

Soka University of America Student-Athlete Handbook

*A STATEMENT OF POLICY AND GUIDELINES
FOR PARTICIPANTS IN THE SOKA UNIVERSITY OF AMERICA
INTERCOLLEGIATE ATHLETICS PROGRAM*



Last updated August 2023

Welcome to Soka University of America's Intercollegiate Athletics Department

The athletic administration and coaching staff are very excited to offer the opportunity to our Student-Athletes to continue their competitive careers while in college, and we look forward to providing you with the assets you'll need to succeed.

The Soka University Athletic Department is committed to providing a positive, challenging, competitive, and fair athletic experience that emphasizes the principles of personal integrity, sportsmanship, wellness, and fulfillment of the Student-Athlete's potential. The Soka University Athletic Department recognizes that participation in college athletics requires a significant commitment but seeks to ensure minimal interference with the Student-Athlete's academic schedule. The Soka University Athletic Department in accordance with Title IX of the Education Amendments Act of 1972, is fully committed to the principles and practice of equal opportunity for all. Title IX states: "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance." In addition, Soka Athletics is dedicated to creating an environment that values cultural and gender diversity, and does not discriminate on the basis of gender, race, ethnicity, color, religion, sexual orientation, gender identity, disability, or socioeconomic status. Students who report sexual misconduct/Title IX violations will be advised of all options available to them as outlined in the Soka University Student Handbook. University officials will respect your right to confidentiality to the extent permitted under university and legal regulations. For more information please visit <https://www.soka.edu/student-life/policies-procedures/title-ixsexual-misconduct-policies-procedures> or reference the Soka University Student Handbook.

Soka University of America Mission Statement:

To Foster a steady stream of global citizens committed to living a contributive life. –Daisaku Ikeda

Soka University Student-Affairs Mission Statement:

Our goal in Student Affairs at Soka University is to support students in their growth and development on their path to becoming global citizens with wisdom, courage and compassion.

Soka University Athletics Mission:

To provide a platform to promote our Student-Athletes growth into global citizens through sportsmanship, community outreach, and the competitive experiences found within intercollegiate athletics.

The Soka Athletics & Recreation Goals/Student learning outcomes are:

- Understand the exercise benefits in cognitive, physical, social, and spiritual domains.
- Develop leadership skills, and the understanding of teamwork, personal integrity responsibility, and maturity.
- Develop organizational skills, time management, and goal setting.
- Understand the contributions of sports within communities.

You will also note that you are in a wholly unique situation as a Student-Athlete; you will be some of the most privileged students in school history to wear the school's name, logos, and colors in public. You will represent Soka University in ways your fellow students never have, and we hope you are looking forward to carrying such an honor.

With great opportunity also comes great responsibility, therefore we have assembled the Soka Student-Athlete Handbook. We want to ensure you are fully aware of the rights and obligations which you are associated with as you participate as a member of Soka University Athletics' teams. Such communication is a requisite to uphold the values and traditions of the university, and for your protection as a Student-Athlete. ***A comprehensive reading of the entire Handbook is required.*** The more familiar you are with the contents, the more you may take advantage of your unique position at the university. We also highly recommend keeping the handbook nearby over the course of the year as a ready reference tool. Please feel free to raise any questions or issues you may have once you've read the materials. We are always interested in improvement, and your feedback will be of great value to our department as we continue to grow.

Best of Luck this season and Go Lions!

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Soka University Athletic Department Philosophy

Mission Statement

To provide a platform to promote Student-Athletes' growth into global citizens through sportsmanship, community outreach, and the competitive experiences found within intercollegiate athletics.

Vision Statement

The Soka University Athletic Department is committed to providing a positive, challenging, competitive, and fair athletic experience that emphasizes the principles of personal integrity, respect, responsibility, sportsmanship, servant leadership, wellness, and fulfillment of the Student-Athlete's potential. These aims are achieved through attention to three general areas in the administration of its programs: 1) the role of Athletics in the academic setting; 2) the role of the coach and the department in the Student-Athlete's competitive experience; and 3) the health and welfare of the Student-Athlete.

The Soka University Athletic Department is a member of the NAIA, as such, we will be guided by the philosophy that athletics are an integral, but not the only part of the overall educational experience of the Student-Athlete. The Soka University Athletic Department recognizes that participation in college athletics requires a significant commitment but seeks to ensure minimal interference with the Student-Athlete's academic schedule.

Additionally, the Soka University Athletic Department promotes amateurism and participant-oriented events in which the best interest of the Student-Athlete is foremost. The department also places priority on programs which are in their traditional season of competition.

The Soka University Athletic Department is committed to providing an environment and resources that allow teams and Student-Athletes to achieve success on a conference, regional, and/or national level. In that pursuit of excellence, the Soka University Athletic Department emphasizes sportsmanship and personal integrity, and expects Student-Athletes, coaches, and other department personnel to act accordingly. The Soka University Athletic Department will also adhere with NAIA bylaws and rules so that this generation of Student-Athletes will set an appropriate tone for those to follow.

The Soka University Athletic Department is fully committed to the health and welfare of the Student-Athletes who participate on varsity athletic teams. To that end, the Soka University Athletic Department seeks to provide a safe environment by providing qualified sports medicine personnel, high standard athletic training facilities, peer education, and a support network that addresses the athletic, academic, and social concerns of Student-Athletes. The Soka University Athletic Department also promotes a positive relationship between Student-Athletes and their coaches.

In accordance with Title IX of the Education Amendments Act of 1972, the Soka University Athletic Department is fully committed to the principles and practice of equal opportunity for all. Title IX of the Education Amendments of 1972, and certain other federal and state laws, prohibit discrimination on the basis of sex in all education programs and activities operated by the university (both on and off campus). Title IX protects all people regardless of their gender, sexual orientation, or gender identity from sex discrimination, which includes sexual harassment and violence.

In addition, the Soka University Athletic Department is dedicated to creating an environment that values cultural and gender diversity, and does not discriminate on the basis of race, color, national origin, religion, sex, gender identity, gender expression, pregnancy, disability, age, socioeconomic status, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran.

Soka Athletics Commitment to Diversity, Equity, and Inclusion

The Soka University Athletic Department values diversity, inclusion, equity and aims to provide the best services for Student-Athletes, coaches, and staff from all backgrounds. As a core value, the Soka University Athletic Department believes in and is committed to diversity, inclusion and equity among its Student-Athletes, coaches and administrators. We strive to always provide equal opportunity to all Student-Athletes, and do not discriminate on the basis of race, color, gender, religion, national origin, age, disability, sexual orientation, gender identity or gender expression. Diversity and inclusion improve the learning environment for all Student-Athletes and enhance excellence within the Soka University Athletic Department. The Soka University Athletic Department shares this statement as a reflection of its mission to promote inclusion, equity and diversity, and to facilitate personal growth. We recognize and celebrate the unique

opportunities that sports provide in uniting disparate groups in a common goal. We embrace the essential value of unity that is so important for team success, as well as the vital educational value of diversity of backgrounds, experiences, and ideas. Therefore, the Soka University Athletic Department strives to create a diverse, inclusive, and equitable community, in which all students and staff members feel safe, respected and valued.

Inclusion, Diversity and Equity

The Soka University Athletic Department is committed to cultivating a diverse, inclusive, and equitable mindset across our department. To accomplish this, we recognize the importance of understanding exactly what is meant by these terms.

Diversity, Inclusion, and Equity Defined

Diversity

Individual differences, (e.g., personality, prior knowledge, and life experiences), group and social differences (e.g., race/ethnicity, indigeneity, class, gender, gender identity, gender expression, sexual orientation, disability, country of origin, and historically underrepresented populations, and cultural, political, religious, or other affiliations).

Inclusion

Inclusion is involvement and empowerment, where the inherent worth and dignity of all people are recognized. An inclusive university promotes and sustains a sense of belonging; it values and practices respect for the talents, beliefs, backgrounds, and ways of living of its members.

Equity

Equity recognizes that not everyone begins in the same place in society. Some people face adverse conditions and circumstances making it more challenging with the same effort to achieve the same goals. Equity advocates for those who may have been historically disadvantaged, making it difficult for them to be successful. What is “fair” as it relates to equity is not a question of what is the same but rather the point from which a person begins. Equity takes into account historical and other factors in determining what is fair.

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The Soka University Athletic Department believes in diversity, inclusion and gender equality 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 Soka University Athletic Department.

The Soka University Athletic Department will ensure that transgender Student-Athletes are provided fair, respectful, and legal access to collegiate sports teams based on current medical and legal knowledge as provided within the following recommendations from the National Collegiate Athletic Association’s (NCAA) Office of Inclusion. This handbook provides transgender Student-Athletes with fair and equal opportunities to participate, and the Soka University Athletic Department has elected to follow the NCAA’s best practices and policy recommendations in order for the Soka University Athletic Department to provide transgender Student-Athletes with fair and equal opportunities to participate. In addition to specific policy recommendations for college athletics sports programs, the resource provides guidance for implementing these policies to ensure the safety, privacy, and dignity of transgender Student-Athletes as well as their teammates.

Please visit <https://www.ncaa.org/about/resources/inclusion/lesbian-gay-bisexual-transgender-and-questioning-lgbtq> for the comprehensive best practices and policy recommendations as provided for athletic administrators, coaches, student-athletes and the media by the NCAA Office of Inclusion.

Soka Athletics Pursuit of Excellence as Global Citizens who embody the Founding Principles of Wisdom, Courage and Compassion

The Soka University Athletic Department seeks to become a premiere NAIA athletic program on a national level. We will accomplish this by offering our Student-Athletes the highest quality athletic experience available at any small college in

the United States, providing fair and competitive opportunities. We will achieve that excellence by maintaining the highest quality facilities, coaching, and support for all of our athletic teams.

Additionally, the Soka University Athletic Department will contribute significantly to Soka University in the areas of enrollment, retention, publicity, alumni relations, community relations, and fundraising.

