

PACIFIC LUTHERAN UNIVERSITY



2024-25 STUDENT ATHLETE HANDBOOK



ATHLETICS MISSION STATEMENT

Developing lifelong leaders through athletics united in teamwork, excellence, and service. Each program strives toward these common goals while working together as one.

ATHLETICS VISION STATEMENT

Pacific Lutheran University Athletics creates lifelong leaders through a competitive sport environment making us a NCAA Division III premiere program in the Pacific Northwest. We develop strong global citizens by fostering a student athlete experience elevated by academic achievement, commitment to community involvement, and ongoing personal development.



LEADERSHIP

Creating a climate where we seek only the best for those around us

UNITY

Embracing and respecting others across the campus community

TEAMWORK

Working together to achieve common goals

EXCELLENCE

Being the best we can be in all facets of life

SERVICE

Giving back and making an impact in the lives of others

Questions feel free to contact:

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Director of Athletics & Recreation

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DEPARTMENT OF ATHLETICS & RECREATION DIRECTORY

ATHLETICS OFFICE IS LOCATED IN OLSON AUDITORIUM, ROOM 101

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Men's Soccer	John Yorke	253-535-7971	yorkejh@plu.edu
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Swimming & Aquatics Director	Andrew Lum	253-535-7370	alum@plu.edu
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THE MISSION OF PACIFIC LUTHERAN UNIVERSITY IS:

Pacific Lutheran University seeks to educate students for lives of thoughtful inquiry, service, leadership and care – for other people, for their communities and for the earth.

Pacific Lutheran University Athletics Program

Welcome Lutes!

On behalf of the entire Department of Athletics we would like to welcome you to Pacific Lutheran University. We are excited and proud to have you as a member of the LUTE family. When you decided to attend PLU you made a decision to invest in your future. As a Student-Athlete, you have chosen a path which offers an excellent education coupled with an equally excellent athletic program.

The privilege of being a PLU Student-Athlete comes with a certain set of responsibilities and new opportunities. Take advantage of the many resources that PLU has to offer to assist you in balancing life as a

student, as an athlete, and becoming a better person. As an institution of higher learning, we want to impress on our Student-Athletes the importance of conducting themselves in a positive and honorable manner at all times. As a representative of Pacific Lutheran University's Athletics programs, it should be a matter of personal pride and integrity to be honest, responsible, and ethical, while competing, around campus, in the community and as a fan at other athletic events.

Our commitment is to provide you with quality coaching and the opportunity to learn and grow in your sport. Further we are committed to your academic pursuits which are our ultimate priority. The Student-Athlete Handbook is intended to assist Student-Athletes in these pursuits. It is provided to answer any questions which may come up over the academic year. The material enclosed will provide the guidelines to a successful experience here at Pacific Lutheran University. Good luck this year and GO LUTES!

Athletics Program Objectives

- To provide Student-Athletes the opportunity to develop their skill level to the highest level by providing them with adequate facilities, competent coaching, and appropriate competitive opportunities.
- To field teams capable of competing with peer institutions, which are competitive for conference championships, and the national opportunities that conference championships may bring.
- To provide equitable opportunities for all Student-Athletes.
- To provide an atmosphere for participants to realize the importance of others, personal dignity, individual rights, and the value of cooperative teamwork to attain personal and team goals.
- To provide the incentive to develop high standards of ethical conduct and the motivation and commitment necessary for academic success.
- To foster the highest standards of ethical conduct and fair play.
- To build self-confidence, self-esteem, and respect for others through participation in a community which values each athlete as an individual.
- To create a community enriched by men and women of diverse backgrounds.
- To provide opportunities through competition where students, staff, faculty, alumni, and the community can come together to express their loyalty to and spirit for PLU.

[Policy on Non-Discrimination](#)

[Transgender and Gender Non-Binary Inclusion Policy](#)

[\(Inclusion Policy and Best Practices for Transgender and Gender Non-binary Student-Athletes\)](#).

[NCAA Division III Philosophy Statement](#)

Membership- [Northwest Conference](#)

Pacific Lutheran University is a member of the National Collegiate Athletic Association (NCAA) as a Division III affiliate. The NCAA is a governing body responsible for conducting championships and monitoring rules and regulations as determined by the membership.

The University is also a member of the **Northwest Conference** along with **George Fox University, Lewis and Clark College, Linfield College, University of Puget Sound, Pacific University, Whitman College, Whitworth College, and Willamette University**. The University also is affiliated with the Western Intercollegiate Rowing Association.

Pacific Lutheran University sponsors 18 varsity sports including baseball, men's and women's basketball, men's and women's cross country, football, men's and women's golf, women's rowing, men's and women's soccer,

softball, men's and women's swimming, men's and women's outdoor track & field, women's lacrosse and women's volleyball.

Northwest Conference Sportsmanship Policy

Student-Athlete Advisory Committee (SAAC)

The mission of the NCAA Division III Student-Athlete Advisory Committee (SAAC) is to enhance the total Student-Athlete experience by promoting opportunity for all Student-Athletes; protecting Student-Athlete welfare; and fostering a positive Student-Athlete image, while maintaining the tenants of the Division III philosophy.

