student athlete handbook and code of conduct.

Sanctions may include, but are not limited to:

- suspension from athletics program,
- loss of eligibility,
- game suspension
- parental notification,
- loss of grant-in-aid,
- referral to counseling

Referral to counseling is an important part of the incident management process. This is done in the belief that drug and alcohol abuse is a health concern and that education and rehabilitation are positive ways of limiting further use and abuse of substances. Student-athletes who are identified as substance abusers will be referred to a health care professional for further treatment and counseling.

- Communication will only be shared with those directly involved with care of the student-athletes.
- Treatment options include Alcohol and Drug Education Class, Substance Abuse Group, or individual counseling sessions. These are available through the UNH Counseling Center.

Drug Treatment and Rehabilitation: Various treatment options are available through the UNH Counseling Center for the rehabilitation of alcohol and drug violations including:

Online Educational Courses:

Think about it – Alcohol – an online course designed specifically to help students who have violated alcohol policies make safer and healthier choices and avoid experiencing problems again.

Think about it – Drugs - an online course designed specifically to help students who have violated drug policies make safer and healthier choices and avoid experiencing problems again.

BASICS Group:

The BASICS Group is a two-session intervention intended to help those students who have reported incidences of underage or heavy alcohol use. The focus of the group is to help student reduce alcohol consumption and problems that are caused and exacerbated by alcohol use.

Individual Substance Abuse Assessment:

Students will be assigned to meet individually with a psychologist at the UNH Counseling Center. Referrals are intended for those students who have had repeated alcohol/substance use violations, and/or for students who are at a great risk for future problems.

Any student wishing to seek counseling for a drug or alcohol related problem can make an appointment with the counseling center. Substance abuse services at UNH are provided by Yale's Substance Abuse Treatment Unit. The services are provided in the counseling center but are scheduled by calling Kara Beth O'Grady at 203-479-4165.

Department of Athletics sanctions are in addition to penalties imposed by the University of New Haven and the NCAA.

Alcohol Sanctions: In regards to alcohol sanctions, the Department of Athletics adheres to the following policy. The levels are in conjunction with those outlined by the University of New Haven in the student handbook. The following will be imposed as defined by the UNH student-handbook.

Level 1: Underage in the presence of alcohol, empty alcohol containers in an area where student are not of legal age, underage possession or consumption of alcohol, open containers with manufacturing seals broken, first violation involving presence at a large and/or disruptive gathering, failure to prevent underage consumption in your assigned room/apartment.

Minimum sanctions: Meeting with head coach, Letter of reprimand placed in student-athlete file. Additional sanctions may be assigned

Repeat offenses regardless of level could result in dismissal from the program.

Level 2: Intoxication, participation in contests involving the consumption of alcohol and possession of any paraphernalia related to such contests, supplying or serving minors, second violation involving a large and/or disruptive gathering, documented possession of kegs, grain alcohol, or common source containers.

Minimum Sanctions: Meeting with head coach, Letter of reprimand placed in student athlete file, 5 hours community service or alcohol presentation to be made to team, possible suspension from competition. Additional sanctions may be assigned.

Repeat offenses regardless of level could result in dismissal from the program.

Level 3: Any physical assault developing from intoxication.

Minimum Sanctions: Meeting with Associate Vice President, Director of Athletics and Recreation and head coach, suspension from competition (number to be determined). Additional sanctions to be determined by Associate Vice President, Director of Athletics and Recreation and head coach may include, but not limited to: suspension from team, community service, loss of grant in aid, dismissal from Department of Athletics.

Repeat offenses regardless of level could result in dismissal from the program.

Violation of Criminal Law. When a student-athlete has engaged in conduct alleged to be in violation of criminal law, immediately upon receipt of notice of such possible violation, the head coach must report the information to the Associate Vice President, Director of Athletics and Recreation.

Student-athletes arrested for or charged with violating the criminal law will be placed on immediate administrative suspension from involvement in team activity pending further investigation. The student will remain suspended until the matter is resolved. If a violation would constitute a misdemeanor, the head coach may, in the exercise of his/her reasonable discretion, lift the administrative suspension only with the permission of the Associate Vice President, Director of Athletics and Recreation. If a violation of the law would constitute a felony, the administrative suspension may be lifted only upon authorization of the Associate Vice President, Director of Athletics and Recreation. In all cases in which a student-athlete is arrested for or charged with illegal use of drugs, illegal gambling, or sexual misconduct or violence, the student-athlete will be immediately suspended and the suspension may be lifted only by the Associate Vice President, Director of Athletics and Recreation.

Drug sanctions: Sanctions for drug violations are outlined in the UNH student handbook. Additional sanctions from the NCAA, head coach and Associate Vice President, Director of Athletics and Recreation will be imposed. All sanctions are cumulative through a student athlete's eligibility.

- First violation
 - If during the sport's traditional season the student athlete will be suspended from practice and competition for two weeks.
 - If during the sport's non-traditional season, the student athlete will be suspended from all practices for two weeks and will also miss 20% of the scheduled competitions of the traditional season.
 - The student athlete will be re-tested at the end of the two week suspension period and must have negative results before returning to team functions.
 - Mandatory education program. (online education, individual and/or group counseling)
- Second violation
 - Any student athlete who tests positive for a second time will be immediately suspended from the athletics program for one full year.
 - If receiving grant in aid, action may be taken to revoke the grant in aid.
 - At the end of one year of complete rehabilitation, a review will take place to assess reentry into the athletics program.
 - The student athlete will be re-tested and must have negative results.
 - Mandatory education program. (online education, individual and/or group counseling)
- Third violation
 - A third violation of the drug policy will result in permanent suspension from the UNH athletics program.

Tobacco sanctions: In accordance with NCAA Bylaw 17.1.9, student-athlete use of tobacco products is *prohibited* during practices, *competitions*, and official events. In addition to the below sanctions, students violating the UNH Tobacco Free/Smoke Free Policy are subject to the disciplinary actions outlined in the policy.

First violation

- Dismissal from the remainder of that practice or competition
- Presentation made to team about tobacco abuse

Second violation

- Suspension from 1 week of practice and competition

Third violation

- Meeting with head coach and Associate Vice President, Director of Athletics and Recreation to determine sanctions which may include removal from the team.

Reinstatement of athletic eligibility will be considered after the following steps:

Completion of sanctions required by both the University and Department of Athletics:

If a student does not complete the required sanctions, the student athlete will be referred to the Associate Vice President, Director of Athletics and Recreation for further discipline. The Associate Vice President, Director of Athletics and Recreation and/or coach may impose additional sanctions as they deem warranted.

- Student will be retested and must return with negative results.
- Signing of a contract by student-athlete, coach, athletics administrator and substance abuse counselor (if applicable) stating criteria for continued athletic participation.

SEXUAL MISCONDUCT POLICY:

The University of New Haven (“the University”) is committed to providing an environment in which all members of the University community are safe, free from fear, intimidation, or harassment, and able to participate fully in the educational and social opportunities available to them at the University. The University’s Sexual Misconduct Policy describes the University’s prevention policy toward sexual misconduct of any kind, including sexual assault, non-consensual sexual contact, non-consensual sexual intercourse, sexual exploitation, sexual harassment, dating violence, intimate partner violence, domestic violence, stalking, and intimidation. It also provides guidance for students, faculty, or staff who have been subjected to sexual misconduct, outlines the University’s disciplinary response, and identifies campus and community resources available to members of the University community.

The University of New Haven is a community committed to providing an environment that promotes excellence, responsibility, respect, understanding, integrity, and service. The University adheres to the philosophy that all community members should enjoy an environment free from sexual misconduct of any kind.

Sexual misconduct is a broad term encompassing any behaviors of a sexual nature that violate the University of New Haven’s Code of Conduct or University policies. Sexual misconduct includes sexual assault, non-consensual sexual contact, non-consensual sexual intercourse, sexual exploitation, sexual harassment, dating violence, intimate partner violence, domestic violence, stalking, and intimidation. Retaliation for any persons reporting alleged violations of this Policy is also against University policy and will result in disciplinary action.

The University is committed to:

1. Educating students, faculty, and staff about the implications and consequences of their behavior. Incoming students, faculty, and staff complete educational courses on sexual misconduct. Additionally, ongoing educational programs are offered throughout the year, coordinated by an interdisciplinary team on campus.
2. Providing proper support and resources to aid any community member harmed by sexual misconduct.
3. Encouraging community members to take responsibility for their behavior.
4. Providing a process for investigation and adjudication that includes appropriate disciplinary actions.

Victims of sexual misconduct, whether occurring on or off campus, will be supported and assisted in obtaining medical treatment, counseling, and other resources to help them with the trauma they experience. Investigations are coordinated by the University’s Title IX Coordinator, the Human Resources Department, and the Dean of Students. Orders of protection, no contact orders, restrictive or similar orders issued by a criminal, civil, or tribal court will be administered as written by the University.

NCAA DIVERSITY AND INCLUSION STATEMENT:

As a core value, the NCAA believes in and is committed to diversity, inclusion and gender equity among its student-athletes, coaches and administrators. We seek to establish and maintain an inclusive culture that fosters equitable participation for student-athletes and career opportunities for coaches and administrators from diverse backgrounds. Diversity and inclusion improve the learning environment for all student-athletes and enhance excellence within the Association.

The NCAA will provide or enable programming and education, which sustains foundations of a diverse and inclusive culture across dimensions of diversity including, but not limited to *age, race, sex, class, national origin, creed, educational background, disability, gender expression, geographical location, income, marital status, parental status, sexual orientation and work experiences*.

PREGNANCY POLICY:

The University of New Haven Department of Athletics is committed to the personal health and development of all our members, and to the educational mission of our school. We strive to provide an environment that respects all pregnancy and parenting decisions and urges all participants to work cooperatively toward degree completion. This policy sets forth the protections that should be provided for pregnant and parenting students, including those with pregnancy related conditions. It also prohibits retaliation against any student or employee who complains about issues related to the enforcement of this Pregnancy Policy. We want to protect every student-athlete's physical and psychological health, and their ability to complete their education. Below are several topics of information that will guide you through pregnancy and parenting as it relates to your athletic participation.

What to do if you become pregnant?

We recognize that a student-athlete's pregnancy is often a stressful event. As soon as you learn that you are pregnant, we encourage you to tell someone with whom you feel safe or who can best support you during this difficult time. While you are in the best position to determine who is safe to discuss your pregnancy, we will respect your confidentiality within our institution as long as it is medically safe to do so. At the University of New Haven, we want to help you achieve your academic goals while protecting your physical and psychological health and the health of your pregnancy. You should know that many student-athletes have traversed through these same life transitions successfully, and there is usually no reason to make overly-rushed decisions.

