

Billiken Beat

Special Edition for the Parents of Incoming Student-Athletes: April 2012

SLU 101 Dates ...

Program Dates

May 31-June 1	June 4-5	June 7-8
June 11-12	June 14-15	June 18-19
June 21-22	June 25-26	June 28-29

Welcome Week

Before classes begin in August, all first-year and new transfer students participate in Welcome Week - several days of activities planned to help them get to know people and resources on campus. Along with the endless social events planned during the week, students also have the opportunity to meet with faculty, gain a sense of Billiken spirit, participate in convocation with SLU's president, and enjoy other great events.

Look out for the students in ORANGE. Oriflamme is a group of upper-class students that will help students move-in and be available during Welcome Week to answer questions and get everyone involved in all of the exciting campus events.

All incoming students will receive detailed information about move-in and a schedule for Welcome Week in the mail by early August.

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SLUBillikens.com

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[Twitter.com/SLU_Billikens](https://twitter.com/SLU_Billikens)

[Twitter.com/SLUCompliance](https://twitter.com/SLUCompliance)

[YouTube.com/SaintLouisBillikens](https://www.youtube.com/SaintLouisBillikens)

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To Do List ...

After reading this newsletter, parents and incoming student-athletes should complete the following tasks.

- Submit tuition deposit
- Submit housing application, contract and fee
- Activate your MySLU account
- Register for SLU 101
- Complete the Foreign Language Skills Assessment
- Make an appointment for a physical with SLU Sports Medicine
- Complete and submit the Billiken Student-Athlete Academic Support Services surveys for parents and incoming student-athletes (available at SLUBillikens.com)
- Complete and submit all the Sports Medicine forms listed on page 3 (all available at SLUBillikens.com)
- Complete all the “Do’s” in the **Before Arriving at SLU** section on page 4

Welcome to Billiken Athletics!

Dear Parents,

It is a great honor to welcome you and your child to the Billiken family. The athletics staff at Saint Louis University is committed to delivering a first class experience to all student-athletes and their families, fans and alumni.

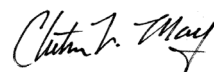
Our goal is to enable each program to maximize its potential. It is a reasonable expectation that each one of our programs should have the resources available to successfully compete within the Atlantic 10 Conference.

In order to meet this goal, we must operate a quality athletic program in which each student-athlete maximizes his/her academic, competitive, and community opportunities. Your child has the opportunity to be a leader at SLU, and I encourage them to take the steps to do so.

The Billiken Beat newsletter, which you will receive throughout the year, is just one tool we utilize to keep the parents of our student-athletes informed about the latest happenings in the department.

If you have any questions or concerns about your child and their experience as a Billiken student-athlete, please don't hesitate to contact us.

Go Billikens!



Chris May
Director of Athletics



Tuition & Housing Deadlines

DEADLINE FOR TUITION DEPOSIT

Admitted students must submit their non-refundable, \$200 tuition deposit by May 1 to secure a position in the entering freshman class. You can pay both deposits online through MySLU.

DEADLINE FOR HOUSING DEPOSIT, APPLICATION AND CONTRACT

Admitted students who desire University housing must submit their housing application, contract and \$250 housing fee (comprised of a \$200 advance payment that is refundable until May 1, and a \$50 processing fee that is not refundable at any time) by May 1.

Students are encouraged to submit their housing materials as early as possible. Housing is assigned on a priority basis according to the date when the completed housing application, contract and deposit are received by the University. Instructions on how to apply for housing are included with notification of admission. More information can be found at www.slu.edu/x24269.xml.

SLU 101

All incoming students are expected to attend SLU 101 and parents are encouraged to attend the parent program. During this two-day orientation, students will meet fellow members of the Class of 2016, meet with their academic advisor and faculty from their College or School, enroll in fall courses, stay the night in a freshman residence hall, learn about campus resources, get all of their questions answered from upperclass student leaders, and visit with a sampling of our many student activities and organizations.