The Pacific Lutheran University Student-Athlete Advisory Committee is composed of an elected executive board (President, Vice President, Secretary, Treasurer, and two at-large positions); and representatives from each of our 18 varsity sport teams. The committee meets bi-weekly for the purpose of enhancing the overall student-athlete experience in the arena of competition, in the classroom, and across our campus community. The mission of the PLU SAAC is to:

1. Uphold the foundational principles of the NCAA Division III philosophy
2. Protect the rights and welfare of all PLU student-athletes and their experience; recognizing the need to stay current and adaptable
3. Promote an inclusive, non-discriminatory, anti-racist culture where all student-athletes feel welcomed and are able to thrive
4. Advance the reputation of the PLU athletic community; bridging cross-campus and community wide partnerships
5. Elevate initiatives, provide input, and help shape future university regulations and policies
6. Support and contribute to the NCAA SAAC and the Northwest Conference SAAC initiatives and events

Faculty Athletics Representative

The Faculty Athletics Representative (FAR) is Pacific Lutheran University's representative and appointed delegate to the NCAA and the Northwest Conference. The purpose of the FAR is to ensure the academic and athletic missions and goals of the university are being met. The FAR is appointed by the University president and is a member of the faculty. PLU's Faculty Athletics Representative is Ralph Flick. He can be reached by email at flickrw@plu.edu or by phone at [253-535-7306](tel:253-535-7306).

Grievance Related to Athletics Participation

If a Student-Athlete encounters a situation with a coach or department staff member in which the welfare and/or rights of the Student-Athlete have been compromised, the Student-Athlete should immediately contact the Director of Athletics. The department will follow an established grievance procedure. Every effort will be made by the Department of Athletics to address and prevent further occurrences as warranted, including reprisal for bringing a grievance forward. The department does not tolerate incidents of physical, verbal, or mental abuse by coaches or staff.

University Dispute Resolution Committee (UDRC)

Pacific Lutheran University is committed to the internal resolution of disputes arising within the university community. To that end, the President has appointed a University Dispute Resolution Committee that includes representatives from the faculty, student life, human resources and academic administration.

For issues related to violations of the University's non-discrimination policy (including sexual harassment), please contact the University Dispute Resolution Committee at [253-535-7185](tel:253-535-7185) or udrc@plu.edu.

More information about the Grievance Policy and Procedures can be found [here](#)

Office of Student Rights and Responsibilities

The Office of Student Rights and Responsibilities system is part of the university's commitment to holistic student development. It is the university's purpose to assist students' in

1. Developing a personal set of values and ethics;
2. Managing emotions;
3. Making decisions and following through on commitments;
4. Becoming independent;
5. Recognizing interdependence; and
6. Accepting the consequences of personal actions and decisions.

The Office of Student Rights and Responsibilities can be reached by phone at [253-535-7462](tel:253-535-7462) or email at srr@plu.edu.

Student-Athlete Conduct

Pacific Lutheran University and the Department of Athletics requires all Student-Athletes, coaches, athletic trainers, and staff to conduct themselves in a manner which creates a positive image of the people, values and traditions associated with the University and the department. Student-Athletes' behavior reflects on themselves, their team, the coach, the athletic department, the administration and the alumni. With this in mind, it is extremely important that all Student-Athletes recognize and accept the responsibility to conduct themselves accordingly, while serving as role models within the University and the community at-large.

Student-athletes are subject to the provisions of the The Student-Athlete Handbook, The University Policies/Student Code of Conduct and all disciplinary procedures which apply to all students at PLU. Further, all Student-Athletes are subject to the rules and regulations of the NCAA covering unethical or unsportsmanlike behavior and other specified misconduct.

In addition, Student-Athletes will be expected to adhere to all team rules set forth by their coaches. If a problem arises it is expected that the Student-Athlete will address the issue with the coach directly. As the Office of Student Rights and Responsibilities receives formal and informal information regarding behavior of a PLU Student-Athlete, a representative of the office will contact the PLU Athletic Director. The PLU Athletic Director will disseminate further information about the Student-Athlete and the behavior, as appropriate and necessary.

Interim Suspension

Either the Department of Athletics or Student Rights and Responsibilities may, when in their judgment circumstances deem it necessary, suspend an athlete from competition on an interim basis. Because of the preliminary nature of this disciplinary action, and the frequency with which athletes may have games, practices or other team related events, discipline applied may have disproportionate consequences. PLU reserves the right to make such judgments in the best interest of the PLU community.

Reinstatement/Appeals

A Student-Athlete who has been suspended from the team, for violations of the alcohol, drug and tobacco policies may appeal his/her suspension to the Student-Athlete Welfare Committee which is comprised of the Director of Athletics, Senior Woman Administrator, Athletic Trainer, Faculty Athletic Representative, and other

advisory members as needed from the Health Center, Counseling Center, and Student Involvement and Leadership.

NCAA Board of Governors Policy on Campus Sexual Violence

All incoming, continuing and transfer student-athletes must complete an annual disclosure related to their conduct that resulted in discipline through a Title IX proceeding or in a criminal conviction for sexual, interpersonal or other acts of violence. Transfer student-athletes also must disclose whether a Title IX proceeding was incomplete at the time of transfer. Failure to make a full and accurate disclosure could result in penalties, including loss of eligibility to participate in athletics as determined by the member institution.

[PLU's Statement of Good Disciplinary Standing Process](#)

[PLU's Statement of Good Disciplinary Standing Disclosure Form](#)

Sexual Misconduct

It is a violation of PLU policy for any PLU student to engage in any conduct defined as Prohibited Conduct including without limitation ***Sexual Harassment, Sexual Assault and Sexual Misconduct, Dating Violence or Domestic Violence ("Relationship Violence")*** and ***Stalking***, whether or not it occurs on campus. PLU, by its mission, is committed to providing an environment in which students can work, live, and study free from all types of prohibited conduct.