What happens to your team membership?

Federal law provides many legal protections for your continued involvement with our athletics department. As long as you are in good academic standing with the university and you do not voluntarily withdraw from your team, federal law protects your membership on the team. This would include access to services provided to other student-athletes with injuries or temporary disabilities, such as academic tutoring, training table, athletic medical services, rehabilitation services, among others. We will modify your workouts as your pregnancy progresses if needed. Federal law also requires us to grant you as much leave as is medically necessary and to reinstate you to active team membership. You may have to earn back your specific playing position that you achieved before your pregnancy, but others have successfully made the transition back to their former playing shape. You can too.

What happens to your scholarship?

As long as you are in good academic standing with the university and you do not voluntarily withdraw from your team, it is against federal law for us to withdraw or reduce your financial aid in the event of your pregnancy, childbirth, conditions related to pregnancy, false pregnancy, termination of pregnancy, recovery from pregnancy, or parental or marital status during the term of the award. Federal law also requires us to grant you as much leave as is medically necessary and to renew your scholarship under certain circumstances. Finally, you should also know that NCAA bylaws allow a female student-athlete to apply for an additional year of eligibility if her athletic career is interrupted by pregnancy.

Who can help you?

We encourage you to find someone trusted within our institution that can help you navigate through the numerous decisions that confront you. Our institution has a number of people that are equipped to help you, such as university representatives from the Counseling and Psychological Services, Health Services, Dean of Students, Campus Ministry to name a few.

Some specific individuals who can help you are:

Deborah Everhart – Director of Counseling and Psychological Services – Sheffield Hall, (203) 932-7332

Martin O'Connor – University Chaplin – South Campus Hall 205, (203) 931-6040

Paula Cappuccia – Director of Health Services – Sheffield Hall, (203) 932-7003

Rebecca Johnson – Assoc. VP for Student Affairs & Dean of Students Bartels Center, (203) 932-7176

How to continue training and competing?

If you decide to remain pregnant and wish to continue in your sport, we will help you assemble a decision-support team that you feel comfortable with. It could include you, your obstetrician or other maternal health care provider, your coach, athletic trainer, team physician, academic counselor, a mental health counselor or others as needed. Your decision-support team will monitor your health and academic progress, and will assist your rehabilitation and your return to competition if that is your desire. Medically necessary absences due to pregnancy from team activities are considered excused absences.

What if you're a male student-athlete whose partner becomes Pregnant?

Obviously, you won't be affected by physical changes associated with pregnancy. However, you may suffer psychological stress, have concern about the health of your pregnant partner and her pregnancy, and question your readiness for fatherhood and the personal and financial obligations you face. You may disagree with your partner about the pregnancy, whether to carry the pregnancy to term or to terminate the pregnancy. We encourage you to take advantage of our psychological counseling services and join in any decision-support team your partner may have formed. You should also know that Title IX also protects you from being discriminated against because of your partner's pregnancy or your status as a parent.

TRANSGENDERED POLICY:

The University of New Haven and the Department of Athletics strives to promote diversity and foster an environment of inclusion. As a result, the Department of Athletics consistently seeks to identify ways to ensure fair competition for all intercollegiate athletics participants and avoid discrimination against transgender student-athletes.

Best practices for student-athletes who have transgender teammates focus on respectful behavior, safety, and valuing diversity.

1. Use respectful and preferred language and terminology when discussing transgender student-athlete participation or interacting with a transgender teammate.
2. Become familiar with departmental and school policy governing the participation of transgender student-athletes in athletics.
3. Learn about school non-discrimination and harassment policies that include gender identity and expression.
4. Encourage other student-athletes to use respectful language when discussing transgender issues in sports or interacting with a transgender student-athlete.
5. Respect the right to privacy of all student-athletes with respect to personal information (including whether a student is transgender) when discussing gender identity and expression.
6. Ask your coach and Associate Vice President, Director of Athletics and Recreation for team and departmental educational training concerning transgender student-athlete participation.
7. If taunting or harassment from spectators or opponents occurs during competition, take the approach that these actions are never acceptable for any reason including taunting or harassment based on gender identity or expression. Make your coaches aware of discriminatory or harassing behavior and ask them to arrange a meeting with the opposing school's director of athletics to address this behavior.
8. Ask your student-athlete advisory committee (SAAC) to plan an activity that focuses on the participation of transgender athletes in sports and frame the issue as one of equal opportunity in sports and fair treatment for all.

STUDENT-ATHLETE GRIEVANCE PROCEDURES

In the event that a student-athlete has a grievance pertaining to a situation or policy, he/she has the opportunity of presenting it to internal personnel by following the grievance procedure.

The student-athlete should discuss the current problem with his or her coach in hopes that the issue can be resolved. If the student-athlete and the head coach do not mutually agree upon a resolution, then he or she should appeal the grievance according to the following procedures.

The student-athlete should schedule a meeting with the Senior Associate Director of Athletics. The Senior Associate Director of Athletics will collect all the necessary information to resolve the issue. If there is not a mutually agreed upon resolution, he or she should then move on to the next phase in the grievance procedure.

Only after meeting with the Senior Associate Director of Athletics, the student-athlete should then schedule a meeting with the Faculty Athletics Representative (FAR). The FAR will meet with the student-athlete and gather the necessary information to resolve the issue. If there is not a mutually agreed upon resolution, he or she may appeal to the final phase of the procedure.

The student-athlete's final appeal is to the Associate Vice President, Director of Athletics and Recreation. The student-athlete should meet with the Associate Vice President, Director of Athletics and Recreation to discuss the issue and attempt to come to a mutually agreed upon resolution.

GRIEVANCE PROCEDURE

1. Attempt to resolve the issue with your head coach directly
** if not satisfied with the outcome, then ...*
2. Contact the Senior Associate Director of Athletics (932-7357) to set up a meeting
** if not satisfied with the outcome, then ...*
3. Contact the Faculty Athletics Representative, Dr. Charles Vigue (932-7107) to set up a meeting
** if not satisfied with the outcome, then ...*
4. Call 932-7016 to set up a meeting with the Associate Vice President, Director of Athletics and Recreation

ACADEMIC POLICIES AND SUPPORT SERVICES:

CLASS ATTENDANCE:

The policy for all UNH student-athletes is that attendance to all classes and labs, unless otherwise excused, must be attended. Class attendance equals academic achievement. Therefore, only travel for athletic competition, illness, or extenuating circumstances outside of the student-athletes control are permitted.

MISSED CLASS POLICY:

If a student-athlete will miss class due to participation in an athletic contest, a class excuse form must be submitted to their professor(s) two class sessions prior to the date of the missed class. The forms will be emailed by the Associate Director of Athletics for Compliance directly to the professor. Requests for class excuse forms must be submitted on the Team Missed Class Form to the Assoc. AD for Compliance by the head coach at least one week prior to the missed class. It is still the student-athlete's responsibility to discuss missed classes with their professor. Professors are not required to excuse a student-athlete from class to attend a competition and the student-athlete is responsible for all work missed while away. **Student-athletes are not to miss class for practice at any time unless that practice is held in conjunction with game day.**

When making your class schedule for future semesters, you should confer with your coach to verify the days and times that practice will be held. When possible, be sure to choose classes which do not conflict with practice times. **You will be able to achieve a higher standard of academic success if you limit the number of times class and athletics conflict.**

ACADEMIC INTEGRITY POLICY:

At UNH, we value academic integrity very highly and do not permit any forms of dishonesty or deception that unfairly, improperly or illegally enhances a grade on an individual assignment or a course grade. The following is a list of behaviors that constitutes academic dishonesty. We are aware, however, that new forms of cheating, plagiarism and other forms of dishonesty may arise and therefore, we expect every student to interpret the requirement of academic dishonesty and integrity broadly and in good faith. If you have any doubt as to whether a particular act constitutes academic dishonesty, ask a professor before you do it! The academic integrity policy can be found at www.newhaven.edu/academics/16246/

Academic Dishonesty includes, but is not limited to:

- Cheating on Exams
- Copying from others
- Having or using notes, formulas or other information in a programmable calculator or other electronic devices without permission of professor.
- Having or using communication devices such as a cell phone, pager, PDA or electronic translator to send or obtain unauthorized information.

- Taking an exam for another student, or permitting someone else to take a test for you
- Asking another to give you improper assistance, including offering money or other benefits.
- Having someone or signing someone into a class.

STUDY HALL SESSIONS

The goal of study hall is to assist student-athletes in utilizing study strategies and time management to achieve their academic goals. All incoming freshman student-athletes and transfer students are required to complete four hours of study hall per week along with any student-athlete whose cumulative grade point average is below 2.5 or as designated by the Head Coach, Associate Director of Athletics for Compliance or Director of Athletics. All sessions will be supervised and attendance will be monitored throughout the academic year. Please check with your head coach for the times and locations of study hall.

STUDY GROUPS

Study groups are formed during each semester when a group of student-athletes need assistance in a certain course of study. Study groups will be held with the assistance of a professor, peer tutor, or coach. In the past, study groups have been formed for academic assistance in Western Civilization and Criminal Justice. There are no limits to the amount of study groups that can be formed and all student-athletes are encouraged to participate in study groups.

ATTENDANCE & ACADEMIC PROGRESS

The Department of Athletics sends out two Progress Reports through the Starfish Alert System during each semester, the first at the four week mark, and the second at the ten week mark. These progress reports ask your professors to comment on how you are doing in class. The reports ask for your attendance, effort to date, and current grade. Upon completion of these reports they are forwarded to the Associate Director of Athletics for NCAA Compliance and Student Welfare and your coach to assist you with any academic problems you may be having. In addition, professors have the ability to provide real time updates through Starfish. Just as we expect our athletes to conduct themselves with honesty and integrity on the courts and fields, we also expect them to conduct themselves in the same manner in the classrooms.

SUMMER AND INTERSESSION COURSES

Any students planning to take summer or intersession courses at an institution other than the University of New Haven **must have prior written approval by department chair of the course subject**, to ensure the course credit will transfer back to the University of New Haven. **To ensure the course will satisfy degree requirements, you must go to the University Registrar's office and complete a coursework form.** Only courses that achieve a grade of a C or higher will count for degree credit. Students must be sure to complete summer courses before **July 15** in order to be in good standing with the university and to avoid a possible reduction in your financial aid package.