Specifically, the department looks to pursue excellence through the following:

- Providing a multitude of growth opportunities facilitating the opportunity to become transformative thought leaders both in and out of competition.
- Encouraging our Student-Athletes to succeed academically and graduate with strong GPAs, placing a minimum of 50% of all Student-Athletes on each semester's Scholar-Athlete roster (3.5 GPA or higher).
- Staffing the Soka University Athletic Department sufficiently to provide the best athletic experience possible for our Student-Athletes through a combination of national and regional searches to attract highly qualified candidates for all positions.
- Providing comprehensive services for our Student-Athletes to promote their personal, athletic, and academic growth in order to achieve their full potential. This will be accomplished by maintaining effective and visible Student-Athlete mentor programs, a strong presence from the Faculty Athletic Representative, and encouraging the use of other related services as provided by the university.
- Supporting teams so that they can be competitive among universities of like-size within Southern California, as well as regionally and nationally. This will occur through providing resources that enable coaches to recruit high quality Student-Athletes, supply appropriate and up-to-date equipment and facilities, and ensure safe, sufficient and comfortable travel; all equivalent to those at other top NAIA programs in the country.
- Recruiting and developing Student-Athletes who will contribute to the Soka University community.
- Providing a challenging professional environment for the Soka University Athletic Department staff.
- Continuing to expand and adjust to changes in the school environment, federal and state legislation, and the interests and abilities of our Student-Athletes.
- Maintaining and promoting an environment that values cultural diversity and gender equity among Student-Athletes and the Soka University Athletic Department staff.

National Association of Intercollegiate Athletics (NAIA) Philosophy

The purpose of the National Association of Intercollegiate Athletics (NAIA) is to promote the education and development of Student-Athletes through intercollegiate athletic participation. Member institutions, although varied and diverse, share a common commitment to high standards and to the principle that participation in athletics serves as an integral part of the total educational process. The NAIA embraces the concept of the Student-Athlete and recognizes the importance of the individuality of each member institution, the value of the conference and regional structure, and the benefits of membership in a national association.

The NAIA supports gender equity. Gender equity is an atmosphere and reality where fair distribution of overall athletic opportunity and resources, proportionate to enrollment, are available to all, and where no Student-Athlete, coach or athletics administrator is discriminated against in any way in the athletics program. That is to say, an athletics program is gender-equitable when the men's sports program would be pleased to accept as its own the overall participation opportunities and resources currently allocated to the women's sports program and vice versa.

The California Pacific Conference (Cal Pac)

Soka University is a member of the California Pacific Conference, which is the most diverse league in the National Association of Intercollegiate Athletics (NAIA). Now 15 members strong with 14 championship sports all with direct qualification into national championships, the Cal Pac is the largest conference in the West. Under the motif of "Greater Things" the league is enjoying seasons of tremendous growth in membership, sport sponsorship, competitive success, national recognition, and Student-Athlete involvement and experience. A perennial Five Star Conference of Character, in 2017 and 2018 the Cal Pac was the only conference in the nation with all of its members designated as Champions of

Character Institutions. The league also set a national record by having nine institutions reach the elusive NAIA Gold-Standard for Champions of Character in 2018. The conference spans over 1,000 miles and reaches into three western states: California, Nevada, and Arizona. From just south of the Oregon border, to the Bay Area, to Central California, Southern California, and Arizona, the conference touches major metropolitan areas and nationally revered scenic sites.

Soka University Athletics Department Staff Directory

Name	Title	Phone	Email @soka.edu
Mike Moore	Athletic Director	(949)-480-4155	mmoore
Erica Baldaray	Assistant Director of Athletics/SWL	(949)-480-4273	ebaldaray
Emma Lee	Athletics Operations Coord.	(949)-480-4153	emlee
Kaveh Razaghi	Evening Facilities/Operations Coord.	(949)-480-4169	krazaghi
Jenny Carrillo	Head Athletic Trainer	(949)-480-4449	jcarrillo
Nicole Murzen	Associate Head Athletic Trainer	(949)-480-4449	nmurzen
Adam Crossen	Head Coach, Swimming	(949)-480-4426	acrossen
Drew Crowell	Assistant Coach, Swimming	(949)-480-4343	acrowell
Nancy Mockett	Head Coach, Golf	(949)-480-4059	nmockett
Curtis Robinson	Assistant Coach, Golf	(949)-269-5589	crobinson
Patrick Boivin	Head Coach, Track/XC	(949)-480-4329	pboivin
Ryan Sanders	Assistant Coach, Track/XC	(949)-480-4477	rsanders
Shawn Beyer	Head Coach, Men's Soccer	(949)-480-4175	sbeyer
Alex Zotinca	Assistant Coach, Men's Soccer	(949)-269-5506	azotinca
Wendy Espejel	Head Coach, Women's Soccer	(949)-480-4248	wespejel
Liam Delury	Assistant Coach, Women's Soccer	(949)-269-5505	ldelury
Kristi Wilson	Faculty Athletic Rep.	(949)-480-4326	kwilson
Hyon Moon	Dean of Students	(949)-480-4136	hmoon

Athletic Department Contact Information:

Soka University of America, Athletics

1 University Drive
 Aliso Viejo, CA 92656
 Phone: 949.480.4155
 Fax: 949.480.4093

Soka University of America Athletics Website

www.sokaathletics.com

APPS to Download (Avail. Ios/Android)

Soka Athletics App
 Helper/Helper
 Sokannect

Soka University Athletics Social Media Platforms

Facebook-

@Soka University Athletics
 @Soka University of America Men's Soccer
 @SokaTrack

Twitter-

@Soka_Athletics

Instagram-

@SokaAthletics
 @SokaRec
Team Accounts
 @SokaTrack @SokaSwim @SokaMSoc
 @SokaWSoc @SokaWGolf

Soka Athletics Hashtags

#sokagram #sokapride
 #instalions#GoLions
 #sokaathletics

Partner Accounts

@playnaia @calpacathletics @roinclusion
 @lgbtsportsafe @risetowin @helperhelperapp

Student-Athlete Services for Success

Because of its commitment to the welfare of Student-Athletes, The Soka University Athletic Department will offer its full support to the academic process and the specific academic, health, economic and social assistance mechanisms provided by the university. Due to the extra commitment necessary to participate as an intercollegiate athlete, the Soka University Athletics Department will also provide in-house opportunities for the benefit of the Student-Athlete. They are unique in nature, as they address issues pertinent to Student-Athletes only, and are offered exclusively to Soka Student-Athletes.

Faculty Athletic Representative - SUA's FAR is extremely supportive of our Student-Athletes in particular, and the athletics program as a whole. Their charge is to provide an external monitor to the athletics program from the academic perspective. Filling the strategic role that the FAR should play to ensure academic integrity, facilitate institutional control of intercollegiate athletics, and enhance the Student-Athlete's experience. Of all of the major participants in the administration of the intercollegiate athletics program, those who represent the faculty are most likely to be independent of the financial and other pressures that create enormous incentives for competitive success in the revenue-producing sports. Senior faculty members are able to provide significant leadership in the governance of athletics programs on their campuses. The FAR works absolutely independently on athletic issues, and should be considered a major resource on behalf of Student-Athletes.

University Writing Center - The University Writing Center provides a range of services to Student-Athletes, from workshops on punctuation and sentence structure to individualize tutoring. Student-Athletes may drop in for tutoring, or they may schedule an appointment with one of the tutors. Workshops are announced in advance, and Student-Athletes may sign up on a first-come, first-served basis. The Writing Program and university policy require all faculty to put all writing assignments in written form. For all tutoring sessions, Center policy requires students to bring a copy of the writing assignment along with a draft of their paper. Student-Athletes who do not have a copy of their assignment in writing will not be served. During the session, a writing specialist will go over the assignment and look at the draft and help the Student-Athletes by offering suggestions for revision. Note that writing specialists do not edit or correct Student-Athlete papers. Instead, they ask questions that help Student-Athlete's discover on their own how to make a paper better or they point out common mistakes that need to be corrected. The Center's writing specialists all have graduate degrees and are experienced teachers. In addition, the center has a reading specialist and English as a second language specialist on staff full-time. They work with small groups of students to improve reading skills and English proficiency. **For more information about the University Writing Center, call 949-480-4060.**

Counseling- Student-Athlete life is marked by many changes. For some Student-Athletes, coming to Soka may be the first time away from home. Other Student-Athletes may be leaving one academic community and adjusting to a "new home" at SUA. Still, others are beginning to ask themselves difficult questions about relationships, identities, career, emancipation, and similar issues. The Soka community understands these dilemmas to be a normal part of development in adults. Our Counselor, Anhthu Dang, offers assistance to help Student-Athletes "sort out" many issues such as establishing and maintaining relationships, coping with anxiety and depression, adjusting to changing roles as a young adult, family of origin issues, dealing with losses, meeting new academic demands and adjusting to life in the U.S. **Students can make appointments with the Counselor via April Nelson Afoa anelsonafoa@soka.edu**

Post-season Evaluations and Exit Interviews - At the conclusion of each sport season, Student-Athletes will be asked to complete an evaluation of the sport program. Your input is valued. The survey does not require a signature, so we hope that you will share real and honest opinions. At the end of your competitive career, we will also ask for your feedback via an optional exit interview with a member of the athletic administration, in most cases the Athletic Director. This information is critical in order to gain further insight toward improving our services and opportunities, and your voluntary participation is welcomed. **For more information, contact Erica Baldaray @ x4273 or ebaldaray@soka.edu**

Student-Athlete Study Hall - The *Soka Athletic Study Hall* was created to enhance and promote the potential for each Student-Athlete to meet and exceed high academic standards and be successful throughout their matriculation at Soka University. The academic realm includes progress towards degree completion while continuing to increase graduation and retention rates. The *Soka Athletic Study Hall* is a viable part of the Athletic Department and is located in an

environment conducive to learning (Room 111, First Floor Gymnasium). **For more information, contact Erica Baldaray @ x4273 or ebaldaray@soka.edu**

S.A.A.C. – The Student-Athlete Advisory Committee Mission “The mission is to enhance the total Student-Athlete experience at Soka University by promoting opportunity, integrity, responsibility, respect, leadership, sportsmanship, servant leadership and protecting Student-Athlete well-being and fostering a positive Student-Athlete image. Soka S.A.A.C is dedicated to connecting Student-Athletes to the university and to one another, and providing Student-Athletes with avenues for voicing opinions and concerns to Athletics and the University.” The Student-Athlete Advisory Committee is dedicated to promoting and maintaining Student-Athlete well-being, academic excellence, personal development and community involvement. S.A.A.C.’s goal is to be a voice for Soka Student-Athletes while they strive to achieve greatness in the classrooms, playing fields and throughout the community. The S.A.A.C. program wants every Student-Athlete’s experience at SUA to be not only successful but personally rewarding as well. The S.A.A.C. was founded in order to provide a voice to Student-Athletes at SUA and is dedicated to the principles of inclusivity, respect for individual agency, and servant leadership. The Soka S.A.A.C. aims to promote University values within the athletic community by encouraging Student-Athletes to live a contributive life.