Any PLU student who believes they have been subjected to Prohibited Conduct is an Impacted Party, and is encouraged to report such a concern. Students may report Prohibited Conduct in several ways:

- Submit a report online: anyone is able to electronically submit a report via the online [Incident Reporting Form](#). Impacted Parties can remain anonymous; however, the Title IX office will only be able to act on as much information as is given.
- Contacting the Title IX Coordinator or Deputy Coordinators via email or phone:
 - Jennifer Childress-White, Title IX Coordinator (childjr@plu.edu, or 253.535.7361)
 - Gretchen Howell, Title IX Committee Member (crosgrgm@plu.edu, or 253.535.7329)
 - Eva Frey, Deputy Title IX Coordinator (eva.frey@plu.edu, or 253.535.7159)
- Submitting a report via mail to Pacific Lutheran University at:

Title IX Coordinator
Pacific Lutheran University
12180 Park Avenue S, Tacoma, WA 98447
- Students may make a report directly to local law enforcement officials by calling 911, or through contacting Campus Safety at 252-535-7911, who can assist students in filing a report with local law enforcement
- With the exception of staff who are identified as confidential resources because of their licensure or specific professional role, all faculty, staff, administration, Resident Assistants, and Campus Safety student employees are considered mandatory reporters for all incidents related to Prohibited Conduct and will file a report when information is shared with them alleging potential Prohibited Conduct.

Any person, whether an impacted person, or someone with knowledge of an alleged Prohibited Conduct is encouraged to report concerns or information to any of the above listed individuals.

Treatment of Athletes Charged with Criminal Conduct

Students are separately accountable both to local, state, and federal laws and to the PLU Student Code of Conduct. When local, state, or federal law and the PLU Student Code of Conduct overlap, the university may invoke the Code to protect its own interests and standards. A Student-Athlete who breaks the law must be prepared to accept the consequences, since he/she has no more immunity from the law than other citizens.

Hazing Policy

PLU is first and foremost an educational institution. Hazing prevention policies, and response procedures for hazing incidents, grow from and embody the institution's mission. Membership in clubs, organizations, and other university-affiliated groups can increase leadership and service potential; provide athletic, recreational, intellectual and spiritual opportunities; and otherwise contribute positively to personal and social development of our students. Where membership is linked with involvement in hazing activities, the educational purpose of the endeavor is compromised and safety of students is endangered. Hazing is therefore prohibited by university policy and Washington State law.

Washington State's "Sam's Law/Anti-Hazing Legislation"

Hazing occurs regardless of the consent or willingness of persons to participate in the activity, and regardless of whether a whole team participates in the activity in question.

Violations of the hazing policy by athletic team members will result in department-imposed sanctions, which may include department service, dismissal from the team or cancellation of competition. In addition, the organization or group may be liable under state law for resulting harm to persons or property.

Social Media Posting Guidelines

Posting and Content

Pacific Lutheran University and the Department of Athletics encourages all members of the PLU community to post on social platforms or websites during their time at the university. Student-athletes are encouraged to take part in posting, blogging, tweeting or other forms in order to share their experiences and the story of being a Lute. However, student-athletes must be aware that material posted to their online profiles is subject to review by the PLU Athletics Department, administrators, and coaches.

Student-athletes should avoid content that can be interpreted as obscene, offensive, threatening, or illegal. Avoid using vulgar or curse words as well as negativity towards others (including other schools and/or their teams and student-athletes). Any content in violation of team or Athletic Department rules, University policies, or federal, state, and local law is subject to disciplinary procedures.

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

1. Posting photos, videos, comments or posters showing the personal use of alcohol, tobacco, etc. (i.e., no holding cups, cans, shot glasses, etc.)
2. Posting photos, videos and comments that are of sexual nature. This includes links to websites of a pornographic nature, retweeting or engaging with accounts with sexual undertones, images or content and other inappropriate material.

3. Posting pictures, videos, comments or posters that condone drug related activity. This includes, but is not limited to, images that portray the personal use of marijuana, and drug paraphernalia.
4. Using inappropriate or offensive language in all comments, videos and other postings. This includes threats of violence and derogatory comments against race, gender, and/or sexual orientation.

Liability

When student-athletes choose to go public with any comments, opinions, or other online materials, they are solely responsible. The online user can be held personally liable for any material deemed to be defamatory, obscene or proprietary. Please ask permission of other teammates or Pacific Lutheran University students before posting on their behalf. All student-athletes on social media should make it clear that the views expressed in their activity are their own.

Student-athletes must remember that they are representatives of Pacific Lutheran University and are in the public eye more so than other students. 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 the Athletics Department and the University's. Remember, present yourself in a positive image and respect yourself, your team, your family and the University. **THINK FIRST, POST SECOND**

Name, Image, Likeness (NIL and Opendorse)

[NIL and PLU's policy](#)

[NIL policies from Opendorse](#)

[Opendorse and the Opendorse App](#)

Department of Athletics Policies and Services

Student-Athlete Alcohol, Drug & Tobacco Policies

All PLU students are accountable to (1) local, state, and federal laws and (2) to the PLU Student Code of Conduct. In addition, PLU athletes are accountable to policies and procedures established by the PLU Department of Athletics. Therefore, PLU athletes may assume that a violation of this Student-Athlete Alcohol & Drug Policy will trigger disciplinary procedures and consequences under the Student Code of Conduct as well as Department of Athletics policies.

The Department of Athletics' behavioral expectations for each Student-Athlete extend throughout the academic year and apply to behavior both on and off-campus. The Department of Athletics at Pacific Lutheran University prohibits the use of illegal drugs and NCAA banned performance enhancing or controlled substances ("Prohibited Substances"). Student-athletes carry the university's reputation with them at all times, but especially during training, the competition season and at team functions. Therefore, use of alcohol or Prohibited Substances by Student-Athletes during training, the competition season, while hosting prospective student-athletes, and at team functions may be addressed with additional consequences. An official team function, for purposes of this policy, is defined as any activity, which is held at the direction or under the supervision of the team's coaching staff or the university's Department of Athletics.