DROPPING AND ADDING COURSES

Before dropping or adding a course you are required to meet with your head coach and/or the Associate Director of Athletics for Compliance for approval. This is to ensure that you do not jeopardize your eligibility.

PRIORITY REGISTRATION

Student-athletes have the opportunity to register early for classes each semester. This privilege allows student-athletes the opportunity to meet graduation requirements and choose class times that meet academic and athletic obligations. A student-athlete must meet with their academic advisor prior to registering for classes. **Be sure to take care of any holds, bills, etc to ensure you can register on time.**

ACADEMIC SUCCESS SKILLS AND SUPPORT SERVICES:

It is important that you discover your learning style. The three types of learning styles are visual, audio and kinesthetic. The majority of people utilize a combination of all three learning styles. Once you discover which type of learner you are, you can begin structuring your study habits that best suits your learning style. The following information has been included to help you develop effective and efficient study skills to increase your opportunities for academic success.

Attend Class - Tests are not only based on lectures, readings and research, but most often on small items of information mentioned in class. If you are going to be away from campus for a game, you must give early

notification to all your instructors. Get all assignments in advance, if possible, and find out when the work needs to be turned in, without penalty. If you are sick, inform your instructors immediately. Student-athletes miss enough classes with road trips. Sick days will further denigrate your participation grade. Your class participation may be one criterion used by your professor for grading.

Time Management - All your daily, weekly and monthly activities should be planned in advance. Day planners, calendars and to do lists can help you manage your time. Plan out your daily workouts, practice, competition, travel days, quizzes, essays and projects. This will also allow you to identify and correct any conflicts that arise in your schedule. Plan ahead and don't leave studying to the last minute.

Be prepared - You should have all reading and written assignments completed before you go to class. If you go to class unprepared it is difficult to understand the material presented in class.

Making Impressions - Make a good impression from the beginning. Go to class on time, introduce yourselves to the professor, sit in the front of the classroom, be an active participant, and turn in quality work.

Study Habits - The primary study habit is to plan a regular study time every day. It would also help to study at the same time and in the same place each time. If you study on a daily basis it will save you from the heartache of cramming information at the last minute. A residence hall study room, library or an empty classroom are all good locations to study. Make sure the study area is quiet, non-disruptive, and a well-lit room. Short twenty-five minute periods of studying are better than long cramming sessions. Also, make sure you have all the necessary materials: books, paper, computer, notes, etc.

Along with the Academic workshops available throughout the year, make sure you are preparing properly for success in the classroom. Organize your notes for each class. Make sure all pages are dated, labeled and separated for each class. Keep all the handouts with the notes that are presented for the same topic.

THE CENTERS FOR STUDENT SUCCESS AND ADVISING (CASA)

The Centers for Student Success and Advising (CASA) is the umbrella organization encompassing the three major offices—the Academic Success Center, the First-Year Success Center, and the Center for Learning Resources—committed to student success at the University of New Haven. CASA's goals are to provide students with the necessary resources to successfully complete their degrees. By partnering with the Academic and Student Affairs divisions at the University, CASA staff members work to create a seamless network of support services for undergraduate and graduate students.

The Academic Peer Mentor Program is co-administered by the Office of Residential Life and the Centers for Academic Success and Advising. Academic Peer Mentors support CASA staff through their work in the residence halls. APMs assist students with academic strategies and connect them to campus resources.

CASA staff understand and appreciate the unique needs of student athletes. Participating in a sport entails a large time commitment and our coaches, counselors, and tutors, work with student athletes to help them manage their time and be successful in both in the classroom and on the court or field. Please stop in to see us!

ACADEMIC SUCCESS CENTER

Maxcy 210A 203-932-7237

[***oas@newhaven.edu***](mailto:oas@newhaven.edu)

[***http://www.newhaven.edu/academics/13731/***](http://www.newhaven.edu/academics/13731/)

The Academic Success Center provides a wide range of academic support to undergraduate students beyond their first year of college as well as graduate students. Academic Success Counselors (ASCs) work with students to strengthen their abilities and refer them to other qualified personnel on campus. ASCs use an appreciative advising philosophy that focuses on individual student strengths and empowers students to rise to their full potential. ASCs works collaboratively with faculty to identify students who are experiencing challenges in their coursework and assists students to develop study strategies and success plans to address those challenges.

In addition, the ASC provides information to students on campus resources, their academic programs, as well as tips on study skills, time-management, and other academic success strategies. During the registration process, ASC staff members work with students to prepare them for their advising appointments with their faculty advisors and assist with registering for classes. Working on the principal of a “one-stop-shop,” the office collaborates with the Academic and Student Affairs divisions of the University to focus its student success efforts on serving the whole student in a manner that is seamless and most convenient for the student.

HOURS

Monday-Thursday, 8:00 a.m. – 7:00 p.m

Friday, 8:00 a.m. – 5:00 p.m.

FIRST YEAR SUCCESS CENTER

Maxcy Hall 106 - (203) 479-4584

StudentSuccess@newhaven.edu

Our goal is to familiarize first-year students with the multitude of resources available on campus and to help you make progress toward fulfilling your educational, social, and personal goals. The office can assist in the resolution of student complaints, perceived grievances, and/or concerns.

The First-Year Success Center...

- Helps you get connected to campus resources
- Assists you in connecting to the university academically and socially
- Provides opportunities for you to interact with faculty, staff, and other students
- Offers outreach to **ALL** first-year students

CENTER FOR LEARNING RESOURCES

Marvin K. Peterson Library, Lower Level www.newhaven.edu/clr

Reception: 203.932.7215

CLR@NewHaven.edu

Fall and Spring Hours of Operation:

Monday-Thursday, 9:30 AM-10 PM; Friday: 9:30 AM-2:30 PM; and Sunday, 3-10 PM

Limited hours are available during the summer and January in certain divisions.

The Center for Learning Resources (CLR) consists of nine divisions designed to provide UNH students with the academic content and skills support they need for success. It is one of the most popular places on campus for good reason. We offer students free tutoring in nearly a thousand UNH courses. Most subject-specific tutoring is geared toward underclassmen, although we do offer limited support for upperclassmen and graduate students in high-demand subject areas. Writing Lab and Computer Lab support are available for all students. We use a metacognitive approach that engages students in the learning process and promotes independent learning strategies with excellent results for the vast majority of our users.

The Math, Science, and Business Lab; The Writing Lab; and Computer Lab, based in the lower level of the Library, provide content and skills academic support in small to mid-size group sessions and, for the Writing Lab only, private meetings. The Computer Lab staff also offer assistance in the MS Office Suite and specific programs for statistics, programming, and design.

Blackboard ePortfolio support is available to help students design an ePortfolio that meets class requirements and/or prepare for internship and other employment opportunities, while **our Workshops** are designed to help students succeed in educational and professional pursuits including calculus mastery test and chemistry finals preparation.

The Peer Tutoring Program consists of student tutors supporting major- and minor-based courses in 26 disciplines. Peer tutors are usually housed in areas affiliated with the department they support.

Supplemental Instruction (SI) is a focused service combining the best of the worlds of tutoring and extended classroom support. SI leaders work in conjunction with faculty for a course to answer questions about subject material and expand on areas in which faculty identify students as needing additional assistance. Sessions range from small to larger groups and allow students to ask questions and solidify their understanding of material in a nonjudgmental and engaging format.

Students are encouraged to make appointments via AccuTrack, our online scheduling software, but are also welcome on a drop-in basis as tutors are available. To learn more, visit our website at www.newhaven.edu/clr.

NCAA RULES & REGULATIONS

As a student-athlete, you must follow NCAA rules and regulations. These rules are reviewed at the beginning of each academic year. Rules education sessions are regularly conducted for student-athletes at team and SAAC meetings. Additionally, important reminders regarding NCAA Rules (e.g., the prohibition on any sports gambling) are emailed to student-athletes throughout the year. Rules regulate student-athlete involvement in recruiting, promotional events and time spent at practice and competitions. If a student-athlete is unsure about whether an NCAA rule applies, please contact the Associate Director of Athletics for NCAA Compliance and Student Welfare or the NCAA Faculty Athletics Representative. The University of New Haven promotes full disclosure of all rules violations. Alleged violations of NCAA, NE-10 conference, or UNH rules and regulations should be reported to the Associate Director of Athletics for NCAA Compliance and Student Welfare or the NCAA Faculty Athletics Representative for investigation. Actions taken in response to violations shall be consistent with NCAA, conference, and College policies and procedures.

It is important for student-athletes to know that reporting potential rule violations is in the best interest of the University of New Haven and Charger Athletics. In most circumstances, the Associate Director of Athletics for NCAA Compliance and Student Welfare will document the violation, educate those involved and process any penalties. In most cases, penalties are minor and those involved can continue participation.

ELIGIBILITY REQUIREMENTS

To participate in intercollegiate athletics you must maintain your athletic and academic eligibility. **Ultimately you are responsible for your own actions and eligibility.** Your coach, the Assoc. AD for Compliance, and your academic advisor are in place to assist you in maintaining your eligibility.

Eligibility for Competition

- Be enrolled as a full-time student (minimum of 12 credit hours per semester)
- Be listed on the official eligibility list and squad list
- Successfully complete a minimum of 24 credit hours per academic year. At least 18 credit hours must be earned during the fall, intersession, and spring semesters. A student-athlete cannot take more than 6 credit hours during the summer to make oneself eligible for the following year.
- Successfully complete 9 credit hours prior to the start of the spring semester to be eligible for competition.
- Meet the GPA requirements established by the University and the NCAA. (see below)

NCAA GPA requirement:

At the completion of 24-semester hours - minimum of 1.80

At the completion of 48-semester hours - minimum of 1.90

At the completion of 72-semester hours - minimum of 2.00

At the completion of 96-semester hours - minimum of 2.00

Failure to meet the minimum requirements will render you ineligible.

University policy requires all students to maintain the minimum cumulative grade point average requirements listed below in order to remain in good academic standing.

UNH Academics Requirements:

3-27 credit hours attempted - minimum of 1.75

28-57 credit hours attempted - minimum of 1.85

58 or more credit hours attempted - minimum of 2.00

Failure to meet the satisfactory progress standards would place the student on academic probation by the university and jeopardize their financial aid package for the following semester of enrollment.

Student-athletes who are on academic probation are **NOT** allowed to practice or compete in the following semester until they raise their GPA above the minimum standard, based on number of attempted credits.