Students will sign up for fall classes with the help of an academic advisor at SLU 101. They are also required to complete a Foreign Language skills assessment prior to SLU 101. More information about the skills assessment is located at www.slu.edu/x45758.xml.

You can register now by logging in to MySLU, clicking on the Tools tab and then clicking on the SLU 101 Registration icon. NOTE: You must submit your tuition deposit BEFORE registering for SLU 101. There is limited space in each session, so be sure to sign up early!

For additional information, please visit the Frequently Asked Questions page (www.slu.edu/x5207.xml) or call the Student Involvement Center at 314/977-2805.

Student-Athlete Advisory Committee (SAAC)

The Student-Athlete Advisory Committee (SAAC) is an advisory group made up of student-athlete representatives from each team, and meets up to twice a month. The purpose of the Committee is to help ensure that policies and practices of the Department of Athletics are consistent with the NCAA principles of student-athlete welfare, and that the services provided help promote the physical and educational well-being of student-athletes. In addition, SAAC provides social opportunities for all student-athletes, engages in community service and supports one another during athletic competitions. Appropriate Athletic Department members and University staff/faculty are welcome to attend to promote communication amongst Saint Louis University and its student-athletes. SAAC receives full support of the Director of Athletics, Senior Woman Administrator, and the Faculty Athletics Representative. If any student-athlete has a concern they feel needs to be addressed, they should contact their team representative who will bring the issue to the next SAAC meeting.

For more information about the Student-Athlete Advisory Committee, contact Brandon Morris of Billiken Student-Athlete Academic Support Services.

Responsibillikens

In the summer of 2011, Saint Louis University was awarded a grant from the NCAA CHOICES program for alcohol education. Through this program, the Responsibillikens were created. The Responsibillikens are a group of student-athletes providing SLU students and the St. Louis community with information on healthy and safe lifestyle decisions concerning alcohol abuse, tobacco use, illegal drug use, and unhealthy sexual practices.

The Responsibillikens have partnered with SLU's Student Health & Counseling Center, in particular the Alcohol and Drug Education Programs, to create opportunities for alcohol awareness through planned events involving the SLU students and community. Responsibilliken members communicate to their teammates and friends the pitfalls associated with alcohol and drug consumption, as well as any team policies that may be in place. These members are also available for guidance and support, if individuals feel that they may need assistance. If a Responsibilliken feels that there is reason for concern, the appropriate professional will be contacted. The Responsibilliken program is designed to help individuals become successful in all areas, including athletics, academics, and personal growth.

Billiken Student-Athlete Academic Support Services

Staff: Brandon Morris & Heather Freehill

Student-Athlete Academic Center: The Academic Center allows all Billiken student-athletes to work in a productive environment to complete necessary coursework. The area affords a quiet, monitored environment where students can study, meet with tutors or use one of the computers to work on assigned class work and materials. Resources provided in the Academic Center include printers, the Kurzweil System and the Dragon NaturallySpeaking software. Student-athletes may also check out books, calculators, voice recorders and laptops. **Hours: Monday through Thursday 8 a.m.-9 p.m., Friday 8 a.m.-3 p.m., and Sunday 5-9 p.m.**

Tutoring: The Department of Athletics employs several tutors to assist in the academic success of our student-athletes. If your child is in need of a tutor, they must simply access their GradesFirst account and submit a tutor request for a particular class, or they can talk with Brandon Morris or Heather Freehill to arrange an appointment. Student-athletes will be matched with a tutor based on the availability they provide and the availability of the tutor. Student-athletes shouldn't personally contact a tutor for assistance.



Additionally, they should not cancel an appointment without consulting Brandon or Heather first. Violations of this policy could result in limited usage, or termination of tutoring services for that particular student-athlete.

Mandatory Study Hall: Study hall is typically required for incoming student-athletes. Coaches and Student-Athlete Academic Support Services staff will evaluate required study hall hours at the end of each semester.