Alcohol

If a Student-Athlete is involved in an alcohol related incident where the initial referral is to the Student Conduct Code, the Associate Director of Student Rights and Responsibilities will forward a notice of potential violation of the Student Conduct Code to the Director of Athletics. The Director of Athletics is responsible for informing the coach of the violation and conferring with the coach as to the appropriate Department of Athletics or team consequence. In addition to University disciplinary action, which may be

imposed by the Associate Director of Student Rights and Responsibilities, the Student-Athlete may also have disciplinary action imposed on him/her by the Director of Athletics.

*The disciplinary action will be determined in part by the nature of the violation and may include, but may not be limited to**:

1st offense→Meeting with the Coach and Director of Athletics (possible actions include: warning, educational component, suspension from practices, and/or competition(s), cannot dress in uniform at suspended competition(s) ;

2nd offense→Suspension from a minimum of 10% of competitions or one competition (whichever is more) depending on severity of 1st offense; cannot dress in uniform at suspended competition(s);

3rd offense→Suspension from the team for the season and loss of ability to letter for the year; must meet with Coach and Director of Athletics to develop a plan for possible reinstatement to the team.

Illegal Drugs – Prohibited

The unauthorized possession, use, distribution, and/or sale of the following is prohibited:

- Illegal drugs are defined as substances and/or products designated as illegal by either federal and/or state laws and/or regulations. Illegal drugs include, but are not limited to, those categories often known as cannabis (despite legalization in the state of Washington), acids, hallucinogens, barbiturates, amphetamines, and narcotics.
- Prescription medications.
- Any other substance identified to be dangerous by PLU, in its sole discretion.
- Drug paraphernalia.
- State and federal laws also designate as illegal: Imitation substances that are thought to be illegal drugs because of any of the following: packaging, appearance, statements, use, etc.

In addition to University sanctions, any Student-Athlete found in use of illegal drugs/narcotics/illegal performance enhancing substances may be suspended from the team for one year. ***PLU has established these steps as a guideline for disciplinary action and not a promised course of conduct. PLU reserves the right to take the steps out of order, or to move to immediate suspension or termination for violation of PLU or Department of Athletics policy, depending on the circumstance.**

NCAA Banned Substances - Prohibited

A Student-Athlete who is found to have used a substance on the list of banned drugs, as set forth in Bylaw 31.2.3, of the NCAA manual shall be declared ineligible for further participation for one year in regular-season and postseason competition in all sports in accordance with the provisions in Bylaw 18.4.1.5 of the NCAA manual. The certifying institution may appeal to the NCAA Student-Athlete Reinstatement Committee for restoration of the Student-Athlete's eligibility if the institution concludes that circumstances warrant restoration.

Before consuming any nutritional/dietary supplement product, review the product and its label with your Department of Athletics staff. Dietary supplements are not well regulated and may cause a positive drug test. Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

Drug Testing

All Student-Athletes must sign a Drug Testing Consent form as well as the Buckley Amendment Release form to be eligible to compete in NCAA competition. Participation in intercollegiate athletics is a privilege and may be forfeited by a violation of this policy. PLU Student-Athletes may be required to partake in random drug testing as determined by the athletic administration and University officials.

Tobacco Policy

PLU Department of Athletics follows the PLU and NCAA policy, which prohibits the use of tobacco products during practice and competition by Student-Athletes and all game personnel (e.g. coaches, athletic trainers, managers, and game officials). Use is prohibited on the field of play, buildings on campus and college vehicles or buses. Further in the sport of baseball, dugouts are considered to be on the field of play.

Any Student-Athlete who was suspended from a team must also meet with the Director of Athletics and their coach prior to being reinstated.

LEGAL \neq PERMITTED**AGAINST NCAA POLICY**

MARIJUANA IS A BANNED SUBSTANCE IN THE "ILLEGAL DRUG" CLASS. IF YOU TEST POSITIVE ON AN NCAA DRUG TEST, YOU WILL LOSE:

- + HALF THE SEASON (FIRST TEST)
- + FULL CALENDAR YEAR OF ELIGIBILITY (SECOND TEST)

AND BECAUSE IT IS AN "ILLEGAL DRUG," THERE IS NO "MEDICAL EXCEPTION" WAIVER AVAILABLE.

**AGAINST FEDERAL LAW THROUGHOUT THE U.S.**

NO PURCHASE, USE OR POSSESSION AND NO SHARING OR PROVIDING TO ANYONE YOUNGER THAN 21

**LEGAL \neq EVERYONE & EVERYWHERE****LEGAL \neq SAFE**

90-240 MINUTES

TO FEEL EFFECTS
CONSUMING TOO MANY EDIBLES CAN RESULT IN AN OVERDOSE

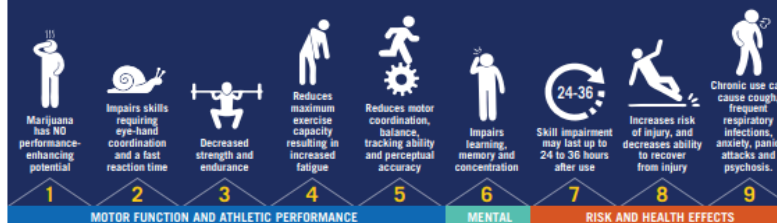


NO MATTER HOW IT'S USED, THC WILL MAKE YOU HIGH.

DISPENSARIES SELL MARIJUANA IN MANY FORMS, AND THEY DON'T ALL WORK THE SAME WAY.