- Complete the following documents before your first practice:
 - a) Annual NCAA Student-Athlete Statement
 - b) Annual NCAA Drug-Testing Consent Form
 - c) Annual UNH Substance Abuse Testing Form
 - d) Annual UNH Student-Athlete Code of Conduct Form
 - e) Annual UNH Alcohol, Tobacco & Other Drugs Form
 - f) Annual Medical Information Form
- Be declared eligible by the University Registrar.
- If you are a freshman, or enrolling in college for the first time, you must register and be certified for competition by the NCAA Eligibility Center.
- All prospective student-athletes enrolling in an NCAA Division I or II institution for the first time must complete the NCAA Amateurism Certification questionnaire on which their amateur status will be determined. A student-athlete must be certified as an amateur by the NCAA before being declared eligible for competition.

To register with the NCAA Eligibility Center go to www.eligibilitycenter.org

After registering, you must have your ACT and/or SAT scores and your final official high school transcript with proof of graduation sent to the NCAA Eligibility Center. SAT/ACT test scores must be submitted directly to the NCAA by the testing agency (use code "9999"). Send all correspondence to the following address:

NCAA Eligibility Center Certification Processing Telephone: 877-262-1492
 PO Box 7136 Fax: 317-968-5100
 Indianapolis, IN 46207

AMATEURISM REGULATIONS

A student-athlete, by definition, is a student whose enrollment was solicited by a member of the athletics staff or other representative of athletics interests with a view toward the student's ultimate participation in the intercollegiate athletics program. A member of the general student body becomes a student-athlete only when the student reports for an intercollegiate squad that is under the jurisdiction of the Department of Athletics.

Student-athletes are bound by the principle of amateurism. An individual must comply with the regulations of amateurism in order to retain their intercollegiate eligibility. **If an individual does any of the following, he/she will lose their amateur status and will no longer be eligible to compete on the intercollegiate level:**

- Uses their athletics skill (directly or indirectly) for pay in any form in that sport;
- Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
- Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received;
- Receives (directly or indirectly) a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based upon athletics skill or participation, except as permitted by NCAA rules and regulations;
- Competes on any professional athletics team and knows (or had reason to know) that the team is a professional athletics team, even if no pay or remuneration for expenses was received;
- Enters into a professional draft or agreement with an agent;
- Enters into an agreement with an agent.

For additional information on student-athletes and amateurism contact the Associate Director of Athletics for Compliance.

OUTSIDE COMPETITION

Outside/Unattached Competition for Student-Athletes

Participation on any outside teams, while a member of an intercollegiate team, may jeopardize a student-athlete's eligibility. A student-athlete must have written permission from the head coach and the Associate Director of Athletics for NCAA Compliance and Student Welfare prior to participation on any outside teams or in outside competition at any time of the year, including summer. Regulations are sport specific.

COUNTABLE ATHLETICALLY RELATED ACTIVITIES (CARA)

The NCAA has established time limitations on your athletic participation. During your playing and practice season, your participation in countable athletically related activities is limited to 4 hours per day and 20 hours per week, with one day required off. Outside of the declared playing season, your participation in countable athletically related activities is limited to a maximum of 8 hours per week, with 2 days off per week.

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 of an institution's coaching staff and must be counted within the weekly and daily limitations. Administrative activities (e.g., academic meetings, compliance meetings) shall not be considered as countable athletically related activities.

During the week of December 21st-27th, **NO athletically related activities can take place**. This means that **NO** voluntary or countable athletically related activities can occur. Additionally, student-athletes are not permitted to use the athletic facilities during that time. Use of any facility that is open to the general public (Beckerman Center) is permissible.

The daily and weekly hour limitations **DO NOT** apply to the following time periods:

- During preseason practice prior to the first day of classes or the first scheduled contest, whichever comes first.
- During an institution's academic year official vacation period (e.g., Thanksgiving, spring break), as listed in the institution's official calendar, and during the academic year between terms when classes are not in session (i.e., winter break).
- During any week in which a team is participating in NE-10 Conference or NCAA postseason.

CAMPS AND CLINICS

In accordance with NCAA rules, student-athletes may be employed to work at camps or clinics provided their duties are of a general supervisory nature and they shall be compensated at the going rate for the other camp or clinic employees performing similar job responsibilities. Student-athletes may be employed at their own institution's camp or clinic provided they do not participate in organized practice activities other than during the playing season in their sport.

- **A student-athlete who only lectures or demonstrates at a camp/clinic may not receive compensation for his or her appearance at the camp/clinic.**
- **A student-athlete with remaining eligibility is not permitted to conduct his or her own camp or clinic.**

All student-athletes interested in participating in an institutional/non-institutional camp or clinic must receive prior written approval from the Associate Director of Athletics for NCAA Compliance and Student Welfare and the Associate VP, Director of Athletics and Recreation.

HOSTING A RECRUIT

The student-athlete host plays an important role in the recruiting process. Throughout the academic year, coaches will invite prospective student-athletes to visit the campus and stay overnight to experience college life in the residence halls. Student-athletes who are full or partial qualifiers according to the NCAA Eligibility Center may serve as a student host during their first year of full-time collegiate enrollment. As a student host, it would be your responsibility to show the prospective student-athlete the campus and entertain them according to the below entertainment guidelines.

ENTERTAINMENT

As a student host, be aware that the university or any staff member or representative of its athletics interests (boosters) may not provide an automobile for use by either you or the prospect during the official visit.

The following is a list of rules and regulations that student-athletes should be aware of in the instance of being called upon to act as student host:

- If entertainment funds are provided, only you shall be provided money with which to entertain only yourself, the prospect, and the prospect's parents or legal guardians.
- No cash may be given to the prospect or anyone else.
- When hosting a prospect, neither the student-athlete nor the recruits are permitted to consume or be in the presence of alcohol/drugs during the campus visit.
- You may not use the entertainment funds to purchase, or otherwise provide the prospect with gifts of value (e.g. souvenirs or clothing).
- You are responsible for submitting any receipts and remaining cash from the funds advanced.

IDEAS FOR HOSTING

- Take the prospect with you to a class on campus. [Note: Alert professors ahead of time that there will be guests in their classroom.]
- Take the prospect on a tour of campus. When touring campus, be sure to include the places that student-athletes spend most of their time so they can get a feel for what their daily life will be like should they choose your school.
- Set aside time for the prospect to meet with members of your team to ask questions.
- Find out the calendar of campus events (festivals, movies, comedy nights, dance shows, game shows, etc.) from the student activities office and plan an outing to one of those events with the prospect and your teammates.
- Attend any one (or several if there is time!) of the campus athletics events with the prospect and your teammates. Let the prospect know how you support your fellow student-athletes.
- Find out what cultural opportunities are unique to your city and campus and take the prospect to one of those events or places (beach, shopping, etc).
- Most importantly: Be honest when it comes to your team, your school and what they are really like.

FINANCIAL AID:

Monitoring of financial aid limits and requirements is the responsibility of the Director of Financial Aid with assistance of the Associate Director of Compliance for NCAA Compliance and Student Welfare. Student-athletes may not receive athletically related financial aid over a full grant-in-aid, which includes tuition, fees, room, board, and books. A student-athlete may receive other non-countable financial aid unrelated to athletic ability up to the full cost of attendance or the value of a full grant-in-aid plus aid that is permissible by federal regulations. Loans are NOT countable in financial aid limits under NCAA regulations. It is the responsibility of the Head Coach and the Associate Director of Compliance for NCAA Compliance and Student Welfare to monitor the individual team limits for financial aid.

INSTITUTIONAL FINANCIAL AID

Listed below are the financial aid forms required and the approximate completion dates for this upcoming academic year. The actual completion dates can be obtained from the Financial Aid Office at (203) 932-7315. Failure to meet the required deadlines may result in reduction of a student's financial aid package.

- Federal Application for Free Student Aid (FAFSA) due: 3-1-16 Federal school code: 001397
- Federal Income Tax Documents - Required for all students selected for a federal process called "verification". If selected for verification, you will be required to submit student and parent (if applicable) IRS Tax Return Transcripts (www.IRS.gov) OR use the IRS data retrieval process on your FAFSA, and the Verification Worksheet available for download on the on-line financial aid system.
- Additional Documents- Students will be notified of any additional requirements.

Students are reminded to review the satisfactory academic progress requirements (SAP) for retention of financial aid.

In accordance with the State of Connecticut HB – 5415, the University of New Haven is required to disclose certain information related to athletic scholarships, the renewal and release from scholarships, and sport related medical expenses on the front page of our athletics webpage. A link on our front page titled “Student-Athletes Right to Know” is available. Additionally, you can visit www.NewHavenChargers.com/RightToKnow.

ATHLETIC GRANT-IN-AID

The following information is quoted directly from the National Collegiate Athletic Association (NCAA) Manual regarding implementation of athletically related grant-in-aids:

15.3.3.1 - One-Year Limit. Where a student's athletics ability is taken into consideration in any degree in awarding financial aid, such aid **shall not** be awarded in excess of one academic year.

15.3.3.1.1 - Financial Aid Authority Precedent. A staff member may inform a prospect that the athletics department will recommend to the financial aid authority that the prospect's financial aid be renewed each year for a period of four years and may indicate that the authority always has followed the athletics department's recommendations in the past. However, the prospect must be informed that the renewal will not be automatic.

15.3.4.1 - Reduction or Cancellation Permitted. Institutional financial aid based in any degree on athletics ability may be reduced or cancelled during the period of the award if the recipient:

- (a) Renders himself or herself ineligible for intercollegiate competition; or
- (b) Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement (see Bylaw 15.3.4.1.1); or
- (c) Engages in serious misconduct warranting substantial disciplinary penalty (see Bylaw 15.3.4.1.1); or
- (d) Voluntarily withdraws from a sport at any time for personal reasons;

15.3.2.4 Hearing Opportunity. The institution's regular financial aid authority shall notify the student-athlete in writing, within 14 consecutive calendar days from the date the student-athlete has been notified of the decision to reduce or cancel aid during the period of the award or the reduction or nonrenewal of aid for the following academic year, of the opportunity for a hearing when institutional financial aid based in any degree on athletics ability is reduced or canceled during the period of the award, or not renewed. The notification of the hearing opportunity shall include a copy of the institution's established policies and procedures for conducting the required hearing, including the deadline by which a student-athlete must request the hearing. The institution shall conduct the hearing within 30 consecutive calendar days of receiving a student-athlete's request for the hearing and shall not delegate the responsibility for conducting the hearing to the university's athletics department or its faculty athletics committee.