For more information about joining Soka’s S.A.A.C., contact x-4273

LGBT SportSafe - As members of the LGBT SportSafe Founders Club, Soka University Athletics is committed to inclusion and has demonstrated that through programming and initiatives to provide a supportive and safe environment for all, and Soka Athletics is proud to be the first National Association of Intercollegiate Athletics institution to partner with LGBT SportSafe. This partnership reaffirms our commitment to making the world of sport safe for all, and it connects with our university’s mottoes, principles, and three attributes of Global Citizenship; Wisdom, Courage, and Compassion, as defined by our university founder Daisaku Ikeda. This honor unites with our university’s proud heritage, which fosters love for humankind, and it supports the continued fight for inclusion and social justice for all regardless of race, gender, religious beliefs, disability, sexual orientation, or gender identity. Soka University of America Athletics is a safe space for all. Here at Soka University we are striving to make the world of Sport safe for all by creating a healthy, respectful, and effective foundation to support all students. Many of us know or love someone who identifies as lesbian, gay, bisexual or transgender and queer or questioning. We want to ensure Soka is an inclusive athletic community to call home for all Student-Athletes, coaches, and athletic administrators of all sexual orientations and gender identities. **For more information, visit LGBTSportSafe.com**

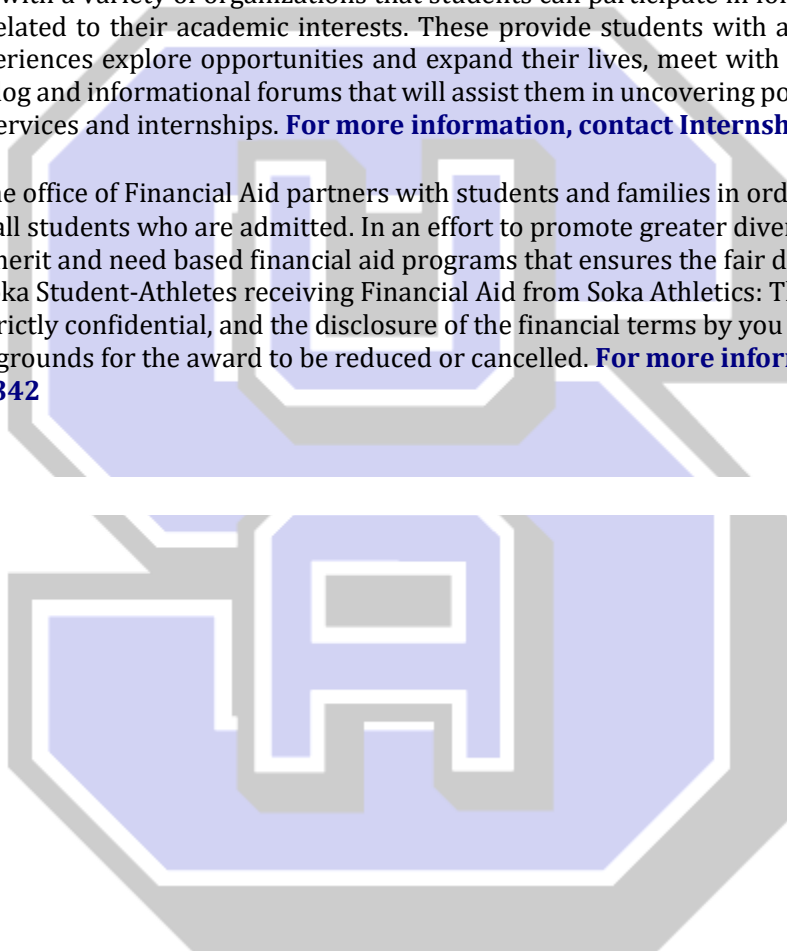
RISE - Soka University Athletics is committed to Diversity, Equity, and Inclusion work, and has the honor of partnering with the Ross Initiative in Sports for Equity. RISE is a national nonprofit that educates and empowers the sports community to eliminate racial discrimination, champion social justice and improve race relations. Through their partnership and programming, they inspire leaders in sports to create positive change on matters of race and equality. Their leadership program builds skills and creates safe spaces to have difficult conversations. They cover topics such as identity, implicit bias, racial ideology, athlete activism, team perspective-taking, empathy, and conflict resolution. This partnership reaffirms our commitment to making the world of sport safe for all, and it connects with our university’s mottoes, principles, and three attributes of Global Citizenship; Wisdom, Courage, and Compassion, as defined by our university founder Daisaku Ikeda. This honor unites with our university’s proud heritage, which fosters love for humankind, and it supports the continued fight for inclusion and social justice for all regardless of race, gender, religious beliefs, disability, sexual orientation or gender identity. Soka University of America Athletics is a safe space for all. Here at Soka University we are striving to make the world of sport safe for all by creating a healthy, respectful, and effective foundations to support all students. **For more information, visit risetowin.org**

NAIA Wellness Center - The health, safety, and well-being of our student-athletes is the NAIA’s top priority. In the Student Wellness Resource Center, you’ll find information about a wide range of health and wellness topics including the NAIA’s drug education efforts and testing, banned substances, and mental health issues. You can also discover athlete-tested, sports dietitian-approved recipes designed specifically for athletes. Quick and easy, these recipes are simple to prepare and provide options for on-the-go, pre-workout, recovery, high protein, and more! **For more information visit <http://www.naia.org/fls/27900/wellness-center/index.html>**

Career Services Office - During the college years, much of a Student-Athlete's development focuses on identifying career goals. Career Services seeks to support Student-Athletes not only in identifying these goals, but by ensuring that they are prepared to achieve them. Services such as individual career planning, employer information sessions, a career resource library, mock interviews, and a variety of career workshops will be offered periodically during the student's time here at SUA. Career counselors will be available for both individual and group guidance as Student-Athletes adjust to the demands of school while preparing for the transition to the working world. **For more information, contact our career services office @ x4191**

Internships - Internships create opportunities for students to lead contributive lives through an active engagement in society through a variety of venues. Some of the objectives of the office are: 1) Create a survey to determine the needs and interest of the students in the areas of community service, 2) volunteerism and internships for each student 3) Research and develop relationships with a variety of organizations that students can participate in for their development in areas that may or may not be related to their academic interests. These provide students with a variety of opportunities to develop multicultural experiences explore opportunities and expand their lives, meet with students to further develop their interests through dialog and informational forums that will assist them in uncovering potential multiple experiences in volunteer, community services and internships. **For more information, contact Internships x-4140**

Financial Aid Office - The office of Financial Aid partners with students and families in order to ensure that Soka Education is accessible to all students who are admitted. In an effort to promote greater diversity and access, SUA has designed comprehensive merit and need based financial aid programs that ensures the fair distribution of institutional, state, and federal funds. Soka Student-Athletes receiving Financial Aid from Soka Athletics: The financial terms of your agreement shall be kept strictly confidential, and the disclosure of the financial terms by you to third parties other than immediate family, may be grounds for the award to be reduced or cancelled. **For more information, contact the Financial Aid Offices x-4342**



Four Year College Career Plan

From the SUA Career Services Office (updated July, 2020)

● **First Year (EXPLORE)**

- Participate in all aspects of life at Soka (athletic, academic, cultural, and social).
- Enroll in a variety of courses to gain exposure to new knowledge, skills, and issues.
- Pursue interests and skills by participating in clubs, teams, performances, or other campus or community activities.
- Learn about resources and services available on campus.
- Begin to explore career options and resources via the Career Development Office
- Attend relevant career workshops and employer information sessions.
- Begin to get to know faculty, counselors, staff, and administrators.
- Create your profile on Handshake to stay up-to-date with the Career Development Office events, resources, and open job/internship postings.

● **Sophomore Year (RESEARCH AND IDENTIFY)**

- Enroll in courses in prospective concentrations.
- Identify your interests, skills, and values through assessments provided by the Career Development Office (MBTI, Strong Interest Assessment, Values Card Sort, etc.)
- Meet with a career counselor to explore the world of work.
- Research selected occupations for academic, personality, and skill requirements.
- Interview people working in selected occupations.
- Attend relevant career workshops and employer information sessions.
- Gain part-time and/or summer employment or internship.
- Develop a resume and cover letter.
- Create a LinkedIn Profile.

● **Junior Year (EXPERIENCE)**

- Accept responsibility for tasks, projects or a program in campus or community activities.
- Talk to people working in career fields or organizations of interest.
- Try career fields of interest through summer jobs, internships, and volunteer work.
- Meet with a career counselor for progress checkup.
- Gain part-time and/or summer employment or internship.
- Attend relevant career workshops and employer information sessions.
- Investigate the potential role of graduate or professional school in your career plans.

● **Senior Year (IMPLEMENT)**

- Discuss plans with counselors and faculty.
- Complete course requirements for concentration and degree.
- Plan job search strategy and/or graduate school strategy.
- Learn effective search skills, including writing resumes and cover letters, interviewing, and job search strategies.
- Continue to gain part-time and/or summer employment or internship experience.
- Attend relevant career workshops and employer information sessions.
- At the end of the year, join ConnectSoka, a platform to help SUA Alumni connect with one another on a professional level.

(Adapted and reprinted with permission from an article entitled, Successful Career Planning for Future Grads by Deborah Veady, Associate Director of Career Planning at California State University, Long Beach.)

Lion Hearted

Team Community Outreach & Student-Athlete Advisory Committee
Lion Hearted Campaign

*Global citizens committed to living a contributive life...
Learning the importance of service to others...
Leaders of culture in the community...
Leaders of humanism in society...*

Our Student-Athletes live out these values treasured by the university beyond the field of competition. In the midst of juggling school, sports, and extracurricular activities, they make the time to serve the community as one team and represent the Soka University Athletic Department. Through our partnership with Helper/Helper and Champions of Charity, Soka Athletics' Team Community Outreach Program, The Student-Athlete Advisory Committee (S.A.A.C.), The California Pacific Conference Student-Athlete Council, and the NAIA Champions of Character program our Student-Athletes have various opportunities throughout the academic year to get involved and serve the community. As a Student-Athlete at Soka University you will be introduced to the NAIA's LIVE 5 program that teaches Student-Athletes how to apply the five core values of Champions of Character (integrity, respect, responsibility, sportsmanship & servant leadership.) to their everyday life both on and off the field.

Each Student-Athlete is required to participate in at least one department-wide community outreach event per semester, and one team community outreach event per academic year. These events are organized by both individual sports programs and by our Student-Athlete Advisory Committee (S.A.A.C.). **All Soka Student-Athletes are required to download the Helper Helper app on their mobile phones.** This is a service that easily tracks service hours and opportunities. Through this app, members can easily find what opportunities are available within their organization, log service hours, and keep track of their group's standings in the NAIA Champions of Charity competition. To learn more about Champions of Charity visit <https://gochampions.org/home-1>.