DABBING HASH OIL OR WAX CAN BE DANGEROUS BECAUSE THE LEVEL OF THC IN THESE PRODUCTS IS VERY HIGH

EFFECTS ON HEALTH AND ATHLETIC PERFORMANCE

This resource was developed in partnership with The Institute to Promote Athlete Health and Wellness at The University of North Carolina at Greensboro.
> For more information, visit us online at athletewellness.uncc.edu



THE UNIVERSITY of NORTH CAROLINA
GREENSBORO
Institute to Promote Athlete Health and Wellness

Pacific Lutheran University Athletic Training and Sports Medicine Services

PLU has certified athletic trainers on staff to provide the care and prevention of injuries as well as determining the type and level of medical care required by an injured athlete. If an athlete receives an injury s/he should inform the coach and report to the athletic trainer immediately. Injuries of any kind should not be ignored. Athletes are responsible for completing the treatment and rehabilitation recommended by the athletic trainer so that injuries do not worsen. An injured athlete may not participate further until the athletic trainer or a physician has cleared that individual for competition. Athletes who see a physician require documentation, including the diagnosis, prescribed treatment, return to activity guidelines, and the physician's signature. It is important that the Student-Athletes show up prepared and on time for athletic training services. Student-Athletes will receive treatment on a first-come, first serve basis, with the only priority given to in-season participants or emergency scenarios. Athletic trainers will be present for all home contests. Only PLU

designated care providers and athletic trainers may be present in the athletic training room, locker rooms, and on sidelines.

Athletic Training Facilities

PLU's Athletic Training Room is located in Olson Auditorium, near the fieldhouse. The Athletic Training Room will generally be open Monday through Friday from 9:00 AM through 3:00 PM (times may vary based on practice schedules and will be posted outside the door at the start of the week). All after practice care should be coordinated with your team's athletic trainer. New injuries must be reported to your athletic trainer by 12:00 PM in order to allow appropriate time to communicate with coaches.

Athletic Training Room Rules and Regulations

- 1. It is mandatory for the athlete to report all injuries to the Athletic Trainer and Head Coach**
2. This is a co-ed athletic training room. Dress and act accordingly. Change in your locker room and wear shorts and shirts when receiving treatment.
3. No shoes or cleats in the athletic training room, please leave them in the hallway.
4. You will sign in each time you receive treatment.
5. The athletic training room is not a café or for socializing. Please use the medical facility wisely.
6. Please refrain from using cell phones in the athletic training room unless permission is granted by the Athletic Trainers.
7. Have respect for athletic training equipment; this includes coolers, water bottles, medical kits and stored supplies. Lack of respect will result in the removal of the ability to use said equipment.
8. Please show respect by refraining from the use of profanity in the athletic training room.
9. Do not take full rolls of tape for equipment (socks, shoes, bats, etc.). Tape ends are usually available.
10. Cut off and dispose of all used tape yourself, this includes the practice field.
11. Shower after practice, before treatment and prior to using a whirlpool.
12. Golf carts are off limits except during injury situations.

Clearance for Participation (Following Restriction for Injury/Illness)

An athlete who has been restricted by a physician from participation because of injury or illness must be cleared in writing by a physician before returning to participation. The athletics training staff reserves the right to restrict an athlete's participation even with medical clearance, if in their professional opinion, the athlete remains at risk of further injury or re-injury.

Medical decisions regarding return to play can only be made by PLU Sports Medicine staff (or host ATC/ host team physician if injury occurs on travel when PLU staff is not available). If a Student-Athlete is seen by a non-PLU medical provider, they must provide proper documentation of clearance to the PLU athletic training staff for approval prior to the return to activity. PLU reserves the right to restrict participation even with documentation from an outside physician.

Athletic Physical Policy

Subsequent to the initial medical examination, a health appraisal will be given annually by the PLU Athletic Training Staff. If any health problems are detected during the health appraisal, the Student-Athlete will be referred to the PLU Health Center or Team Physician for further evaluation or clearance.

Care provided

PLU athletic trainers will assist with care for all injuries and will assist with the prevention, evaluation and rehabilitations of all injuries as needed. All student athletes should feel comfortable coming to see athletic

trainers with all injuries or medical questions regardless of severity. Student-Athletes may see any of the PLU Athletic Trainers for care or treatment.

Insurance

Eligibility and Coverage

- The Athletic Accident and Athletic Related Conditions (ARC) Expense benefit provide coverage for all full-time students participating in a Covered Event and will cover students from the first to the last date they are required to be on campus for participation in a Covered Event
- This is an EXCESS plan and will only pay **after any other valid and collectable insurance** has paid or denied an eligible claim.
- HMO, PPO or similar arrangement must be utilized for surgery. Failure to comply with primary health care policy may result in further out of pocket expenses. This plan is **NOT a primary insurance**.
- The institution IS NOT financially responsible and should NEVER promise payment to a provider for charges incurred by a student. Eligibility is determined by Pioneer or EIA and is based solely on the Policy Provisions
- Any regularly scheduled and supervised intercollegiate sporting event sponsored by the Athletic Department is covered under this insurance. Open gyms, off season workouts, etc. are not covered.
- Student athletes must disclose prior injuries and documentation on request or may lose ability to be covered by secondary insurance.

Claim Procedures

In the event of an Accident, you should;

1. Report the Accident to your Athletic Trainer immediately
2. File all charges with your primary insurance carrier first. If you are insured by an HMO/PPO, you must obtain pre-authorization for all services rendered.
3. Before going to an outside medical provider, you should secure a PLU insurance card from a PLU Athletic Trainer, and fill out a PLU injury claim form.
4. Obtain a note from the doctor (PLU form in appendix of handbook) after the visit recording a diagnosis and return to play plan and return that form back to Athletic Trainers.
5. Identify all subsequent information relating to your claim with your name; the institution name; the policy number; and the initial date of injury.