Any questions regarding athletic grant-in-aids should be directed to your head coach and/or the Associate Vice President, Director of Athletics and Recreation. In order to be eligible to receive their full institutional financial aid award each year, students must not only meet the above due dates, but also be academically eligible by July 15 of each year.

Non-Institutional Outside Financial Aid

All student-athletes must report any outside financial aid to the Associate Director of Athletics for NCAA Compliance and Student Welfare and the Financial Aid Office. Outside aid must be indicated on the compliance paperwork submitted. Each Head Coach will be informed by the Associate Director of Athletics for NCAA Compliance and Student Welfare of any student-athlete who has not completed all required paperwork, and it will be the responsibility of the student-athlete to complete the necessary paperwork and submit it to the Associate Director of Athletics for NCAA Compliance and Student Welfare and Financial Aid Office. If a student-athlete is receiving any non-institutional outside financial aid, the aid will be reviewed with the Director of Financial Aid to ensure that applicable outside aid is counted toward individual and team equivalencies for NCAA purposes.

UNH/ NCAA TRANSFER RULES & STUDENT-ATHLETE APPEAL POLICY

Under NCAA rules, a University of New Haven (UNH) student-athlete is not permitted to have direct or indirect contact with a staff member of another NCAA institution without first obtaining written permission to do so from the UNH Associate Vice President, Director of Athletics and Recreation (or his/her designee). If permission is refused, the other NCAA institution cannot have contact with the student-athlete (or the student-athlete's friends or relatives) or otherwise encourage the transfer. If the student-athlete elects to transfer despite the refusal, the other institution may not provide the student-athlete with an athletics scholarship until the student-athlete has attended the institution as a fulltime student for one academic year.

When a student-athlete transfers to another NCAA institution, it is common for the student-athlete to request permission to utilize the "one-time transfer exception" in order to be immediately eligible for competition upon transferring. The University of New Haven Policy as stated in the athletics Grant-In-Aid contract, will not grant a one-time transfer exception for a student-athlete who wishes to transfer to another Northeast-10 Conference institution. If permission is refused, the student-athlete is not permitted to compete on behalf of the other institution until the student-athlete has attended the other institution as a full-time student for one academic year (unless the student-athlete qualifies for another exception to the NCAA transfer rule).

Whenever a request for permission to contact or permission to use the one-time transfer exception is denied, NCAA rules require that UNH provide the student-athlete with written notification of the denial. In addition, UNH must inform the student-athlete in writing of the student-athlete's right to request a hearing to contest the denial. All such hearings must be conducted by a committee outside of the athletics department.

UNH and the Department of Intercollegiate Athletics are committed to the fair treatment of student-athletes who decide to transfer to other institutions or who are interested in discussing a possible transfer with other institutions. The following policies and procedures shall be followed in all cases.

1. Requesting Permission. If a student-athlete wishes to receive permission to contact another institution or use the one-time transfer exception, the student-athlete shall make the request of his or her Head Coach or the administrator who oversees the student-athlete's sport. Upon request of the sport administrator, the student-athlete may be required to submit the request for permission in writing.

The student-athlete has the right to submit a request for permission directly to the sport administrator without first conferring with the Head Coach. In those cases, however, the student-athlete should understand that the sport administrator will discuss the request with the Head Coach. [Note: On occasion, the request will come not from the student-athlete, but from the other NCAA institution to which the student-athlete has transferred or is considering transferring. The policies and procedures outlined below will apply to such requests as well.]

2. Notification of Decision and Right to Hearing. After conferring with the Head Coach, the sport administrator shall decide whether the requested permission should be granted. If appropriate in particular cases, the Head Coach and/or the sport administrator shall consult with the Associate Vice President, Director of Athletics and Recreation regarding the request. The student-athlete also shall have the right to discuss the request with the Associate Vice President, Director of Athletics and Recreation.

If permission is granted, the sport administrator or the Head Coach shall inform the student-athlete. The Associate Director of Athletics for Compliance shall prepare and fax a letter to the institution(s) as promptly as possible indicating that the student-athlete's request for permission has been approved. The Associate Director of Athletics for Compliance shall provide copies of the letter to the student-athlete upon request.

If permission is refused, the sport administrator shall inform the student-athlete of the decision in writing within 14 consecutive calendar days from the receipt of the student-athlete's written request. The sport administrator shall inform the student-athlete in writing of the student-athlete's right to appeal the decision in accordance with NCAA rules. If permission was requested by another NCAA institution, the sport administrator shall ensure that the decision to refuse permission is provided to the other institution as quickly as possible. Finally, the sport administrator shall provide the compliance office with copies of all documentation related to the refusal.

3. Request for Hearing. If a student-athlete wishes to request a hearing to contest the decision to refuse permission to contact or use the one-time transfer, the student-athlete must submit a written request to the Associate Vice President, Director of Athletics and Recreation. The written request for a hearing must be submitted within one (1) weeks from the date of the sport administrator's written notification that

permission was denied. The student-athlete's request for a hearing must describe the reasons the student-athlete believes that the decision to deny should be overturned or modified. All supportive documentation relevant to the student-athlete's appeal must be submitted at that time. The sport administrator shall be required to submit written documentation supporting the decision to deny permission prior to the hearing at a date to be determined by the Associate Vice President, Director of Athletics and Recreation.

- 4. Hearing Committee.** All hearings under this policy shall be conducted by the Student-Athlete Appeals Committee (hereinafter referred to as the "Committee"). NCAA rules require that the Committee consist exclusively of individuals who are employed outside of the athletics department. Therefore, the Committee shall include three members: (1) Director of Admissions (2) Faculty Athletics Representative; and (3) Member of the Faculty/Staff Liaison Committee. The Faculty Athletics Representative shall serve as the Chair of the Committee. It shall be the duty of the Chair to rule on procedural matters and the admissibility of evidence during such hearings.
- 5. Scheduling the Hearing.** After the student-athlete submits the written request for a hearing, the Associate Vice President, Director of Athletics and Recreation will contact the Chair of the Committee to schedule a hearing date. The hearing date shall occur no later than thirty (30) days following the student-athlete's request. The Associate Vice President, Director of Athletics and Recreation shall inform the student-athlete and the sport administrator of the date, time and place of the hearing. At least three (3) days prior to scheduled hearing, the Associate Vice President, Director of Athletics and Recreation shall provide the Committee, the student-athlete and the sport administrator with copies of: (i) the notification of refusal and right to hearing letter from the sport administrator; (ii) the request for hearing letter from the student-athlete; (iii) all supporting documentation submitted by the student-athlete, the Head Coach and/or the sport administrator.
- 6. Attendance at the Hearing.** The student-athlete and the sport administrator are required to appear in-person at the hearing, unless this requirement is waived by the Chair of the Committee based upon justifiable cause. The Chair may determine to conduct the hearing by telephone conference or based only on the submitted written documentation. The Committee may request that other individuals attend and testify at the hearing as the Committee deems relevant and necessary. If the student-athlete wishes to have other individuals (e.g., parents) attend the hearing, the student-athlete must provide a list of names of those individuals and a written request to the Chair at least three business days prior to the hearing. If the request is approved, the other individuals may be present at the hearing to observe but may not participate unless asked to do so by the Committee. The Associate Director of Athletics for Compliance (or his/her designee) shall be present for purposes of clarification of the application of NCAA rules.
- 7. Hearing Committee Procedures.** Note that the hearing process is an internal, professional procedure for resolving disputes; therefore it should not be construed as a formal legal proceeding. Thus, while an individual may seek legal advice pertaining to the process, lawyers representing the grievant or respondent (or their witnesses) are specifically prohibited from attending any portion of the Hearing.
Record of Committee Proceedings. If requested by the grievant or respondent, the Hearing shall be audio recorded. The Chair shall maintain a written record of all action taken by the Committee on a particular grievance and shall make this record available to the parties to the grievance on request. In no event, however, should the vote of an individual Committee member be audio recorded or disclosed and the record shall be maintained in such a manner as to preserve the confidentiality of the votes of individual Hearing Committee members.
- 8. Hearing Format.** The Chair will open the hearing by introducing the parties and Committee members. The Chair then will summarize the format of the hearing and any rules of procedure. Thereafter, the Chair shall invite the student-athlete to present his or her position and describe the reasons why the student-athlete believes the decision to deny permission should be modified or overturned. The sport administrator then shall have the opportunity to present the rationale for denying permission. The Committee may ask questions of any individual present at the hearing. The student-athlete and sport administrator each shall have the right to make a concluding remark or closing argument before the hearing is completed. The hearing should not be closed until the Chair has determined that all parties have had a fair and equal opportunity to present their positions. All parties are expected to provide truthful information to the Committee and treat the Committee and other parties with dignity and respect throughout the process.

Decorum: Proper and professional decorum is required during the hearing. The chair may exclude from the hearing any person who fails to maintain a proper and professional decorum.

Evidence and/or Documentation. The grievant and the respondent may introduce evidence and/or documentation at the hearing. No rigid rules of evidence will be in effect. The Committee may allow hearsay testimony. The Committee may exclude character evidence and evidence that is irrelevant or unduly repetitious. The Committee may limit both the number of witnesses and the time granted to each witness during the Hearing.

Failure to Appear. Failure of the grievant or the respondent to appear at the Hearing shall not prevent the Hearing from proceeding. The Committee may, however, decide to cancel the Hearing if the grievant or the respondent is not present.

Order of Presentation. The grievant shall proceed first, followed by the respondent, specifically as follows:

1. Presentation by the student-athlete (grievant) - 20 minutes or less.
2. Presentation by the coach/sport administrator (respondent) - 20 minutes or less.
3. Rebuttal by the student-athlete (grievant) - 10 minutes or less.
4. Rebuttal by the coach/sport administrator (respondent) - 10 minutes or less.
5. Questions from the Committee to grievant and/or respondent - no time limit.
6. Conclusion of hearing - grievant, respondent and witnesses excused.
7. Deliberation and decision - no time limit.

Extension of Allotted Time. The Chair of the Committee shall have the exclusive authority and discretion to grant an extension of the time limits noted in the Order of Presentation.

Questioning. The grievant and the respondent shall have a reasonable opportunity to rebut opposing evidence. Committee members may question the grievant, the respondent, and witnesses.