Disability Services: Billiken Student-Athlete Academic Support Services works closely with SLU's Disability Services office and is committed to providing equal educational access for all student-athletes by ensuring that students with documented clinical or medical disabilities receive reasonable accommodations that support effective participation in all aspects of the educational experience. Those with documented clinical or medical disabilities who anticipate needs for accommodations are encouraged to contact Disability Services (314/977-8885) at the earliest opportunity and must do so in order for the university to officially consider and recognize the need for reasonable accommodations. All inquiries about the availability of reasonable university-related accommodations are kept confidential.

Please take some time to complete the surveys for parents and incoming student-athletes at SLUBillikens.com. The information provided on these surveys will help us better serve your student-athlete. Navigate to SLUBillikens.com, mouse over Inside Athletics and click on Academic Services. Then choose Forms & Publications from the Quick Links under the photo. Click to download the appropriate survey.

Eligibility Requirements

Student-athletes are subject to NCAA, Atlantic 10 Conference and Saint Louis University regulations which affect their eligibility during your collegiate career. The compliance staff will meet with all student-athletes at least three times per year to discuss eligibility requirements. It is the responsibility of the student-athlete to be knowledgeable about the rules and regulations.

ACADEMIC ELIGIBILITY STANDARDS

Student-athletes must be enrolled in a minimum of 12 credit hours per semester to be eligible for practice, financial aid and competition. They will be declared ineligible if they drop below full time (12 hours). Correspondence or extension courses do not satisfy the 12-hour rule. Exceptions exist for graduate students and undergrads in their last semester before graduation.

At a minimum, all student-athletes must earn six credits per term and 18 hours during the academic year. Freshmen must earn 24 hours prior to starting their third full-time semester. Student-athletes entering their junior, senior or fifth year of college must have earned 40, 60 or 80 percent, respectively, of their degree to be eligible. In addition, all student-athletes entering their junior year must be declared in their major.

Failure to meet these requirements may result in the loss of athletic grant-in-aid and eligibility for competition and/or practice.

Outside Scholarships

The maximum amount of financial aid a student-athlete can receive is considered a full Athletic Grant-In-Aid. This scholarship value cannot exceed the cost of tuition and fees, room and board, and required course books for a single academic year. If a student-athlete is awarded any outside scholarship prior to acceptance, the following terms must be met:

1. You must immediately inform your coach and Associate Athletic Director for Administration and Compliance. Failure to do so could result in the loss of athletics assistance.
2. The scholarship must be awarded by an established and continuing program to aid student.
3. Acceptance of the scholarship cannot be contingent on the recipient attending Saint Louis University.
4. There can be no direct connection between the scholarship donor and Saint Louis University.
5. If a student-athlete has received a full Athletic Grant-In-Aid, then the value of that outside scholarship will replace a portion of the athletics scholarship.
6. The only time a student-athlete can receive aid above these costs without affecting their scholarship is through the NCAA Federal Pell Grant program exception.

Student-Athlete Employment Guidelines

The NCAA permits a Division I student-athlete to earn legitimate on- and off-campus employment income during the academic year or summer, provided that the student-athlete is eligible academically to compete for the institution.

The student-athlete is responsible for securing from the employer a written statement to be kept on file in the athletic department, which specifies the following:

1. The student-athlete may not receive any remuneration for the value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame or personal following he or she has obtained because of athletics ability;
2. The student-athlete is to be compensated only for work actually performed; and the student-athlete is to be compensated at a rate commensurate with the going rate in that locality for similar services.
3. Employment forms can be found at SLUBillikens.com or can be requested from the Compliance Office.

More information will be provided once your student-athlete arrives on campus this fall.

Sports Medicine

Staff	Sport Assignments
Jonathan Burch	M. Basketball, Cross Country/Track & Field, Field Hockey
Miya Sullivan	W. Soccer, Softball, Tennis
Theresa Hummel	W. Basketball, Volleyball, Spirit Groups
Angie Wills	Baseball, M. Soccer, Swimming & Diving

Goals: The goal of the Saint Louis University Sports Medicine staff is to provide the highest quality of comprehensive health care services to our student-athletes associated with their athletic participation at SLU. The Billiken Sports Medicine staff is determined to provide the highest quality care by managing all risks affecting health and safety of all student-athletes.