Soka University of America Student-Athlete Advisory Committee

The Soka University of America S.A.A.C. promotes communication between Student-Athletes and the Soka Athletic administration and conferences. They encourage Student-Athlete involvement, social responsibilities, general awareness, and servant leadership projects while encouraging academic achievement, health promotion, and social responsibility. The S.A.A.C. strives to increase awareness of athletic events, facilitate communication between athletic programs, and promote the voice of Student-Athletes with respect to NAIA, Conference, and Soka University Athletic Department policies. S.A.A.C.'s Mission Statement is: *"The Student-Athlete Advisory Committee (S.A.A.C.) was founded in order to provide a voice to Student-Athletes at Soka University of America and is dedicated to the principles of inclusivity, respect for individual agency, and values within the athletic community by encouraging Student-Athletes to live contributive lives."* All Student-Athletes are welcome to attend committee meetings, and should contact their respective sport's S.A.A.C representative if they have interest or inquiries. Each sports team is required to have a minimum of one representative in attendance at all meetings. Please see the S.A.A.C Constitutions and bylaws at sokaathletics.com for more information.

NAIA ACADEMY

Through the NAIA Academy, Student-Athletes have the opportunity to take short, interactive courses to learn what the five **Champions of Character** core values mean, and how to apply them to everyday life both inside and outside of competition. Please contact Athletic Director Mike Moore if you are interested in enrolling. **The NAIA offers optional asynchronous online Student-Athlete education through the NAIA Academy at NAIA.org/learn. The online courses offered include:**

- SA 130- NAIA Rules and Performance Enhancing Drugs
- SA 230- Dietary Supplements and Sports Nutrition | Prescription and Over-the-Counter Medications
- SA 330- Life Skills
- SA 430- The Transition from College Athlete to Healthy Adult Lifestyle
- SA 740- Sexual Assault Awareness & Prevention
- SA 730- Marijuana Impact on Athletic Performance
- SA 750- Tobacco Impact on Athletic Performance
- SA 710- Alcohol Impact on Athletic Performance
- SA- 720 Drug Prevention Expectations, Harm Prevention

Soka University Athletics Policies & Procedures for Student-Athletes

Responsibility of a Soka Student-Athlete

It is a privilege, not a right, to be a member of an intercollegiate athletic team at Soka University of America. Membership on Soka Athletics team means accepting the responsibility of representing the university in the most positive manner possible at all times. Student-Athletes must remember that they are representatives of Soka University and their teams and must handle themselves in a manner befitting that role. Any behavior that is viewed unfavorably by other individuals may create an unacceptable impression of their team, the Soka University Athletic Department, and Soka University.

- Each Student-Athlete is expected to show a high degree of sportsmanship and to be neat, courteous, and respectful of others.
- Any behavior exhibiting racial, ethnic, religious, anti-LGBTQ or sexual harassment is prohibited. Physical or verbal abuse of any member, guest, or host college (including officials, opposing teams, etc.); disruptive or disorderly conduct; or any offensive or anti-social behavior will not be tolerated and can result in suspension from the team or other disciplinary action.

You will be held responsible for adhering to team rules as provided by the head coach of each sport. Within the intercollegiate athletic program, all decisions directly related to individual and team performance (i.e., practices, playing time, positions, travel squad, etc.) are at the sole discretion of the head coach, and these decisions are final.

Additionally, head coaches may instill rules pertaining to the conduct of that sport. In order to participate in intercollegiate athletics, Student-Athletes will comply with these directives. Failure to comply may result in dismissal from the program.

- Student-Athletes are expected to attend every practice on time, unless they have a class or are ill. Student-Athletes must notify their coach **prior** to practice if they cannot attend.
- All Student-Athletes are expected to follow the coaches' instructions regarding practice, discipline, and team matters. Each Student-Athlete and/or coach has the right to appeal unfavorable decisions to the Athletic Director after first attempting to resolve the issue with the parties involved.
- Coaches and players are to be dressed in an appropriate manner at all times when representing their team and the Soka University Athletic Department. During team road trips, Student-Athletes are expected to wear appropriate attire and exercise neatness. Coaches may have more specific requirements that go beyond this minimum.
- Any Student-Athletes receiving financial aid from the Soka University Athletic Department: The financial terms of your agreement shall be kept strictly confidential, and the disclosure of the financial terms by you to third parties, other than immediate family, may be grounds for the award to be reduced or cancelled.

Academics Eligibility & Obligations

Eligibility

The below information has been provided by the California Pacific Conference Eligibility/Compliance Chair per NAIA Legislative Rules, and the NAIA. The following is a list of recommendations that ALL Student-Athletes be made aware of the following:

- All Student-Athletes competing for the first time in the NAIA must register with playNAIA, and submit all transcripts to playNAIA, as well as have a determination from playNAIA before being eligible to compete. (www.playnaia.org)
- After a determination is made by playNAIA, paperwork must be signed and submitted by your institution before you are eligible to compete. (Note: This may take up to a week following a favorable determination from playNAIA. If you compete before this is done, your team may have to forfeit every contest you enter.

- All Student-Athletes are responsible to remain enrolled in a minimum of 12 units each term. If they drop below 12 units they immediately become ineligible to compete. That means attending class regularly, getting assignments completed on time, conferring with their professors if they don't understand something, seeking help from the tutorial center, and maintaining an appropriate GPA.
- All Student-Athletes are responsible to register for classes during their assigned time and for a minimum of 12 units. If a Student-Athlete is required to repeat a course, please follow the guidelines in the NAIA Bylaws (ARTICLE V, Section C #12).

Bylaw ARTICLE V, SECTION C #12 (p. 58 of NAIA Handbook)

- A repeat course previously passed with a grade of "D" or better in any term, summer or non-term, and subsequently retaken. For the purposes of this rule, the NAIA does not recognize a +/- attached to a letter grade. Consequently, a B+, B, and B- shall count as a B, a C+, C, and C- shall count as a C and D+, D, and D- shall count as a D.
- Repeat courses previously passed with a grade of "D" in the initial attempt and retaken, earning a grade of "C" or better, shall be considered toward satisfying the 24/36-Hour Rule. Repeat courses previously passed with a grade of "D" in the initial attempt and retaken, earning a grade of "D", shall be excluded and cannot be considered towards satisfaction of the 24/36-Hour Rule. Only the initial attempt shall be considered toward satisfying the 24/36-Hour Rule.
- A maximum of one repeat course per term previously passed with a grade of "D" (or the equivalent) may be counted toward satisfying the 12-Hour Enrollment Rule.
- Repeat courses previously passed with a grade of "C" or better cannot be applied to meet either the 12-Hour Enrollment Rule or the 24/36-Hour Rule.
- Exception: If at the time of certification, a student's declared major field of study at the NAIA institution requires a grade of "B" or higher for a specific course required for degree completion, repeat courses previously passed with a grade lower than a "B" can be applied to meet the 12-Hour Enrollment Rule and the 24/36-Hour Rule.
- A maximum of one repeat course per term previously passed with a grade of "C" or "D" (or the equivalent) may be counted toward satisfying the 12-Hour Enrollment Rule. NOTE: This rule applies to all student-athletes' certification beginning with the 2019-2020 academic year, regardless of when the coursework was completed.
- If remediation is required (i.e. passing 24 units in the previous two terms, 2.0 GPA, etc.), check with your FAR/Soka Athletics Compliance Officer **immediately** to discuss acceptable methods. Don't wait until the following semester.
- Know and follow your institution's guidelines for enrollment, dropping courses, GPA requirements in your concentration, class attendance, class absences, etc. Lack of knowledge is not an excuse.
- **24/36-hour rule:** After completion of the second semester term or third quarter term of attendance and from then on, a Student-Athlete must have accumulated a minimum of 24 institutional credit hours in the two immediately previous terms of attendance in a semester system or 36 institutional credit hours in the three immediately previous terms of attendance in a quarter system.
- **PROGRESS RULE:** To participate **the second season** in a sport, all Student-Athletes must have accumulated at least 24/36 semester/quarter credit hours. To participate **a third season** in a sport, all Student-Athletes must have accumulated at least 48/72 semester/quarter credit hours. To participate **a fourth season** all Student-Athletes must have accumulated at least 72 semester/108 quarter institutional credit hours, at least 48/72 of which must be in general education and/or in the Student-Athletes major field of study.

Additional Eligibility Information for Soka University Student-Athletes:

- To be eligible to participate in intercollegiate athletics a Student-Athlete must be enrolled in a minimum of 12 units during the semester/block of competition. Eligibility is checked at the beginning of each semester and block, and on a weekly basis through the end of each academic term.
 - Please note that being on the waitlist for a class does not count towards your enrolled units. You must be ENROLLED in a minimum of 12 units at all times.
- Fall Block and Semester units are regarded as a single term for purposes of this rule, as are the two academic components in the spring.

- If at any point during the semester a Student-Athlete is enrolled in fewer than 12 units (e.g., withdraws from a class and receives a grade of "W") the Student-Athlete **immediately** becomes ineligible to compete. The Student-Athlete is responsible for notifying their coach, Eligibility officers Erica Baldaray and Bethany Lobo, and the Director of Athletics immediately if he or she is enrolled in fewer than 12 units.
- If a Student-Athlete is not academically eligible to compete in intercollegiate athletics, they are not allowed to work out, practice, or travel with the team.
- In the last semester of a Student-Athlete's senior year they may carry fewer than 12 units if they are registered for the appropriate number of courses required to complete degree requirements.
- The Student-Athlete must complete their four seasons of eligibility during the first ten semesters they are at the University.
- All eligibility decisions are ultimately determined by the NAIA eligibility center, and the NAIA eligibility certification process (ECP). Student-Athletes are not eligible for any competition until they have been cleared by both the ECP and Soka Athletics Eligibility Officers. Failure to adhere to these regulations could result in loss of season(s) of competition.

Academic Obligations

- SUA is committed to developing Student-Athletes who excel both academically and athletically. Class attendance is expected. Because class time is occasionally missed due to athletic travel, excessive non-attendance during the season will not be tolerated and can result in suspension from the team or other disciplinary action.
- Student-Athletes are responsible for notifying their professors a minimum of **10 days in advance**, and arranging to make up missed work if they cannot attend a class due to regular and post-season contests. Practices, scrimmages, and non-traditional season athletic events are not valid reasons for missing classes. In those situations, Student-Athletes should attend class and arrange with the coach to make up missed practice time.

Absence Policy

PURPOSE: To establish policy concerning anticipated Student-Athletes absences for official university-recognized activities.