Mental Health Available Assistance

Depending on the situation, there are many different options for assistance, both on and off campus, if you or someone you know are in need of care for mental health concerns.

Available Resources

On Campus Resources	
Campus Safety	253-535-7441 or x7911 for emergency
Counseling Center	253-535-7206
Counseling Crisis Line	253-535-7075
Health Center	253-535-7337
Sports Medicine Staff	253-535-7366
Student Care Network	253-535-7462
TimelyCare 24/7 Medical and Mental Health Services	https://www.plu.edu/chws/lute-telehealth/

Off Campus Resources	
Emergency Services	911
Mental Health Services	211
National Suicide Prevention Line	988
Pierce County Crisis Line	1-800-576-7764

Strength & Conditioning Services – Names Fitness Center

All individuals (athletes and non-athletes) utilizing Names Fitness Center and/or Memorial Gym must bring a valid Lute Card for entry. A complete list of facility rules and regulations is posted on the fitness center entrance window.

General Policies

Facilities/University Equipment

- Student-Athletes are expected to conduct themselves in a responsible and reasonable manner and show special courtesy to other teams in all practice areas.
- Student-Athletes are expected to show student ID cards when using the Fitness Center/Pool and should only be using such facilities during regular hours unless supervised by a coach as part of a team training session.
- For University liability purposes, doors should not be left propped open at any time. Student-athletes should enter through main entrance points, or be assisted by the coaches when the building/fields are closed.
- The University is not responsible for lost or stolen items. Please secure all belongings.
- Equipment provided by the University shall be based on the specific needs of each sport and funding available. All University equipment must be checked out and then returned immediately at the end of the season (unless prearranged with the head coach). To be authorized for equipment issues, Student-Athletes must be cleared for NCAA eligibility and for medical purposes.
- Student-Athletes shall be responsible for payment of any non-returned, lost, stolen, or damaged items. If payment is not made on time, the individual's University student account will be billed.

University Travel Policies

- Absolutely no alcohol or drugs are allowed in the vehicles at any time. Operators are not to consume alcohol/drugs prior to driving.
- All vehicles must have the appropriate number of seat belts for all passengers and seat belts should be worn at all times. Vans should not be overloaded.
- Students, who wish to separate from the official travel party and utilize other means of transportation back to campus or home must seek permission from the head coach and complete the "[Travel Waiver](#)" form.

Sports Information Services

Student-Athletes are required to complete a Student-Athlete Information form at the beginning of each academic year. These forms are used to generate individual Student-Athlete profiles and assist with generating feature story ideas for local media outlets. The Office of Sports Communications and Marketing relies on internal and external assistance from coaches and colleagues when reporting on athletic contests. Every effort is made to ensure athletic events are reported accurately and in a timely manner.

Recruiting

The Department of Athletics prohibits the purchase or use of alcohol, tobacco or illegal drugs/narcotics or NCAA banned performance enhancing substances by prospective Student-Athletes or their hosts while they are visiting the University. The purchase of alcohol for consumption by a person under the legal drinking age is a violation of state law. Any Student-Athlete involved in providing alcohol, illegal drugs/narcotics or NCAA banned performance enhancing substances to recruits will be removed from the team and referred to Student Conduct.

Hosting a Prospective Student-Athlete

Serving as a student host for a prospective Student-Athlete visit to Pacific Lutheran University is an important responsibility. The personal conduct of Student-Athletes serving as hosts for overnight visits significantly reflect upon the University, the Department of Athletics, and the host themselves. Appropriate conduct is required of you by institutional and NCAA standards and regulations as well as state and federal law.

Violations of any policies may result in your dismissal from the athletics program and other sanctions deemed necessary by the Athletics Administration of Pacific Lutheran University and/or other Pacific Lutheran University Administrators.

[NCAA Compliance](#)

Amateur Status – Bylaw 12.1.1

NCAA Bylaw 12.1.1 indicates that member institutions' athletic programs are designed to be an integral part of the educational program and the Student-Athlete is considered an integral part of the student body, thus maintaining a clear line of demarcation between college athletics and professional sports. In this regard, an amateur Student-Athlete is one who engages in a particular sport for the educational, physical, mental and social benefits derived there from, and for whom participation in that sport is an avocation. The following legislation and interpretations relating to amateurism have been developed:

Use of Agents – Bylaw 12.3.1

An individual shall be ineligible for participation if s/he ever has agreed (orally or in writing) to be represented by an agent for the purposes of marketing his/her athletics ability or reputation in that sport. Further, an agency contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to all sports, and the individual shall be ineligible to participate in any sport.

Complimentary Tickets for Home Games – Bylaw 16.2.1.1

For those sports in which the department charges admission, participating Student-Athletes in that sport are entitled up to four complimentary tickets only to persons designated by the Student-Athlete via a pass list. The tickets are non-refundable. All PLU students receive free admission to University home athletic events with a valid student I.D. card (not valid for NCAA events).

Sports Wagering Activities – Bylaw 10.3

NCAA rules prohibit participation in sports wagering activities and from providing information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition. Sports wagering has the potential to undermine the integrity of sports contests and jeopardizes the well-being of student-athletes and the intercollegiate athletics community. It also demeans the competition and competitors alike by spreading a message that is contrary to the purpose and meaning of "sport." Sports competition should be appreciated for the inherent benefits related to participation of student-athletes, coaches and institutions in fair contests, not the amount of money wagered on the outcome of the competition.