Sports Medicine Team: Billiken student-athletes receive health care from some of the top physicians in the nation. An extensive referral network also is in place, through the Saint Louis University Health Sciences Center, the Anheuser-Busch Eye Institute, Center for Advanced Dental Education and SLUCare. These areas include allergy/asthma, cardiology, dentistry, dermatology, gastroenterology, general surgery, neurology, nutrition, ophthalmology, otolaryngology, physical therapy, plastic surgery, psychology and radiology. Physical therapy services are conveniently located at the Student Health Center in Marchetti Towers. Additionally, a certified athletic trainer (ATC) is assigned to each sport (see above). They are responsible for handling the day-to-day medical needs of that sport.

Insurance Policies & Medical Billing: Please familiarize yourself with the insurance policies for SLU student-athletes as well as information on medical billing. This information is available in the Student-Athlete Handbook as well as on the Sports Medicine Web site. Please review this information carefully. **All student-athletes are required to have Primary Medical Insurance.** If your Primary Insurance changes, please notify the ATC assigned to your student's sport so appropriate changes can be made. Also, please fax a copy of the new insurance card to our department at 314/977-3183.

Required Paperwork & Medical Exams:

The SLU Sports Medicine staff requires important paperwork and medical exams. A physical exam performed by a SLU Sports Medicine Team physician is required of all incoming student-athletes (freshmen and transfers). In general, you will get a SLU Sports Medicine physical exam every other year. Sophomores and seniors do not need a physical exam; however, they do have required medical paperwork to complete. Listed below is what an incoming student-athlete needs:

- Physical Exam completed by SLU Sports Medicine physician (typically occurs at SLU 101)
- Pre-Participation Physical Questionnaire
- Family Information Form
- HIPAA Compliance Release Form
- Acknowledgement of Insurance Form
- Copy of Insurance Card (Front/Back)
- Sickle Cell Testing Results
- Concussion Management Form

ADD/ADHD Documentation: Please note that student-athletes taking medications to treat ADD or ADHD have a higher reporting responsibility. We need to have documentation on file PRIOR to any NCAA drug test. Failure to have the documentation could result in a positive drug test, which has a consequence of your child being declared ineligible by the NCAA for one year. If your child is taking any medications to treat ADD/ADHD, we need to have specific documentation on file. This information must be updated annually.

Web Site/Other Information: Please visit the Sports Medicine page on SLUBillikens.com to find additional information on NCAA banned drugs, Sickle Cell, Concussion Management and other important topics. Choose the Physical Documentation link to gain access to the forms detailed above. Forms should be mailed to the appropriate ATC at 3330 Laclede Ave., St. Louis, MO 63103. Do **NOT** fax or e-mail personal private health information.



Compliance Office

Staff: Janet Oberle, Kristan Kelly & Robin Krueger

The role of the Compliance Office is to educate, monitor and enforce NCAA, Atlantic 10 Conference and Saint Louis University regulations, including but not limited to issues involving eligibility, recruiting and employment. Athletic compliance requires the cooperation of everyone associated with Saint Louis University: staff, boosters, coaches, student-athletes and YOU - the parents. If you have any questions about what is permissible, the Department of Athletics encourages you to ASK BEFORE YOU ACT.

Compliance is everyone's job! It is each student-athlete's responsibility to know the rules and regulations. If you have any questions or concerns, please contact the Compliance Office at (314) 977-3509.