Policy Statement

"Official absence" is defined as absence(s) from class because the Student-Athlete is representing Soka University of America at an official, university-recognized event. Such events include those scheduled by athletics, dance, music, theatre, and other events designated as official by appropriate university authority as determined by the university administration. "Official Absence(s)" are authorized for a Student-Athlete participating in an official university-recognized activity as long as the absence(s) do not prevent the Student-Athlete from meeting the overall objectives of the course.

Responsibility and Procedures of Student-Athletes

At least **10 days** in advance of the expected absence, the Student-Athlete must provide the instructor with written notification that is from the sponsoring organization and that specifies the need for the absence. Otherwise, official absence status can be jeopardized. Forms are available online, and in the Soka University Athletic Department Study Hall room.

The Student-Athlete is expected to make up missed work. Discussion with the instructor of arrangements to make up missed work must be initiated by the Student-Athlete at the time the official notice of absence is provided, or as soon thereafter as the work to be missed (for example, an examination) is scheduled by the instructor.

Responsibility and Procedures of Faculty

It is the university expectation that faculty will work with Student-Athletes expected to have official absences in an attempt to accommodate such Student-Athletes special needs.

Faculty working with athletics and athletics working with faculty to provide the opportunity for Student-Athletes to make up work missed during the official absence insofar as it is practical to do so. (This does not, however, obligate faculty to provide additional instruction for Student-Athletes officially absent from class.)

Faculty can help make arrangements with the Student-Athlete for making up work to be missed (for example, scheduling make-up examinations) at the time the official notice of absence is provided, or as soon thereafter as the missed work (for example, an examination) is scheduled.

Responsibility and Procedures of Activity Sponsor (athletics, band, dance, etc.)

Sponsors must notify instructors, in writing, of anticipated official Student-Athletes absence(s) at least 10 days in advance of the absence.

Sponsors are responsible for delivery of the notice to the instructor in person with dates and approximate departure and return times for official absence.

**Note that the activity sponsor and the Student-Athlete are jointly responsible for timely delivery of the notice. Failure to deliver the notice at least 10 days in advance can jeopardize the Student-Athletes official absence request.*

Soka Athletic Study Hall

The Soka Athletic Study Hall was created to enhance and promote the potential for each Student-Athlete to meet and exceed high academic standards, and be successful throughout their matriculation at Soka University. The academic realm includes progress towards degree completion while continuing to increase graduation and retention rates. The Soka Athletic Study Hall is a viable part of the Soka University Athletic Department, and is located in an environment conducive to learning (Room 111, First Floor Gymnasium). Our main focus is to assist all Student-Athletes in reaching their academic potential and their ultimate goal of graduating

The Soka Athletic Study Hall requires the mandatory attendance of all Student-Athletes as determined by the Athletic Department. (Please see breakdown below.) *NOTE: All first-year Student-Athletes are required to schedule four (4) hours of supervised study hall sessions per week unless advised otherwise in their first semester of attendance.*

Study Hall Requirements:

- **3.40 Cumulative Grade Point Average or higher** = 0 hours of Study Hall per Week
- **3.00-3.399 Cumulative Grade Point Average** = 2 hours of Study Hall Per Week
- **2.75- 2.99 Cumulative Grade Point Average** = 4 hours of Study Hall Per Week
- **2.50 - 2.74 Cumulative Grade Point Average** = 6 hours of Study Hall Per Week
- **2.00 - 2.49 Cumulative Grade Point Average** = 8 hours of Study Hall Per Week

Study Hall Hours

- Monday-Thursday 7am-9pm
- Friday 7am-9pm
- Saturday-Sunday Closed

Study Hall Rules & Regulations

In order to promote a more conducive learning environment the following rules must be observed:

- No cell phone use during study hall this includes instant messaging and no videogames
- You must sign in and out to receive hours for study hall (It's your responsibility to see that you are checked in and out)
- Study hall is for studying. It's not a social or recreational time.
- Study hall is a designated quiet area for studying, just like the library.
- Arrive prepared to study, books, notebooks, laptop and other materials needed to be prepared for class
- Study hall will begin two weeks after the first day of class

****Please note: Starting Fall 2018, we will no longer be accepting "Outside Hour Forms." All hours must be completed in Study Hall Rec. Center room 111.***



Soka University Athletics
ACKNOWLEDGEMENT OF CONVERSATION

This form is to be completed by students who are likely to be absent for university-sponsored activities ("official absences") and the faculty members in whose classes they enroll

By their signatures below, the undersigned student and faculty member jointly

certify that the student, _____, and faculty
Student Name

member, _____, have conversed concerning
Faculty Member's Name

the dates of official absences and how the student can meet requirements for the mentioned dates.

Course Name _____

Dates that will be missed _____

University event _____

Arrangements _____

Even though the student is likely to have official absences for university-sponsored activities

This Acknowledgement of Conversation does not constitute an agreement but just documentation that the conversation required by Soka University of America has taken place.

Student's Signature, and Date

Faculty Member's Signature, and Date

Director of Athletics Signature, and Date

Student-Athlete Voluntary Transportation Agreement

Student-Athlete Name: _____

Student -Athlete Preferred Name: _____

Date: _____

Student I.D. #: _____ Activity: _____

I understand Soka University may be providing transportation to and from the above activity, however, I may not wish to avail myself of the transportation provided by the University.

The above student hereby requests permission to provide for his/ her/their own transportation at his/her/their own expense.

It is fully understood and agreed that the university is in no way responsible, nor does the university assume liability, for any injuries, losses or death, resulting from this non-university sponsored transportation although the university may suggest travel time, routes, or caravanning to or from this event. I fully understand that such suggestions are not mandatory.

Student Signature

Date

Parent/ Legal Guardian
(If under 18 years of age)

Date

Athletic Directors Approval Signature

Date

Original: Originating department
(4/08)

Copy: Coach

Student-Athlete Code of Conduct

By having the opportunity to participate in collegiate athletics, Student-Athletes not only represent themselves, but also represent their team, the Soka University Athletic Department, and the entire Soka University community. The actions of individual Student-Athletes reflect upon these various groups. In order to represent Soka University in a positive manner, ***we as a Department endorse the Student Code of Conduct outlined in the SUA Student Handbook.***

SUA established a standard of conduct as a provision to communicate SUA's standards and to protect the rights of members of the university community. The Code of Conduct identifies the kinds of disruptive behavior that inhibits the normal functioning of the university and its constituents. The Soka University Athletic Department expects their Student-Athletes, inside and outside of the university, to conduct themselves in a manner of honor and great integrity, and in the spirit of good citizenship, they will adhere to the high standards of this institution.

This policy shall address both in and off-season issues, and include consequences for failure to follow these policies. ***Violation of any of these policies will result in disciplinary action from both the Athletic Department and Soka University.***

The Director of Athletics will determine whether the circumstances warrant sanctions. Disciplinary actions may include but are not limited to one or more of the following:

- Warning
- Project assigned/delegated from Athletic Director
- Suspension from practice(s)
- Suspension from competition
- Suspension from the athletic team (indefinite)
- Decrease or loss of athletic aid
- Dismissal from team
- Attendance in a drug rehabilitation program and/or counseling
- Other direct measures

*****All disciplinary actions are at the discretion of the Athletic Director**

Therefore, all Student-Athletes are expected to uphold the policies within the SUA Student Code of Conduct in addition to those outlined below:

Drug and Alcohol Policy:

- The Department is committed to a policy which specifically prohibits possession and/or consumption of alcoholic beverages or other drugs by any Student-Athletes or other undergraduate college Student-Athletes at any time or place when they are in the charge of the Soka Athletic Department coaching staff or at any official team or departmental function. These guidelines specifically prohibit consuming, possessing, or transporting alcohol or illegal drugs while traveling in vans, buses, airplanes, or private automobiles to or from regularly scheduled contests/events, as well as at on-site accommodations, from the time the team leaves campus until its return.
- The Athletic Department maintains a zero tolerance policy on the possession/usage of drugs. The use or sale of illegal drugs is prohibited. In accordance with the laws of the State of California, SUA does not condone underage drinking or use of illegal substances by its students. The university provides no sanctuary from the law and recognizes its responsibility to cooperate with law enforcement officials in matters pertaining to illegal use of drugs and/or alcohol (See the SUA Student Handbook for further details).

Harassment in general:

- Verbal, physical or visual conduct of a racial, ethnic or other type, which, in the employee's opinion is unwelcome, disruptive, interferes with the ability to perform their job, and/or which creates an intimidating, offensive or hostile environment is prohibited.
- Any behavior exhibiting harassment on the basis of race, color, national origin, religion, sex, gender identity, gender expression, pregnancy, disability, age, socioeconomic status, medical condition (cancer-related), ancestry, marital status, citizenship, sexual orientation, or status as a Vietnam-era veteran or special disabled veteran is prohibited.
- Please review the Soka University Equal Opportunity, Harassment, and Nondiscrimination Policy <https://www.soka.edu/sites/default/files/docs/2020-08/EqualOpportunityHarassmentNondiscriminationPolicy.pdf>
- Furthermore, the Soka University Athletic Department endorses the Soka University of America policy on Harassment, Bullying, and intimidation as outlined in the Student Handbook that states:
 - Members of the Soka University community are expected to engage with one another according to the values of the university. Exchanging ideas, disagreeing, and debating opposing opinions form the basis of intellectual inquiry are a cornerstone of a liberal arts education. However, in these exchanges all community members are expected to engage one another with a recognition of the human dignity inherent in each person. Using abusive language or participating in harassment, bullying, or intimidation are unacceptable and antithetical to the values of Soka University.
 - Harassment, bullying, cyberbullying, and intimidation are prohibited and participating in such acts will result in disciplinary action.
 - **Harassment** may involve isolated or continuing acts of intimidation, coercion, bullying and/or verbal, non-verbal, or physical abuse. Examples of the forms it can take include targeted remarks or jokes, threats, ostracism, public humiliation as well as physical actions, including unwanted touching and physical assault. Targets of harassment can be anyone: students, members of the faculty or staff, superiors, subordinates, peers, or even individuals not affiliated with Soka University of America.
 - **Bullying** includes any unwelcome electronic, written, verbal, or physical act or a series of acts of physical, social, or emotional domination that cause physical or emotional harm to another student or group of students. Bullying conduct may not only cause a negative effect on individuals targeted, but also others who observe the conduct. Bullying conduct is severe, persistent, or pervasive and has the effect of doing any of the following:
 - Has the purpose or effect of interfering with a community member's education, employment, or enjoyment of the university.
 - Creates or has the intention of creating a hostile, offensive, or intimidating learning or working environment for the victim or witnesses;
 - Infringes on the rights of the victim; or
 - Materially, substantially, or unreasonably interferes with, disrupts or limits another's ability to participate or benefit from an educational program or activity and/or the orderly operation of the university
 - **Intimidation** is any verbal, written, or electronic threats of violence or other threatening behavior directed toward another person or group that reasonably leads the person(s) in the group to fear for her/his physical well-being. Intimidation is prohibited and will result in disciplinary action.
 - **Cyberbullying** is: The use of cell phone, text messages, emails, social media, or any other technology or electronic communication, to bully another individual in any of the ways described above in order to harass or damage the reputation of another.
 - **Cyberbullying** shall also include the creation of a web page or blog in which the creator assumes the identity of another person or
 - The knowing impersonation of another person as the author of posted content or messages, if the creation or impersonation creates any of the conditions enumerated in clauses (1) to (4), inclusive, of the definition of
 - Cyberbullying shall also include the distribution by electronic means of a communication to more than one person or the posting of material on an electronic medium that may be accessed by one or more persons, if the

distribution or posting creates any of the conditions enumerated above in clauses (1) to (4) of the definition of bullying.