For these reasons, the NCAA membership adopted NCAA Bylaw 10.3 prohibiting athletics department staff members and Student-Athletes from engaging in gambling activities as they relate to intercollegiate or professional sporting events. Staff members of the Athletics Department and Student-Athletes shall not knowingly:

- Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- Solicit or accept a wager on any intercollegiate or professional contest;
- Solicit or accept a bet on any intercollegiate or professional competition for any item (e.g., cash, shirt, dinner) that has tangible value; or
- 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.
- Participate in a pool or fantasy league where there is an entry fee involved.

The NCAA's Interpretations Committee clarified the scope of Bylaw 10.3 to preclude a Student-Athlete from soliciting or accepting a bet for a nonmonetary material item that has tangible value. The Interpretations Committee also decided that the prohibition against Student-Athletes and athletics department staff members participating in gambling activities associated with professional sports events is applicable to those sports in which the Association conducts championship competition, Division I-A football and emerging sports.

Sanctions for gambling will be determined by the NCAA on a case by case basis.

Eligibility

Eligibility for Practice and Competitions

Eligibility for intercollegiate athletic activities is subject to the policies and procedures of the National Collegiate Athletic Association (NCAA) and the Northwest Conference (NWC). All Student-Athletes must sign the necessary forms before the first date of competition in order to be declared eligible. Final eligibility for student participation will be determined by the Registrar.

First year students presenting test scores and a high school record acceptable for University admission are eligible to participate in their first semester. Transfer students must have been academically and athletically eligible if they remained at their previous institution to be immediately eligible.

A season of intercollegiate participation shall be counted when a Student-Athlete participates (practices or competes) during or after the first contest following the Student-Athlete's initial participation of that academic year at that institution. A season of participation shall not be counted when a Student-Athlete participates in a preseason scrimmage, preseason exhibition, or preseason contest conducted prior to the first contest following the Student-Athlete's initial participation of that academic year at that institution.

If you sustain a season-ending injury in the first half of any season in a particular sport, you may qualify to request a hardship waiver from the Northwest Conference. The standard for proving you had a season-ending injury in the first half of the season is very high. You must produce extensive contemporaneous medical documentation from your attending physician/physicians. If you are rehabilitating with our athletic training staff you are responsible to make sure all of your treatment and rehabilitation visits are promptly documented. All dates of injury, participation in all contests and practices, and rehabilitation efforts must be well-documented.

In the unfortunate circumstance of sustaining a season-ending injury, please ask your athletic training staff and/or an athletic administrator to assist you in preparing your documentation for an immediate or future request for such a waiver. The Northwest Conference must approve all hardship requests.

Because PLU has graduate degree programs you may utilize any eligibility remaining in a particular sport while attending graduate school in the academic year immediately following completing your bachelor's degree requirements. You may also utilize a remaining year of eligibility in a fifth year when completing your bachelor's requirements. Student-athletes have 10 semesters (15 quarters) to use their four years of eligibility in any one sport.

All Student Athletes:

To be eligible to participate in organized practice or competition, a Student-Athlete must be enrolled in a minimum full-time program of studies (at least 12 semester credits). Dropping below 12 credits during a given semester renders a Student-Athlete immediately ineligible until such time as s/he increases his/her course load to at least the minimum 12-credit limit. Students should consult with their Coach, Compliance Coordinator or the Director of Athletics before withdrawing from a class.

Exceptions to full time enrollment:

- Seniors in their last term of attendance who have applied for and been cleared to graduate may be enrolled in fewer than 12 credits.

- Student-athletes may practice, but not compete during the institution's first five days of classes if enrolled in less than full-time.

Continuing Eligibility

In order to be eligible during a given semester all students must be in good academic standing by maintaining a cumulative grade point average of 2.0 or higher. CERTIFICATION of eligibility will be made EACH semester.

No one on academic or disciplinary probation will be eligible to compete. Once on academic probation, the Student-Athlete will remain on academic probation until the Student-Athlete's GPA raises above the cumulative 2.0. Only courses taken at PLU can be utilized to rectify academic probation. Students should consult with the Center for Student Success or the Registrar's Office to determine what courses are necessary to raise the cumulative grade point average to above a 2.0.

Missed Class Time

It is impermissible for a Student-Athlete to miss class, leave early or arrive late to class in order to prepare for or attend practice

At the beginning of each semester or sport season, Student-Athletes will receive a letter from the Athletics Department for your faculty members, describing the travel related to your team's competition schedule and potential course conflicts. You should take the missed class letter to each instructor for the courses you will miss due to athletics competition during the first week of classes or as soon as you receive it. It is recommended that you make an appointment to see the instructor or go to their office during office hours because it will allow time to discuss the situation and make necessary decisions regarding progress in the class while away.

Then, prior to leaving for each away trip, Student-Athletes should follow up with each instructor to remind them when class will be missed, and to verify what arrangements the instructor prefers for the student to make up assignments, tests, etc.

Undergraduate students officially representing the university off campus for a performance, competition, or academic presentation shall not be penalized solely for missing class due to such events (including travel time). With prior documentation of such involvement, these students shall be allowed to complete missed exams or substitute an alternative assignment. However, whether a missed lab, clinical, or other in class activity may be made up shall be up to the academic unit.

The burden is always on the student, not the faculty member, to take steps to remedy the effects of absences from class. In particular, the student is responsible for making prior arrangements with the instructor to complete missed work or to substitute comparable work instead. An academic unit may adopt shared policies to govern such assignments, including an expectation that the work be submitted or the test taken prior to the absence.

You are NOT automatically excused from class.

Credit for Sports Team Participation

Student-Athletes may register for FTWL 250 "Directed Sports- (name of sport)" for 1 credit ONE TIME during their course of study at PLU. ***Student-athletes may no longer use FTWL 250 (previously PHED 250) to meet the general education activity course requirement. However, they may continue taking FTWL 250 for credit***

toward graduation. Student-Athletes may sign up to receive FTWL 250 credit through Banner in the term/semester immediately following the completion of their championship season. After completing their initial season of participation, it is the student's responsibility to determine which term they wish to take the FTWL 250 credit and register for it. Options for grading Directed Sports are P-Pass or F-Fail only.