9. Deliberations and Notice of Decision. Immediately following the hearing, the Committee shall meet privately to deliberate. The Committee's decision shall be based on a majority vote of the three members of the Committee. The Committee shall have the option to modify, affirm or overturn the decision to deny permission to contact and/or use the one-time transfer exception. Once a decision is reached, the Chair shall orally notify the student-athlete and the sport administrator of the Committee's decision. Communication of the decision shall be in-person or via telephone. The Chair shall send a formal decision letter to the student-athlete, with copies to the Head Coach, sport administrator, Associate Vice President, Director of Athletics and Recreation and Associate Director of Athletics for Compliance. If the student-athlete prevails at the hearing and is granted request for permission, the Associate Director of Athletics for Compliance shall prepare and fax a letter to the institution(s) as promptly as possible indicating that the student-athlete's request for permission has been approved. Copies of the letter shall be provided to the student-athlete upon request.

Remedies. The Hearing Committee may sustain the decision regarding contact or financial aid, modify the decision as requested by the student-athlete, or modify the decision in any other way, as long as it deems the result reasonable based on its consideration of the interests of the institution and the student-athlete. However, any remedy cannot constitute a violation of NCAA or Northeast-10 Conference regulations, nor can any remedy cause any student-athletes, coaches, administrators, staff or the University to be in violation of NCAA or Northeast-10 Conference regulations.

10. Confidentiality and Finality. The documentation submitted to the Committee, the testimony at the hearing and the Committee's deliberations must remain confidential. In accordance with NCAA rules, the Committee's decision is final, and there are no further avenues of appeal.

STUDENT-ATHLETE WELFARE

The University of New Haven is committed to the overall development of our student-athletes. Additionally, the health and well-being of the student-athlete is paramount to the success of the student and the university. This section outlines a number of resources to assist student-athletes with their overall health and well being.

NUTRITION

Nutrition plays a key role in sports performance. The quality and quantity of the food you eat (and when you eat it) makes a great difference in the way you practice and compete.

Carbohydrates:

For peak athletic performance, it is crucial to feed your body both before and after strenuous exercise. The most important macronutrient in an athlete's diet is carbohydrates.

- Consume a high carbohydrates meal 3-4 hours before activity
- A snack may be needed 1-2 hours before activity; carbohydrates will be digested the Fastest
- Consume 30-60 grams carbohydrates each hour during endurance events lasting over 1 hour
- Ensure a high carbohydrates recovery snack within 30 minutes post activity
- Consume carbohydrates-rich foods amounting to 50-100 grams within 2 hours post activity

Fluid:

Fluid is the most important nutrition consideration for any athlete. Inadequate hydration can lead to impaired athletic performance and muscle cramping.

Fluid intake

- 16-24 oz fluid, 2-3 hours before activity
- 8-12 oz fluid, 30 minutes before activity
- 8-12 oz fluid every 15 minutes during activity
- At least 20 oz fluid post activity for every pound of water weight lost

Protein:

Protein has long been the nutrient of choice for athletes looking to improve their performances. Protein intake for strength and power athletes enhances and maintains lean body mass

Fat:

It is important that athletes consume a diet with fat, especially healthy fats from fish and plant oils. These healthy fats contain omega 3 and omega 6 fatty acids, which aid numerous physiological processes such as blood pressure, blood flow regulation, blood clotting, inflammation and bronchiole air flow. Athletes should try to consume higher fat foods 3-4 hours before intense practices or games. Athletes need to consume at least 15% of calories from fat, but ideally fat intake should be between 20-35% of total calories with less than 10% from saturated fat.

EATING DISORDERS

The Department of Athletics at the University of New Haven strives to develop healthy and responsible lifestyles for UNH student-athletes, with the goal of long-term enrichment and enhancement of their lives. Behaviors that threaten a healthy lifestyle include disordered eating. Due to the nature of college athletics, student-athletes in particular are at an increased risk of developing or sustaining patterns of disordered eating. Depending on the extent of the disorder and the length of time the individual has engaged in such behaviors, the effects of disordered eating can range from mild to severe. Eating disorders are often associated with low self-esteem, obsessive thinking, and feeling of isolation. Psychologically, individuals with an eating disorder have an increased risk of depression and suicide. Recovery from eating disorders can be a difficult process that takes time. In general, the greater the duration and frequency of the disordered eating, the longer it will take for recovery to occur.

Definitions of Disordered Eating

Anorexia Nervosa - Anorexia Nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

Bulimia Nervosa - Bulimia Nervosa is a serious, potentially life-threatening eating disorder characterized by a cycle of bingeing and compensatory behaviors such as self-induced vomiting designed to undo or compensate for the effects of binge eating.

Binge Eating Disorder - Binge Eating Disorder (BED) is a type of eating disorder not otherwise specified and is characterized by recurrent binge eating without the regular compensatory behaviors seen in bulimia nervosa.

How to help a friend with Eating and Body Image issues

Learn as much as you can about eating disorders. Read books, articles, and brochures.

Know the differences between facts and myths about weight, nutrition, and exercise. Knowing the facts will help you reason against any inaccurate ideas that your friend may be using as excuses to maintain their disordered eating patterns.

Be honest. Talk openly and honestly about your concerns with the person who is struggling with eating or body image problems. Avoiding it or ignoring it won't help!

Be caring, but be firm. Caring about your friend does not mean being manipulated by them. Your friend must be responsible for their actions and the consequences of those actions. Avoid making rules, promises, or expectations that you cannot or will not uphold. For example, "I promise not to tell anyone." Or, "If you do this one more time I'll never talk to you again."

Compliment your friend's wonderful personality, successes, or accomplishments. Remind your friend that "true beauty" is not simply skin deep.

Be a good role model in regard to sensible eating, exercise, and self-acceptance.

Tell someone. It may seem difficult to know when, if at all, to tell someone else about your concerns. Addressing body image or eating problems in their beginning stages offers your friend the best chance for working through these issues and becoming healthy again. Don't wait until the situation is so severe that your friend's life is in danger. Tell an administrator, coach or athletic trainer.

What to say to a friend with an Eating Disorder?

Set a time to talk. Set aside a time for a private, respectful meeting with your friend to discuss your concerns openly and honestly in a caring, supportive way. Make sure you will be some place away from other distractions.

Communicate your concerns. Share your memories of specific times when you felt concerned about your friend's eating or exercise behaviors. Explain that you think these things may indicate that there could be a problem that needs professional attention.

Ask your friend to explore these concerns with a counselor, doctor, nutritionist, or other health professional who is knowledgeable about eating issues. If you feel comfortable doing so, offer to help your friend make an appointment or accompany your friend on their first visit.

Avoid conflicts or a battle of the wills with your friend. If your friend refuses to acknowledge that there is a problem or any reason for you to be concerned, restate your feelings and the reasons for them and leave yourself open and available as a supportive listener.

Avoid placing shame, blame, or guilt on your friend regarding their actions or attitudes.

Do not use accusatory "you" statements like, "You just need to eat." Or, "You are acting irresponsibly." Instead, use "I" statements. For example: "I'm concerned about you because you refuse to eat breakfast or lunch." Or, "It makes me afraid to hear you vomiting."

Avoid giving simple solutions. For example, "If you'd just stop, then everything would be fine!"

Express your continued support. Remind your friend that you care and want your friend to be healthy and happy.

After talking with your friend, if you are still concerned with their health and safety, find an athletic trainer, athletic administrator or coach. This is probably a challenging time for both of you. It could be helpful for you, as well as your friend, to discuss your concerns and seek assistance and support from a professional.

Remember that you cannot force someone to seek help, change their habits, or adjust their attitudes. You will make important progress in honestly sharing your concerns, providing support, and knowing where to go for more information. People struggling with anorexia, bulimia, or binge eating disorder do need professional help.

FACULTY ATHLETICS REPRESENTATIVE (FAR)

The NCAA Faculty Athletics Representative champions academic integrity, promotes the welfare of student-athletes, and helps ensure institutional control of intercollegiate athletics. More specifically, the FAR works with the President and the Associate Vice President, Director of Athletics and Recreation to maintain appropriate University oversight of intercollegiate athletics; assists the President and Associate Vice President, Director of Athletics and Recreation in determining institutional positions on proposed NCAA and conference legislation; serves on search committees for senior athletics administrators and head coaches; oversees decisions regarding eligibility of student-athletes; remains visible and available to student-athletes; and actively participates in all investigations and reports of possible NCAA violations.

The NCAA Faculty Athletics Representative (FAR) at the University of New Haven is:

Dr. Charles Vigue - College of Arts and Sciences 932-7107

FACULTY/STAFF LIAISON PROGRAM:

During the 2010-11 academic year, the NCAA Faculty Athletics Representative in conjunction with the Department of Athletics developed a Faculty/Staff Liaison program designed to pair up a faculty/staff members at the university with each of our intercollegiate athletic teams. The goal of this program is to establish a greater presence of faculty and staff at competitions, provide a stronger connection between athletics and academics, and to show support for our student-athletes both in and out of the classroom. It is important that you meet your Faculty/Staff Liaison and encourage them to become more involved with your team. They are also great tools and resources when you need assistance within the university. Although this program is developing and attracting more faculty and staff, the current 15-16 Faculty/Staff Liaisons for our teams are as follows:

BaseballEd Todd (etodd@newhaven.edu , ext. 7287)
	Ric Baker (rbaker@newhaven.edu , ext. 2905)
Men's BasketballLynn DeRobertis (lderobertis@newhaven.edu , ext. 7043)
M. Cross Country/TrackAlan MacDougall (amacdougall@newhaven.edu , ext. 7054)
FootballTony Carter (tcarter@newhaven.edu , ext. 7346)
	Jennifer Passaretti (jpassaretti@newhaven.edu , ext. 4557)
	Michael Clark (mclark@newhaven.edu , ext. 4823)
Men's SoccerStephen Brown (sbrown@newhaven.edu , ext. 7469)
Women's BasketballPeter Massey (pmassey@newhaven.edu , ext. 4596)
	Melissa Whitson (mwhitson@newhaven.edu , ext. 4589)
W. Cross Country/TrackDaniel Maxwell (dmaxwell@newhaven.edu , ext. 4592)
	Corinne Merjave (cmerjave@newhaven.edu , ext. 7322)
Women's LacrosseGeorgia Chavent (gchavent@newhaven.edu , ext. 7410)
Women's SoccerCheryl Lyon (clyon@newhaven.edu , ext. 4886)
Kimberly Mahoney (kmahoney@newhaven.edu , ext. 7142)
Women's SoftballPatrick Torre (ptorre@newhaven.edu , ext. 7224)
	Virginia Maxell (vmaxwell@newhaven.edu , ext. 4599)
Women's TennisGuillermo Mager (gmager@newhaven.edu , ext. 7452)
Women's VolleyballGuillermo Mager (gmager@newhaven.edu , ext. 7452)

Charger Student-Athlete Advisory Committee - The Voice of the Chargers! (SAAC)

The student-athlete advisory committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. The SAAC offers input on rules, regulations and policies that affect the student-athletes lives on campus across the country. Members of SAAC will develop leadership skills both inside and outside the field of competition, protect student-athlete well-being, and mature into well-rounded individuals while promoting a positive image of the University of New Haven at all times.