Sexual harassment:

Sexual harassment includes, but is not limited to, the commission of unwelcome sexual advances, requests for sexual favors, and other verbal, visual or physical conduct of a sexual nature where:

- Submission to such conduct is made an explicit or implicit term or condition of employment;
- Submission to or rejection of such conduct by an individual is used as the basis for employment or academic decisions affecting the individual.
- Such conduct has the purpose or effect of substantially interfering with an individual's work or school performance; and/or
- Such conduct has the purpose or effect of creating an intimidating, hostile, or offensive working or learning environment.
- Examples of sexually harassing or offensive conduct include, but are not limited to, committing or encouraging the following:
 - Sexual flirtation, touching, advances or propositions.
 - Sexual comments including sexual gestures, jokes or comments made in the presence of any employee or student who has indicated, or it is reasonable to believe, that such conduct is unwelcome in his or her presence.
 - Graphic or suggestive comments or gestures about an individual or his or her dress or body.
 - The display of nude, sexually oriented or explicit pictures, posters, calendars, graffiti, objects or other materials.

Hazing:

- It is the responsibility of each member institution to protect the health of and provide a safe environment of each of its participating Student-Athletes. The Soka University Athletic Department follows Soka University institutional policies regarding hazing as described in the Student Handbook.
- Actions that may not be examples of hazing include assigned activities directly related to the administration of practice or games such as the carrying of water, equipment, radios, or laundry. Other activities which may not be defined as hazing include but are not limited to: team parties with community games, or going out with teammates, unless an atmosphere of humiliation, degradation, abuse or danger arises.

Nutritional Supplements and Banned Substances:

- The Soka University Athletic Department does not advocate the use of nutritional supplements. Companies producing supplements are not strictly regulated, nor are the products they make monitored by the FDA. Before using any supplement, review the product with Sports Medicine personnel and/or team doctors. Please review NAIA banned substances list for approved/banned products:
- *Banned Substance List:* https://www.naia.org/student-athlete-wellness-center/2019-20/files/NAIA_Banned_Substances_List.pdf
- *NAIA Drug Testing FAQs:* <https://www.naia.org/student-athlete-wellness-center/drug-testing-faq>

Soka University of America Athletics Policy on Student-Athlete Social Networking and Media Use

The Soka University Athletic Department supports an individual's expression of First Amendment rights of free speech. We do not place restrictions on the use of personal social media accounts by our Student-Athletes. However, please remember that you represent Soka University, the Soka University Athletic Department, and your team at all times.

Student-Athletes are high-profile representatives of Soka University, and their behavior is subject to scrutiny by their peers, the campus community, the California Pacific Conference, the National Association of Intercollegiate Athletics (NAIA), and the media. The actions of a single Student-Athlete can reflect positively or negatively not only on the individual Student-Athlete, but also on the Student-Athlete's team and coaches, the Soka University Athletic Department, and the entire university. Therefore, Student-Athletes are expected to represent themselves and the university with honor, dignity, and integrity at all times – including when interacting on social networking websites and in other online environments.

Social media is defined as websites and mobile applications that enable users to create and share content or to participate in social networking. Examples of social media include, but are not limited to: Instagram, Twitter, Facebook, Snapchat, YouTube, LinkedIn, Podcasts, Blogs, Myspace, Tik Tok, the Sokannect App... etc.

The popularity of social networking websites has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the Student-Athlete and the university. Almost anything a Student-Athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of Student-Athletes' than the profiles of other students. **Please note: Soka Athletics' social media accounts will not tag student-athlete profiles or repost/share student-athlete posts/profiles, but encourage student-athletes to tag and share Soka Athletics' posts and profiles.*

Competing as a Student-Athlete for Soka University is a privilege. As a Student-Athlete at SUA, you are a representative of the University, the Soka University Athletic Department, your team, and your teammates; and as such you are ALWAYS in the public eye – whether in competition, in the classroom, or online. As leaders, you have the responsibility to portray your team, your University and yourselves in a positive manner at all times. Facebook, Twitter, Instagram, Snapchat and other social media sites have increased in popularity globally, and are used by the majority of Student-Athletes here at SUA in one form or another.

The Soka University Athletic Department expects all of its Student-Athletes to conduct themselves in a manner that will not discredit their team, the Soka University Athletic Department, or the University. These expectations extend to the Student-Athletes activities in social media.

As a Student-Athlete and campus leader, it is important to remember how powerful online communication can be and the significant impact it can have on an individual, friends, family, teammates, the Soka University Athletic Department, and the university either immediately or in the future. Your career as a Student-Athlete is an extended job interview; your behavior, online and otherwise, can either help or hinder your future.

The Soka University Athletic Department recognizes and supports its Student-Athletes' rights to freedom of speech, expression, and association, including the use of online social networks. In this context, however, each Student-Athlete must remember that playing and competing for Soka University is a privilege, and not a right. As a Student-Athlete, you are a brand ambassador for not only Soka Athletics, you also represent Soka University and are expected to portray yourself, your team, and the University in a positive manner at all times. Any online postings must therefore be consistent with federal and State laws, and team, Soka University Athletic Department, University, Cal Pac and NAIA rules, regulations and policies.

The Soka University Athletic Department recognizes its Student-Athletes' rights to fully participate in social media; however, it maintains and will enforce the following expectations of its Student-Athletes, in alignment

with and in addition to the Social Media Policies outlined in the Soka University of America Student Handbook and Student Code of Conduct.

Soka Athletics Social Media Policies & Guidelines:

- Student-Athletes will not post sexist, racist, anti-LGBTQ, ableist, obscene or profane material of any kind.
- Student-Athletes will not use social media to embarrass, degrade, demean, attack or threaten any person, team, athletic department, school, organization, etc. Cyber-bullying of any kind will not be tolerated.
- Student-Athlete will not post information of photos that are in violation of team, Soka University Athletic Department, University, State or Federal laws, policies or rules.
- Student-Athletes will not post materials that reflects negatively on themselves, Soka University, Soka Athletics, their respective teams, or other institutions.
- Student-Athletes will not post materials that are in violation of NAIA rules and regulations (examples: sharing of injury statuses, sports wagering, etc.)
- Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:
 - Photos, videos, comments or posters that constitute a threat of violence or physical or emotional injury to another person or persons.
 - Photos, videos, comments, or posters that describe illegal behavior, including illegal use of alcohol, drugs and tobacco.
 - Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
 - 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.
 - Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: 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 and/or sexuality). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
 - Content online that would constitute a violation of Cal Pac or NAIA rules (examples: providing information related to sports wagering activities; soliciting impermissible extra benefits...etc.).
 - Information that is sensitive or personal in nature or is proprietary to the Soka University Athletic Department or the university, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, game plans, playbooks, travel plans/itineraries or information...etc.).
- Student-Athletes may not post any pictures, audio or video content or any other information that is not the student-athlete's personal property or would violate copyright laws. Student-Athletes may not use the logos or trademarks of the Soka University Athletics or other entities without permission, and Student-Athletes are personally liable for any copyright violations they may commit.
- Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws, such as FERPA and HIPPA), and Student-Athletes are personally liable for any violations of those laws. Student-athletes also are required to follow the Soka University Student Code of Conduct and all university computer usage rules and regulations. Student-Athletes must provide their coaches with access to their social networking sites if requested. The Soka University Athletic Department monitors Student-Athletes' public social media sites in order to protect the Soka University and its students.

Monitoring and Consequences

Any violation of law or of the NAIA, University, or Soka University Athletic Department rules, regulations, or policies (e.g., the University's Policy on Prohibited Harassment and Discrimination, Instrument of Student Governance [Honor Code], Student-Athlete Code of Conduct, or Hazing and Initiation Policy), or evidence of such violation in your online content, is subject to investigation and possible immediate sanction by the Soka University Athletic Department, the University, the NAIA, and/or law enforcement agencies. Internal sanctions may include,

but not be limited to, notice to remove the posting or photo, dismissal from the team, and/or reduction, cancellation, or non-renewal of athletics grant-in-aid.

Key Points to Remember When Online

- ***There is no difference between your online persona and your real-life persona.***
- Nearly all employers use social media background checks prior to hiring.
- Regardless of intent, what you post online has real-world consequences.
- ***The internet is forever***
 - Regardless of your privacy settings, the Library of Congress is saving all tweets.
 - Snapchat does not actually disappear, and can easily have content “screen-shotted,” as can all other forms of online communication.
 - Courts can subpoena all digital media, including text messages.
 - Once you post or share any form of media, that application technically has usage rights.
- ***What you associate with becomes who you are perceived to be regardless of intent.***
 - What are you sharing, liking and commenting on?
 - What are your friends “tagging” you in?
- ***Your social media accounts are your brand***
 - How are you choosing to represent yourself? Are you sending the right message about yourself to the public? What does your social media portfolio say about you?
 - Coaches, Graduate School Admissions, Potential Employers ALL use social media as a reference check.
 - If asked right now, would you want an administrator, coach, or employer to see your online persona?
- Do not post your personal information (address, phone number, email address, date of birth, class schedule, your whereabouts or daily activities.)
 - You could be opening yourself up to online predators/stalkers/identity theft.