Extra Benefits: Per NCAA rules, student-athletes, their parents, relatives and friends CANNOT receive extra benefits. Extra benefits include, but are not limited to, a special discount or credit on a purchase (i.e. clothing); services (i.e. laundry, dry cleaning); free or discounted meals or services at commercial establishments; transportation to or from a job; or a benefit connected with off-campus housing (i.e. reduced rent). In addition, student-athletes, their families and/or friends CANNOT receive any of the following benefits from boosters: expenses for travel for any reason, a loan, cash, gifts, free tickets for entertainment or the use of an automobile. ***For student-athletes, the only allowable benefit from a booster involves an occasional home-cooked meal at the home of the booster on infrequent and special occasions. All such meals must receive prior approval from the Compliance Office.***

Agents or Professional Opportunities: Student-athletes render themselves ineligible if they agree orally or in writing to compete in professional athletics in their sport, use their athletic skill for pay in any form or accept pay for promotion of a commercial product or service. Student-athletes render themselves ineligible if they agree to have an agent market their athletics ability. In addition, a student-athlete and his/her family and friends CANNOT accept money, transportation or other benefits from an agent.

Countable Athletically Related Activities (CARA)

DURING SEASON

A student-athlete's participation in countable athletically related activities (CARA) is limited to a maximum of four hours per day and 20 hours per week during the academic year. You are required to have one day off within a seven-day period. This day off could be a travel day. Countable athletically related activities include, but are not limited to: required meetings, practice, competition, required weight training and film reviews. CARA does not include rehabilitation, dressing, showering, taping, study hall or meetings on non-athletic related matters.

OUT OF SEASON

A student-athlete's participation in CARA is limited to a maximum of eight hours per week, of which only two hours can be individual skill instruction with coaches. Two days off are required per week. An unlimited number of student-athletes from the team may be involved in skill-related instruction with their coaches from September 15 through April 15. Prior to September 15 and after April 15, no more than four student-athletes from the same team may be involved in skill-related instruction with their coach(es) at any one time in any facility. All athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period through the conclusion of each student-athlete's final exams.

DURING SUMMER

No CARA may occur during the summer. Voluntary strength and conditioning sessions can occur with the Director of Strength and Conditioning or staff members in the strength and conditioning area only.

Before Arriving at SLU

DO ...

- Following the completion of all high school courses, send your official transcript in a sealed envelope to Saint Louis University.
- Complete the FASFA. SLU's school code is 002506. Send this data to Saint Louis University.
- Make sure you are eligible to compete by meeting the NCAA standards for completed core courses, minimal test scores and minimal grade point average
- Activate your MySLU account by going to password.slu.edu. Your SLU Net ID is your unique SLU username and is the same as your SLU e-mail address before the "@slu.edu." Your initial SLU Net password is the last 6 digits of your Banner ID preceded by "ld".
- Submit your tuition deposit of \$200 before May 1, 2012 (UNLESS your athletic scholarship covers full tuition)
- Sign up for a SLU 101 session by logging into your MySLU account and choosing one of the nine sessions. You will sign up for fall classes during this summer orientation program. If you are unable to attend, please contact an academic advisor at 314/977-2370 to set up an appointment.
- Complete the Freshman Housing Application and Contract by logging into your MySLU account. Make sure to submit your housing deposit of \$250 before May 1, 2012.
- Contact SLU Sports Medicine to schedule a physical exam during SLU 101.
- Return all immunization forms, the meningitis waiver and proof of insurance to the SLU Student Health & Counseling Center either by submitting them online or by mail.
- Fill out and return all athletic medical and compliance information forms to Sports Medicine and the Compliance Office, respectively.

DON'T ...

- Assume we have anything. It is your responsibility to confirm we have received all required forms and information
- Accept any special offer from anyone with purported Saint Louis University athletic interests. This could make you ineligible.
- Accept any benefit from an agent, financial advisor, or other individual in exchange for representation or marketing of your athletic talents
- Withhold any health conditions (whether they are psychological or physical). These will have an effect on your performance and we MUST know about these beforehand.
- Begin participation (whether summer workout, summer practice or competition) with your team prior to confirmation that you are eligible from either your coach or the Compliance Office.