Functions of SAAC:

- Promote communication between athletics administration and student-athletes.
- To give the student-athletes an opportunity to communicate suggestions, needs, wants, praise, and problems to the athletics' administration.
- Provide feedback and insight into Department of Athletics issues/concerns.
- Build a sense of community within the athletics program involving all athletic teams equally.
- Generate a student-athlete voice within the campus Department of Athletics during its formulation of policies.
- To design programs that will encourage academic success, health promotion, social responsibility, and general awareness of the needs of the student-athletes on campus.
- Organize community service efforts.
- Solicit student-athlete responses to proposed conference and NCAA legislation.
- Promote a positive student-athlete image on campus and in the community.
- To provide assistance with the annual athletic banquet

Chi Alpha Sigma - National College Athlete Honor Society

The National College Athlete Honor Society was founded at DePauw University, Greencastle, Indiana on May 17, 1996, by DePauw head football coach and professor of kinesiology, Nick Mourouzis. Mourouzis recognized that there were many organizations that honored students for outstanding academic *or* athletic achievements, but none that did both. Chi Alpha Sigma brings honor and recognition to deserving student-athletes, their families, teams, and colleges in much the same way as Phi Beta Kappa honors scholastics.

Chi Alpha Sigma recognizes college students who receive a varsity letter in their sport while maintaining a 3.4 or higher cumulative GPA throughout their junior and senior years.

Student-Athlete Leadership and Development Program:

The program works in conjunction with the NCAA's Student Affairs program to provide our student-athletes with the proper skills to reach their optimal potential in the classroom and on the playing field, but to prepare them for the biggest challenge of all – life after graduation.

It is designed to build philosophical foundations for the development of athletic programs, support a well-balanced lifestyle for student-athletes while encouraging personal growth and decision-making skills in order to develop and pursue career and life goals.

The Student-Athlete Leadership and Development team consists of Larry Earnesty (Assoc. Director of Athletics for Compliance & Student Welfare), Laura Duncan (Head Women's Soccer Coach), Donald Hathorn (Head Men's Soccer Coach), Chris Celano (Head Baseball Coach), Jennifer Starek (Head Softball Coach), Jen Fallon (Head Women's Lacrosse Coach) and Nate Hepner (Director of Sports Medicine).

The components of the program reflect the six attributes that represent a DII institution which are: Passion, Balance, Service, Resourcefulness, Sportsmanship, and Learning. The programs provided for our Chargers will emphasize the following components: academics, athletics, personal development, career development and a commitment to service.

Student-Athlete Life Skills and Development Commitment Statements

→ Commitment to Academic Excellence

To support the academic progress of the student-athlete toward intellectual development and graduation.

→ Commitment to Athletic Excellence

To build philosophical foundations for the development of athletic programs that are broad-based, equitable and dedicated to the well-being of the student-athlete.

→ Commitment to Personal Development

To support the development of a well-balanced lifestyle for student-athletes, encouraging emotional well-being, personal growth and decision-making skills.

→ Commitment to Career Development

To encourage the student-athlete to develop and pursue career and life goals.

→ **Commitment to Service**

To engage the student-athlete in service to his or her campus and surrounding communities.

THE CHARGER CUP

The Charger Cup is a competition that is played by all the teams in order to provide a means by which student-athletes can compete for points in various life skills categories. These categories focus on servicing the community and recognizing both academic and athletic achievement.

The competition offers an outwardly visible account of our Charger's living by the Six Division II attributes which are: Balance, Service, Passion, Resourcefulness, Learning, and Sportsmanship. It also holds student-athletes, coaches, and teams as a whole accountable for their point total in various categories, and for the competitive side our student-athletes to be used towards something other than just athletic participation.

Categories Include:

Community Service

Individual Team Participation

Student-athletes and teams can earn points by participating in organized community service projects organized by their team. Only community service hours while representing UNH athletics will count. Community Service forms must be submitted to Coach Duncan within 7 days of the completion of the event in order to receive points. For your team to be eligible for the Charger Cup Points, a minimum of 80% of your roster needs to complete 5 hours of Community Service. Teams will be ranked from 1 -12 based on total number of hours completed. The team with the most community service hours will receive 100 points, second will receive 99, thirds will receive 98, etc.

Academics

The teams with the highest team GPA after the conclusion of the academic year will be awarded points. The teams who reach their GPA goal will receive points. GPA goals have to be declared at the conclusion of the second week of classes. Every individual student-athlete who is a Dean's List Award recipient for the fall or spring semester will receive points.

- Highest Departmental Individual GPA- 150pts
- Highest GPA team- 100pts
- 2nd place GPA team- 50pts
- 3rd place GPA team- 25pts
- National Collegiate Honor Society Member – 5pts
- 2 points per team for every student-athlete who is a Dean's List Award winner for the fall or spring semester. 5 points per team for every student-athlete who is a Dean's List Award recipient for the fall or spring semester will receive points.

Athletic Performance

Teams and individuals will be awarded points based on national, conference, regional, or campus wide recognition, or to Northeast-10 or NCAA tournament appearances.

- Northeast-10 Conference Champion (regular season or tournament) - 25pts
- Team appearance in NCAA Tournament - 50pts
- NCAA Regional Champs - 50pts
- NCAA Championship appearance - 75pts
- National Champion - 100pts
- All-American recognition within the national sport association – 15 pts
- Any additional postseason award or accolade – 5 pts

SPORTS MEDICINE

Nate Hepner , Director of Sports Medicine (MFB/MBB)	203-479-4890
Victoria Szymula , Athletic Trainer (WVB/WBB/WLAX)	203-479-4889
Jonathan Dale , Athletic Trainer (WSOC/WTE/MBA)	203-932-7407
Julie Muscarella , Grad. Asst. Athletic Trainer (MSOC/WSB)	203-479-4889
Jake Cruz , Grad Asst. Athletic Trainer (MFB/Track)	203-932-7407
Aaron Covey, MD , Team Physician	203-265-3280
Stephanie Arlis-Mayor, MD , Team Concussion Physician	203-752-3100
Paula Cappuccia , Director of Health Services	203-932-7079
Deborah Everhart , Director of Counseling Center	203-932-7332

Mission Statement

The mission of our Athletic Training Department at the University of New Haven is to deliver the highest quality athletic training and sports medicine services available to our student-athletes. Athletic Trainers (ATC's) are healthcare professionals who collaborate with physicians to optimize intercollegiate participation for our student-athletes in many ways. Athletic training includes the prevention, clinical evaluation and diagnosis of injuries and conditions; as well as the immediate care, treatment, and rehabilitation of those injuries and conditions. Athletic training is recognized by the American Medical Association (AMA) as a healthcare profession. Our Athletic Trainers at the University of New Haven are certified by the Board of Certification (BOC) and are licensed by the state of Connecticut as healthcare professionals.

The University of New Haven Athletic Training staff is comprised of three full-time and two graduate-assistant Athletic Trainers, who work under the supervision of two sports medicine trained physicians. UNH's team physicians are, Head Team Physician Dr. Aaron Covey of Comprehensive Orthopaedics and concussion specialist Dr. Stephanie Arlis-Mayor. Their practices' also provide referrals to several other orthopedic surgeons and manual therapists with varied specialties and backgrounds. In addition to these physicians and their networks, we work closely with our University's Health Services department in order to provide well rounded care for our student-athletes.

The overall health and well-being of the student-athletes are enhanced through our partnership with three local CAATE-accredited undergraduate athletic training education programs. Athletic Training students from Southern Connecticut State University, Sacred Heart University and Quinnipiac University complete clinical experience assignments with our Athletic Training staff and our sports teams here at UNH

Sports Medicine Rules and Procedures

Athletic Training Room Hours:

During the academic year, the Athletic Training Room will open from 6am-10am, Monday-Friday for rehabilitation and treatment. It will reopen from 1pm until after the last practice has concluded Monday through Friday. The Athletic Training Room will be open Saturday and Sunday as needed for practice and competition. The Athletic Training Room will open 2 hours before the start of a competition and close after the conclusion of competition.

Reporting for Treatment:

For daily treatments please schedule a time with your teams athletic trainer. Student-athletes who are injured and unable to practice should report to the Athletic Training Room during rehabilitation hours and are not excused from attending practice. When you schedule a rehabilitation time, you are expected to be there at the designated time. As a courtesy to the staff and other student-athletes who may need treatments, please call or text as soon as possible if you cannot make your designated treatment time. In most cases a rehabilitation session will require at least 45 minutes, athletes must budget their time so they will be on time for practice or classes. Rehabilitation and treatment is not an excuse to be late to class. Rehab and treatment are to be scheduled between the hours of 6 am and 10 am for all sports.

Reporting an Injury:

Injuries must be reported immediately to the sports medicine staff for evaluation. Since some injuries are not noticed until the next day, please report injury/illness between 6-10 am. Athletes must call or text their athletic trainer to notify them that they are injured. Messages may be left, indicating the problem and what time they will be reporting to the sports medicine facility for evaluation. Athletes must shower before being evaluated in the sports medicine facility following a workout session unless it is an emergency. Athletes who are sick - colds, flu, etc must call the University of New Haven Health Center directly for an appointment, **but should also notify the sports medicine department.** Athletes must never miss a class to report an injury or to receive rehabilitation in the sports medicine facility. All appointments with the team physician or consultants must be approved and scheduled through the sports medicine department. Student-athletes must refrain from purposely keeping medical information from the sports medicine staff.

Insurance:

All student-athletes must be covered under an active primary insurance plan or must purchase their own insurance policy. University of New Haven recommends the Student Accident and Sickness Insurance Policy, for those individuals. The Department of Athletics provides a secondary insurance, however it only covers for only athletic related injuries. The Department of Athletics' insurance will be billed only after all other policies have been exhausted. Student-Athletes will not be able to practice/compete unless they have active primary insurance coverage. Also, all insurance forms must be submitted to the Director of Sports Medicine. For more information on the insurance policy, please refer to the website and click the insurance tab under Sports Medicine.

Emergency Treatment:

When the Athletic Training Room is closed and you are in need of emergency medical treatment, go directly to the Emergency Room. Any life-threatening situation should be handled by calling 911 for Emergency Medical Services. There is an emergency phone located directly outside the main athletic office in Charger Gymnasium. After you have received medical attention you **must notify the sports medicine department.** Any discharge forms or paperwork should be given to the sports medicine staff.