Tips for Successful Social Media Usage

- Think First
 - Once you post online, it is available to anyone – even if you limit access to your site. Privacy is important to safeguard yourself and your identity, but do not use privacy settings to mask poor online behavior.
 - Mindful Photography
 - Avoid posting photos of alcohol consumption regardless of legal ability. What story do your photographs tell about you?
 - Be Accurate
 - Make sure your online persona is true to who you are
 - Is your job/education information accurate?
 - Are they consistent across all platforms?
 - Even if it was accidental, out-of-date or inaccurate information can make it appear you are misrepresenting yourself.
 - Be Authentic
 - Part of self-expression is taking responsibility for your own thoughts, opinions and actions. Using an alias, or an identity other than your own, is disingenuous and could cause legal trouble
 - If you feel the need to use an alias, that means you don’t want to be associated with what you are sharing, so that means it probably is not a good idea to begin with.
 - Be Respectful
 - Social media should not be used to defame, attack or disrespect other people
 - If you wouldn’t say it to someone directly, don’t put it online
 - Freedom of Speech

- Freedom of Speech will not absolve you from the consequences of your actions, words or expressions.

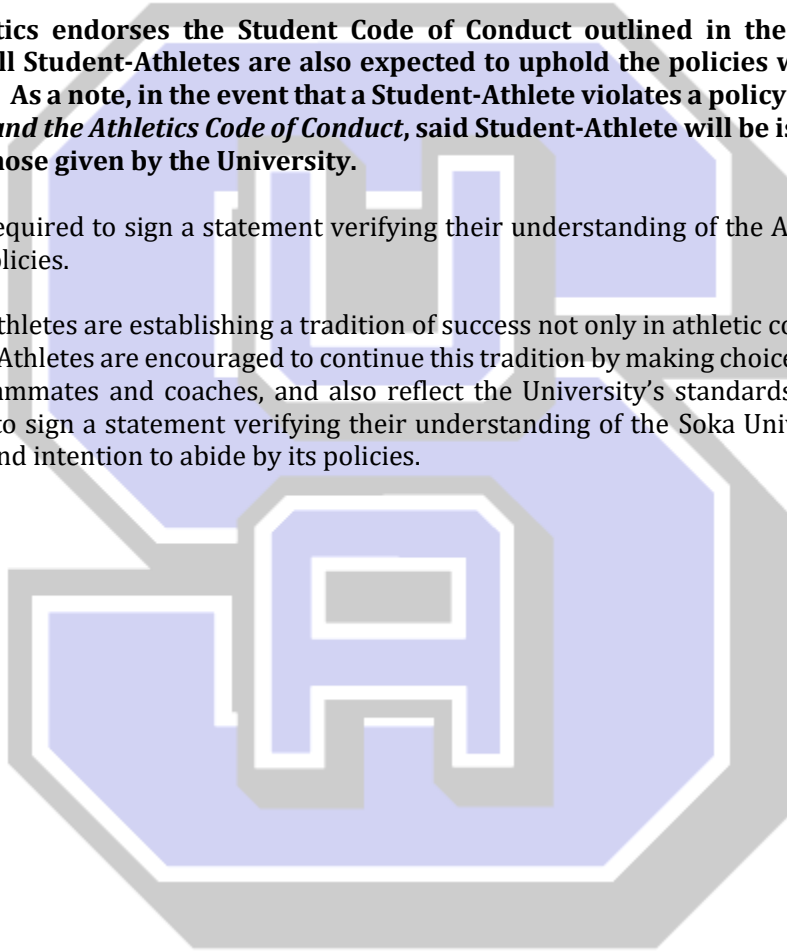
Violation of any of the above mentioned policies in the Student-Athlete Code of Conduct will result in disciplinary action. The Director of Athletics will determine whether the circumstances warrant sanctions such as suspension of the Student-Athlete from practice and/or game competition. Other consequences may include:

- Referral to mandatory evaluation and counseling as a condition of continued participation
- Dismissal from the team
- Other direct measures

In addition, Soka Athletics endorses the Student Code of Conduct outlined in the Soka University Student Handbook. Therefore, all Student-Athletes are also expected to uphold the policies within the Soka University Student Code of Conduct. As a note, in the event that a Student-Athlete violates a policy that is *within both the SUA Student Code of Conduct and the Athletics Code of Conduct*, said Student-Athlete will be issued sanctions from Soka Athletics *in addition* to those given by the University.

Student-Athletes will be required to sign a statement verifying their understanding of the Athletic Code of Conduct and intention to abide by its policies.

Soka University Student-Athletes are establishing a tradition of success not only in athletic competition, but also in many other endeavors. Student-Athletes are encouraged to continue this tradition by making choices that allow them to be safe, show respect for their teammates and coaches, and also reflect the University's standards of excellence. All Student-Athletes will be required to sign a statement verifying their understanding of the Soka University Athletic Department Athletic Code of Conduct and intention to abide by its policies.



Sports Medicine & Insurance

The Sports Medicine Staff's responsibility is to provide injury care, prevention, management, and rehabilitation of athletic injuries for our Student-Athletes. This care consists of preventative measures prior to practices and games, in/off seasons, first aid during practices and contests, and treatment and rehabilitation after activity. The Sports Medicine staff members work to serve Student-Athletes and should be treated with the respect and the courtesy they deserve.

A Student-Athlete should notify the athletic trainer ***immediately*** if they become injured as a result of practice, a game, or any other event directly related to the athletic team. Reason being is that the athletic trainer will properly arrange all medical treatments, appointments, etc. necessary within network coverage that is built into the individual insurance coverage. This will ensure proper care and attention to all needs related to the injury.

1.) The Soka University Athletic Department requires every Student-Athlete to obtain an annual pre-participation exam (PPE) prior to the beginning of their intercollegiate practices and competitions. This is facilitated by the Sports Medicine staff in one of two ways (with the addition of Telehealth when not able to be on campus, secondary to pandemic-related occurrence):

- The Student-Athlete may choose to obtain a free pre-participation exam (PPE) as arranged by the Sports Medicine Staff. This opportunity will be offered by the university as part of a pre-season health screening in association with the SUA Team Physicians. All paperwork related to the PPE will be handled at the time of the PPE. Any referrals for additional examination will be established at that time with the assistance of the Sports Medicine Staff. It should be noted that a Student-Athlete must be officially admitted to the University in order to obtain services from the health center and the health center and Soka University Athletic Department training room.
- Student-Athletes may obtain a PPE from an off-campus source, although a SUA PPE form, available from the Sports Medicine staff, must be used. Should a Student-Athlete choose this option, all costs will be the responsibility of the Student-Athlete. Once the Student-Athlete has received clearance from their outside physician, written verification, including the SUA PPE form, must be presented to the Soka University Athletic Department Sports Medicine Staff.

All PPE's will be considered current for 12 months from the date of the exam. At that time, the Student-Athlete will be required to obtain an updated physical exam.

2.) Student-Athletes will be provided with day-to-day care of athletic-related injuries and illnesses by the Soka University Athletic Department Sports Medicine Staff. The Soka University Athletic Department Sports Medicine personnel will work in conjunction with the University's Team Physician and the coaching staff(s) to ensure the most efficient and appropriate service. In order to meet this charge, the cooperation of Student-Athletes in the following areas will be required:

- All injuries should be reported immediately to the athletic trainer.
- If emergency treatment is required while the Student-Athletes is away from the campus, it is the responsibility of the accompanying sports medicine personnel, or head coach in the absence of personnel, to contact appropriate medical personnel and ensure appropriate care is offered to the Student-Athlete.
- Referrals to the team physician may be made only by the athletic trainer.

If a Student-Athlete was treated by a physician, he/she must provide a physician's note of clearance to the athletic trainer in order to return to athletic participation. (Disclaimer: This note does not guarantee immediate return to play in cases that involve further rehabilitation or follow-up. This will be determined by the head athletic trainer)

- Student-Athletes must report to the training room on-time for any/all appointments to ensure that they will not be late for practice, take time away from other Student-Athletes treatment time, and respect the time of the Sports Medicine staff.

- Rehabilitation treatments are by appointment only. (Failure to make or keep an appointment does not guarantee treatment at a later time.)
- Student-Athletes should understand that medical confidentiality will be observed, but that their availability for practice and games will be discussed with the coaching staff.
- **Questions or problems concerning the Sports Medicine Program should be referred to the Athletics Director.**

Training Room hours:

For Rehabilitation and Treatment - as posted at the training room.

For Game and Practice Preparation – as posted at the training room.

3.) Insurance - Every Student-Athletes is required to provide their own insurance coverage as the primary source of payment for athletic-related injuries. Soka University Athletics provides medical injury insurance of a secondary nature for athletic-related injuries, for medical expenses for injury related to practice or competition. This applies to all injuries, including, but not limited to, orthopedic, dental, optical and others.

Soka University Athletic Department Training Room Rules:

- A. Please SIGN-IN on the treatment log BEFORE receiving treatment.
- B. Please MAKE AN APPOINTMENT with the athletic trainer if you are being seen for a new injury. Evaluations take time and cannot be performed in rushed circumstances. All rehabs must be scheduled as well. No appointment is necessary for self-treatment (ice bag, whirlpool, heat).
- C. Please LEAVE YOUR BAGS, EQUIPMENT, etc. outside the training room or in the locker rooms provided.
- D. Please SHOWER BEFORE POST PRACTICE TREATMENT. This is mandatory before utilizing whirlpools or lying on treatment tables.
***If you have an open wound (laceration, blister, abrasion, etc.) you are NOT ALLOWED to use the whirlpools until the wound is completely healed.*
- E. No EATING or DRINKING in the athletic training room other than water. Water must be kept in closed containers and may not be kept next to modalities.
- F. Please REMOVE SHOES when on treatment or taping tables. No CLEATS OR DIRTY SHOES in the athletic training room
- G. No TALKING ON CELLPHONES while in training room.
- H. No PROFANITY OR FOUL LANGUAGE in the training room.
- I. No HORSEPLAY OR LOITERING in the training room. If you are not receiving treatment you may not hang around in the training room.
- J. No athlete may BE IN THE TRAINING ROOM UNSUPERVISED (this includes use of the whirlpool). Soka University Athletic Department Staff, and/or Coaches may supervise training room use in the absence of Sports Medicine staff not being present.
- K. The Sports Medicine staff will not be an excuse for you to be late to practice, meetings, classes or other appointments. In the event your treatment or rehab session goes longer than anticipated, the athletic trainer will notify your coach. ALL TREATMENTS MUST BE COMPLETED NO LATER THAN 15 MINUTES BEFORE THE START OF YOUR PRACTICE to allow ample time for you to arrive at practice. Make sure you are aware of how much time will be needed for your treatment and plan accordingly (i.e. rehabs take about 30 minutes, massage 15 minutes, stretching 10 minutes, taping 5 minutes, evaluation 30 minutes). It is your responsibility to make sure your appointments do not conflict with scheduled practice times or other appointments you might have.
- L. In the event that you are LATE or will MISS a scheduled session with the ATC, please call or email the ATC to inform them of your absence. If you fail to notify the ATC within ample time and your scheduled time begins (late) and or/finishes (missed) without notification, you will be warned, and the Athletic Director and your coach will also be informed of the tardiness. A three-strike rule applies to late appointments, and a two-strike rule applies to missed appointments: in the event an athlete eclipses the 3 Strike Rule, they will be prohibited from signing up for rehab/treatment appointments for 1 week (Student-Athlete will continue to have access to training room equipment for self-care: e.g ice bags, foam rolls, rehab equipment). Combinations of late and missed appointments will be discussed and penalties applied at the discretion of the Athletic Training staff and Athletic Director.