NCAA Transfer Portal

The decision to transfer to another school is an important and often difficult one in your college career. Before you act, do your homework. Make sure you understand how transferring will affect you, so you don't negatively impact your education or your chances to play college sports. Since you are a student at a Division III school, if you want to transfer to another Division III school you may fill out the [NCAA Self-Release](#) and send it to the schools you are interested in. In order to be entered into the NCAA Transfer Portal, a meeting needs to be set up with the Assistant Athletic Director. Once you are entered into the Portal, you are free to communicate with other NCAA schools in all divisions about the possibility of transferring.



CONCUSSION SAFETY

WHAT STUDENT-ATHLETES
NEED TO KNOW

What is a concussion?

A concussion is a type of traumatic brain injury. It follows a force to the head or body and leads to a change in brain function. It is not typically accompanied by loss of consciousness.

How can I keep myself safe?

1. Know the symptoms.

You may experience ...

- Headache or head pressure
- Nausea
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy or foggy
- Confusion, concentration or memory problems

2. Speak up.

- If you think you have a concussion, stop playing and talk to your coach, athletic trainer or team physician immediately.

3. Take time to recover.

- Follow your team physician and athletic trainer's directions during concussion recovery. If left unmanaged, there may be serious consequences.
- Once you've recovered from a concussion, talk with your physician about the risks and benefits of continuing to participate in your sport.

How can I be a good teammate?

1. Know the symptoms.

You may notice that a teammate ...

- Appears dazed or stunned
- Forgets an instruction
- Is confused about an assignment or position
- Is unsure of the game, score or opponent
- Appears less coordinated
- Answers questions slowly
- Loses consciousness

2. Encourage teammates to be safe.

- If you think one of your teammates has a concussion, tell your coach, athletic trainer or team physician immediately.
- Help create a culture of safety by encouraging your teammates to report any concussion symptoms.

3. Support your injured teammates.

- If one of your teammates has a concussion, let him or her know you and the team support playing it safe and following medical advice during recovery.
- Being unable to practice or join team activities can be isolating. Make sure your teammates know they're not alone.

*No two concussions are the same. New symptoms can appear hours or days after the initial impact.
If you are unsure if you have a concussion, talk to your athletic trainer or team physician immediately.*

What happens if I get a concussion and keep practicing or competing?

- Due to brain vulnerability after a concussion, an athlete may be more likely to suffer another concussion while symptomatic from the first one.
- In rare cases, repeat head trauma can result in brain swelling, permanent brain damage or even death.
- Continuing to play after a concussion increases the chance of sustaining other injuries too, not just concussion.
- Athletes with concussion have reduced concentration and slowed reaction time. This means that you won't be performing at your best.
- Athletes who delay reporting concussion take longer to recover fully.

What are the long-term effects of a concussion?

- We don't fully understand the long-term effects of a concussion, but ongoing studies raise concerns.
- Athletes who have had multiple concussions *may* have an increased risk of degenerative brain disease and cognitive and emotional difficulties later in life.

What do I need to know about repetitive head impacts?

- Repetitive head impacts mean that an individual has been exposed to repeated impact forces to the head. These forces may or may not meet the threshold of a concussion.
- Research is ongoing but emerging data suggest that repetitive head impact also may be harmful and place a student-athlete at an increased risk of neurological complications later in life.

Did you know?

- NCAA rules require that team physicians and athletic trainers manage your concussion and injury recovery independent of coaching staff, or other non-medical, influence.
- We're learning more about concussion every day. To find out more about the largest concussion study ever conducted, which is being led by the NCAA and U.S. Department of Defense, visit ncaa.org/concussion.

CONCUSSION TIMELINE



Baseline Testing

Balance, cognitive and neurological tests that help medical staff manage and diagnose a concussion.



Concussion

If you show signs of a concussion, NCAA rules require that you be removed from play and medically evaluated.



Recovery

Your school has a concussion management plan, and team physicians and athletic trainers are required to follow that plan during your recovery.



Return to Learn

Return to school should be done in a step-by-step progression in which adjustments are made as needed to manage your symptoms.



Return to Play

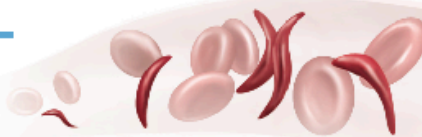
Return to play only happens after you have returned to your preconcussion baseline and you've gone through a step-by-step progression of increasing activity.

For more information, visit ncaa.org/concussion.

NCAA is a trademark of the National Collegiate Athletic Association.



SICKLE CELL TRAIT



WHAT IS SICKLE CELL TRAIT?

Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

- During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or "sickle."
- Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.
- During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
- Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.
- Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

DO YOU KNOW IF YOU HAVE SICKLE CELL TRAIT?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

- Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.
- Most U.S. states test at birth, but most athletes with sickle cell trait don't know they have it.
- The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.
- Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

HOW CAN I PREVENT A COLLAPSE?

- Know your sickle cell trait status.
- Engage in a slow and gradual preseason conditioning regimen.
- Build up your intensity slowly while training.
- Set your own pace. Use adequate rest and recovery between repetitions, especially during "gassers" and intense station or "mat" drills.
- Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
- If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
- Stay well hydrated at all times, especially in hot and humid conditions.
- Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.



- Maintain proper asthma management.
- Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.
- Seek prompt medical care when experiencing unusual physical distress.

For more information and resources, visit www.NCAA.org/health-safety