Outside Medical Care:

You must check with the athletic training staff prior to receiving a medical evaluation by an outside physician (excluding emergencies). A referral form is necessary if the Department of Athletics is to provide any payment. **Unauthorized bills will be the student-athletes financial responsibility.** A student-athlete's insurance policy is the primary carrier. The University of New Haven's athletic insurance is a secondary coverage and, therefore, we must be informed of any bill incurred as a result of your participation in intercollegiate athletics.

Confidentiality

All matters relating to the physical and emotional condition of a student-athlete will be treated as confidential and revealed on a clear, "need to know" basis. This would include only those persons involved in the treatment and sanctions of student-athletes such as the University Counseling Center, Health Services, Director of Athletics, Sports Medicine Staff and appropriate athletic department personnel.

General Athletic Training Room Rules:

- To be evaluated or treated you must wear proper attire, be showered and clean
- All loaned items (crutches, braces, etc.) must be returned to the ATR or you will be charged
- The Athletic Training Room is not a self-serve facility, if you need assistance ask a staff member.
- Do not lounge in the Athletic Training Room. It is not a social gathering place.
- Absolutely no tobacco products are permitted.
- The Athletic Training Room has limited space. Store equipment and bags in your locker or outside the Athletic Training Room before coming in for treatment.
- No food or drink
- No profanity
- No cell phones
- No cleats permitted at any time
- The Athletic Training Room is a healthcare facility and should be treated as such

STRENGTH AND CONDITIONING PROGRAM

David Faugno, Head Strength & Conditioning Coach.... (Dfaugno@newhaven.edu) 203-932-7471

Kevin McGonigal, Assistant Strength and Conditioning Coach..... Kmcgonigal@newhaven.edu

Mission Statement

The University of New Haven strength and conditioning program supports the mission of both the Department of Athletics and the University. In addition, the University of New Haven strength and conditioning program fosters a positive, safe, challenging, training environment to help all student-athletes maximize their athletic potential while decreasing the chance of sport related injuries. Our approach allows coaches and athletes to work together towards developing an athlete's full physical and mental potential while reducing the chance of injury. The focal points of our training programs are: Injury prevention, functional strength training, sport specific speed and agility development, sport specific conditioning and work capacity, flexibility and proper dietary practices.

Philosophy

The philosophy of UNH's strength & conditioning program is to utilize a variety of training exercises, techniques, tools and programs performed with the proper techniques to prepare the body for the physical demands of sports and to prevent injuries and increase the chances of success in sport and in life. This philosophy is based on several sport development performances principles:

1. Character – We emphasize sportsmanship, honor, commitment, dedication, hard work, sacrifice, unity, fun, competitiveness, accountability, the ability to overcome adversity, selflessness and leadership. These traits are the keys to have a successful athletic career and life.
2. Sport Specific Training – We will train sport-similar to movements and metabolic demands in a sport using equipment and training devices that will help simulate the sport movements and metabolic demands with more resistance. By training in this manner, athletes will develop the appropriate energy systems, promote muscular adaptations that will help lead them to superior sports performances, and decrease the risk of injury.
3. Multiple Joint Exercises – During sport performance, no one body part is working as an isolated movement. The body is working together in an integrated, synergistic approach utilizing preceptors, joints and muscles to move through movement patterns quickly, efficiently and powerfully. Any motion in sport requires proper training in multiple joint movements, so proper timing of muscular recruitment patterns may occur. Thus, training the athlete in this manner by utilizing exercises that promote multi-jointed movements which helps to maximize the functional and athletic performance of that athlete.
4. Multi-Plane Movements – With the exception of some sports, most are performed in three planes: frontal (forward/backward), transverse (up/down) and sagittal (side-to-side). Developing a training program that utilizes these movement patterns will be help the athletes agility and quickness in their sport. Only free weights have the ability for the body to move through these patterns. Thus, incorporating agility training on top of sprinting will have a greater impact on sports performance.
5. Ground Base Movements – The key to any training program are exercises and drills performed with feet on the ground. Examples are squats, Olympic lifts, agility drills, plyometric drills; these are all ground based movements that will increase speed and power production.
6. Explosive training – Most sports require quick and explosive movements that are multi jointed and ground based. Training the athlete to generate this type of explosion requires the motor recruitment of fast twitch muscle fiber. Training the athlete in this manner will improve the recruitment of these muscle fiber motor units and increase the athlete's performances potential.
7. Periodization – Is the scientific and systematic way of training the body using percentages, volume and progressive overload to achieve the optimal training program for that sport and individual.
8. Nutrition and Recovery – Without these two factors performances and improvements will suffer. We will educate the athlete on proper nutritional diets and sleep for their sport and health. So the athlete can reach their full potential in their sport performance.

ATHLETIC COMMUNICATIONS

Andrew Beardsley - Assistant Director of Athletics for Communications.....932-7025

Chad Cooper – Athletics Communications Multimedia Specialist479-4118

The Athletic Communications Office is responsible for publicizing and promoting the University of New Haven's athletic teams and student-athletes. We are responsible for the content generated for schedule cards, posters, media guides, athletics web site, e-newsletter, game-day programs and other official department publications. We are also responsible for the live broadcasts of many of our athletic events and for promoting NCAA Division II community engagement initiatives.

If you should find incorrect information published about yourself, a teammate, or your team, please make our staff aware immediately so we can correct the error in future publications.

INTERVIEWS WITH THE MEDIA

The media covers all sports at the University of New Haven, to varying degrees. All student-athletes should be prepared for interviews with newspapers, radio stations and television stations before and after games and practices.

All interviews are required to be arranged through the Athletic Communications Office. Whenever you are contacted by a member of the media, unless we have pre-arranged it with you and/or your coach, please notify the Athletic Communications Office immediately at 203-932-7025 or 203-479-4118

If a media member should call you on your cell phone, you do not have to speak with them. (*You may speak with them, if you choose, however if the conversation moves in a direction with which you are not comfortable, please then refer them to our office.*) If no one is in the office when there is a question about granting an interview, you should contact your head coach. This is so that we can monitor the number of interview requests and assure that the person on the other end of the phone is a legitimate member of the media, ensure he or she has all the necessary information for the story, and ensure that we collect all of the media clippings and/or video after the story is published. A good rule to follow when being interviewed is to answer all questions honestly and accurately. Just offer what you know and how you feel. It is perfectly okay for you to say “no comment” if you truly don’t have all the facts or do not feel comfortable answering a question. *If the questions deal with another student-athlete, and subject matter that you shouldn’t be talking about, including but not limited to disciplinary actions or grades, do not answer. Due to federal law, no one is allowed to release personal information about a student-athlete without their signed consent.*

- Remember – With the Press, **NOTHING** is off the record, so take into consideration that **ANYTHING** you say can be printed.
- **NEVER** slander your coaches, your teammates, or the University.
- It is always acceptable to use “No Comment” or “I’d rather not talk about this” and refer them to our office.

Please know that you are watched very closely by many people, and you are one of the most visible representatives of the University of New Haven and the athletics program. As a student-athlete, you are a role model for children and the general student population, and will be observed by the community and alumni. Represent the University and yourself the best that you can. All student-athletes should feel free to stop by our office with any questions concerning interviews.

EQUIPMENT AND LOCKER ROOM

Darren Hain - Head Athletic Equipment Manager..... 932-7019

LAUNDRY: All student-athletes practice apparel will be washed on a daily basis. Laundry loops should be turned in **after every practice/game**. Dirty loops should be placed in your teams laundry bin. The last person on your team to leave the locker room should bring the bin to the equipment room for washing. Clean laundry is returned to the student-athlete's lockers. Do not put anything of personal value on the laundry loops as the equipment room is not responsible for any losses. **Laundry loops will not be washed if there is any personal clothes on it or if there is too much clothes on the laundry loop.** Loops that do not comply with our standards will be subject to laundry suspension.

UNIFORMS and EQUIPMENT: All student-athletes are responsible for team uniforms and equipment. **All uniforms must be turned in after every game/away trip whether they are dirty or clean.** 24 hours to return after a home contest. 48 hours to return after an away game. Do not alter any practice gear, uniforms, or equipment. If any athletes fail to turn in any part of their uniform after a contest, they will not be given another item for the next contest. If there is a problem, come see one of the equipment managers and we will make any changes that you need. Student-athletes will be charged a replacement fee for any equipment that is damaged, or for any uniforms that are lost or not returned after the season. All student-athletes must sign an Equipment Issued Form in order to track and monitor this process.

TOWELS and WEIGHT ROOM: Towels are given out to student-athletes on a 1 for 1 exchange (return a dirty towel; receive a clean towel in exchange). No athlete will receive a clean towel without first showing us a dirty towel. Towels must be used when working out in the university's weight room. Weight room rules for use and hours of operation are posted and must be adhered to by all university personnel. Towels must never leave the building. If a student-athlete loses a towel they will be charged \$1.00 to receive a replacement towel.

LOCKER ROOMS: All student-athletes are assigned an individual locker in their team's locker room. Keep your lockers locked at all times as the equipment room staff is not responsible for lost or stolen items. Any items that are left in the lockers at the end of the year will be discarded at the Equipment Manager's discretion. Any damaged lockers will be charged to the students account. Locker rooms and laundry are a privilege and respect must be given to those that provide those privileges. Any team or student-athlete that is found mistreating or disrespecting the locker room or the equipment room staff may be subject to loss of locker and laundry privileges (the severity and amount of time is up to the discretion of the coaches and the equipment staff).

EQUIPMENT ROOM: The equipment staff is here to help you, so if there are any problems don't be afraid to come and ask. **Do not** walk in to the equipment room without asking permission.

UNRETURNED EQUIPMENT: All student-athletes are required to return all equipment upon completion of their season. They will have **3 day** after their last scheduled competition to hand in all their equipment. Failure to return equipment within the 3 day period will result in a **\$50.00 late fee** in addition to the cost of the equipment. If the student-athlete returns the equipment after the 3 day period they will just be charged the \$50.00 late fee.

STUDENT-ATHLETE EXIT PROCEDURE: If a student-athlete is to leave school or leave the team, they must return all items within two weeks. After 2 weeks an athletic hold will be placed on the students account until the items are paid for or returned.

CALENDAR YEARS

2015

January	January							February	February							March	March							April	April								
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September	September							October	October							November	November							December	December								
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2016

2017