Student-Athlete Equipment

Equipment

It shall be the policy of the Soka University Athletic Department to issue practice and game equipment to all members of intercollegiate teams. Each Student-Athlete will be issued uniforms, and when appropriate, practice gear, outerwear, locks, and other equipment prescribed by the coach. **Student-Athletes are responsible for caring for all equipment issued to them and returning it at the end of their season or when terminating their participation on an intercollegiate team.**

Each individual using clothing or equipment must:

1. Sign out all items to be used for the season, and **read and sign** the policy on clothing and equipment distribution provided by their respective coach.
2. Assume responsibility for returning each item in the same condition it was signed out (taking into consideration normal wear due to use). Items that may be lost or stolen are the responsibility of the borrower. If a Student-Athlete loses equipment and requests a replacement, this will be noted and he or she will be charged accordingly.

Any equipment not returned will be billed to the Student-Athlete by Athletics. Failure to pay in a timely fashion will result in a 'hold' being placed on the Student-Athlete's academic record. All equipment will be billed at the rate of purchase for new replacement items.

Laundry

Uniforms will be cleaned by SUA personnel. Uniforms will be collected at the end of each contest; re-issuance of uniforms will be made prior to the next competition.

Uniforms & practice gear with blood- Please place all uniforms or practice gear with any bloodstains in a sealed plastic bag (ice bag from training room). Bring sealed bag to room 151.

****Please Note: Laundry- please have your athlete's follow this anything extra will NOT be washed.**

Laundry Loops

- **XC/Track- Women Loops: Blue/teal & Men Loops: Orange**
 - Only team issued uniform/travel sweats on loops. Uniforms must be turned into room 151 by 5:00 p.m. on Monday
- **Women's soccer- Loops: Grey**
 - Practice gear only (shorts, socks, shirt- no undergarments), please put all pennies on a laundry loop in the bag. Please turn in immediately after practice.
 - Game issued uniform (shorts, jersey, warm up shirt, socks- no undergarments). Uniforms must be turned in immediately after games. Please put game jersey and shorts in the grey cart (in locker room) not on your loop.
 - Travel Sweats-only on Tuesdays (no sweatshirts)
 - All loops must be put in the designated bags on the floor.
- **Men's Soccer-Loops: Black**
 - Practice gear only (shorts, socks, shirt- no undergarments), please put all pennies on a laundry loop in the bag. Please turn in immediately after practice.
 - Game issued uniform (shorts, jersey, warm up shirt, socks- no undergarments). Uniforms must be turned in immediately after games. Please put game jersey and shorts in the grey cart (in locker room) not on your loop.
 - Travel Sweats-only on Thursdays (no sweatshirts)
 - All loops must be put in the designated bags on the floor.

***Please Note: Any additional items placed on laundry loops other than the above specified will be thrown away.**

Towels-

- Each team will be given a designated towel color (*No white towels please leave those for staff, faculty, and other students*)
- Teams will be given 2 towels per athlete
- Clean: Towels will be in the tall cabinet in the recreation office
- Used: Towels please leave in bucket in locker rooms

Student-Athlete Forms

The Following Forms MUST be filled out in their entirety prior to any Soka University of America Athletics sponsored competitions.



Study Hall Rules & Regulations

The Soka Athletic Study Hall was created to enhance and promote the potential for each Student-Athlete to meet and exceed high academic standards and be successful throughout their matriculation at Soka University. The academic realm includes progress towards degree completion while continuing to increase graduation and retention rates. The Soka Athletic Study Hall is a viable part of the Athletics Departments and is located in an environment conducive to learning (Room 111, First Floor Gymnasium). Our main focus is to assist all Student-Athletes in reaching their academic potential and their ultimate goal of graduating

The Soka Athletic Hall requires the mandatory attendance of all Student-Athletes as determined by the Athletic Department. (Please see breakdown below.) **NOTE: All first-year Student-Athletes are required to schedule four (4) hours of supervised study hall sessions per week unless advised otherwise in their first semester of attendance.** **Additionally, please note: Please note: If you are logged into study hall and you are not physical sitting in study hall- you will automatically miss your next scheduled competition.*

Study Hall Requirements:

- **3.40 Cumulative Grade Point Average or higher** = 0 hours of Study Hall per Week
- **3.00-3.399 Cumulative Grade Point Average** = 2 hours of Study Hall Per Week
- **2.75- 2.99 Cumulative Grade Point Average** = 4 hours of Study Hall Per Week
- **2.50 - 2.74 Cumulative Grade Point Average** = 6 hours of Study Hall Per Week
- **2.00 - 2.49 Cumulative Grade Point Average** = 8 hours of Study Hall Per Week

Study Hall Hours

- Monday-Thursday 7am-9pm
- Friday 7am-9pm
- Saturday-Sunday Closed

In order to promote a more conducive learning environment the following rules must be observed:

- No cell phone use during study hall this includes instant messaging
- You must sign in and out to receive hours for study hall (It's your responsibility to see that you are checked in and out)
- NO VIDEOGAMES
- NO WATCHING MOVIES/TV SHOWS OR VIDEO STREAMING (unless you are able to provide a class syllabus showing the assigned video)
- Study hall is for studying. It's not a social or recreational time.
- Study hall is a designated quiet area for studying, just like the library.
- Arrive prepared to study, books, notebooks , laptop and other materials needed to be prepared for class
- Study hall will begin two weeks after the first day of class

Our main focus is to assist all Student-Athletes in reaching their academic potential and their ultimate goal of graduating.

Printed Legal Name of Student-Athlete: _____

Printed Preferred Name of Student-Athlete: _____

Signature of Student- Athlete: _____ Date: _____

Printed Name of Parent/Guardian: _____

(If Student-Athlete is under the age of 18)

Signature Parent/Guardian: _____ Date: _____

(If Student-Athlete is under the age of 18)

Media Relations Acknowledgment/Understanding

Media Relations

Soka Athletics provides a variety of support roles for SUA Student-Athletes and the media who cover Lion Athletics. Athletics produces publications, press releases, web sites and publicizes SUA Student-Athletes, coaches, and sports programs. Athletics records results, statistics, and handles media needs. If you have questions pertaining to the media, please see the Director of Athletics.

There are three simple rules in dealing with the media as a Student-Athlete at SUA:

1. All media interviews are to be arranged through the Athletic Office.
2. Do not give out your telephone number to members of the media without permission from your coach or the Athletic Director.
3. No exchange with a member of the media should ever be considered "off the record."

We encourage your interaction with the media, as it provides an avenue for the entire University to show the quality of our Student-Athletes, and academics and Athletics programs. If you are unsure of yourself in such a setting, you may always request that the Athletic director or your coach "sit-in" during the interview. Please let your coaches know of your needs.

Soka University of America Athletics Policy on Student-Athlete Social Networking and Media Use

Soka Athletics supports an individual's expression of First Amendment rights of free speech. We do not place restrictions on the use of personal social media accounts by our Student-Athletes. However, please remember that you represent Soka University, Soka Athletics and your team at all times. **Please note: Soka Athletics' social media accounts will not tag student-athlete profiles or repost/share student-athlete posts/profiles, but encourage student-athletes to tag and share Soka Athletics' posts and profiles.*

Student-Athletes are high-profile representatives of Soka University, and their behavior is subject to scrutiny by their peers, the campus community, the California Pacific Conference, the National Association of Intercollegiate Athletics NAIA, and the media. The actions of a single Student-Athlete can reflect positively or negatively not only on the individual Student-Athlete, but also on the Student-Athlete's team and coaches, the athletic department, and the entire university. Therefore, Student-Athletes are expected to represent themselves and the university with honor, dignity, and integrity at all times – including when interacting on social networking websites and in other online environments.

Social media is defined as websites and mobile applications that enable users to create and share content or to participate in social networking. Examples of social media include, but are not limited to: Instagram, Twitter, Facebook, Snapchat, YouTube, LinkedIn, Podcasts, Blogs, Myspace, BeReal, Tik Tok, the Sokannect App... etc.

The popularity of social networking websites has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the Student-Athlete and the university. Almost anything a Student-Athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of Student-Athletes' than the profiles of other students.

Competing as a Student-Athlete for Soka University is a privilege. As a Student-Athlete at SUA, you are a representative of the University, the Soka University Athletic Department, your team and your teammates, and as such you are ALWAYS in the public eye – whether in competition, in the classroom, or online. As leaders, you have the responsibility to portray your team, your University and yourselves in a positive manner at all times. Facebook, Twitter, Instagram, Snapchat and other social media sites have increased in popularity globally, and are used by the majority of Student-Athletes here at SUA in one form or another.

Soka Athletics expects all of its Student-Athletes to conduct themselves in a manner that will not discredit their team, the Soka University Athletic Department, or the University. These expectations extend to the Student-Athletes activities in social media.

As a student-athlete and campus leader, it is important to remember how powerful online communication can be and the significant impact it can have on an individual, friends, family, teammates, the athletic program, and the university either immediately or in the future. Your career as a Student-Athlete is an extended job interview; your behavior, online and otherwise, can either help or hinder your future.

Soka Athletics recognizes and supports its Student-Athletes' rights to freedom of speech, expression, and association, including the use of online social networks. In this context, however, each Student-Athlete must remember that playing and competing for Soka University is a privilege, and not a right. As a Student-Athlete, you are a brand ambassador for not only Soka Athletics, you also represent Soka University and are expected to portray yourself, your team, and the University in a positive manner at all times. Any online postings must therefore be consistent with federal and State laws, and team, Soka University Athletic Department, University, Cal Pac and NAIA rules, regulations and policies.

The Soka University Athletic Department recognizes its Student-Athletes' rights to fully participate in social media; however, it maintains and will enforce the following expectations of its Student-Athletes, in alignment with and in addition to the Social Media Policies outlined in the Soka University of America Student Handbook and Student Code of Conduct.

Soka Athletics Social Media Policies & Guidelines:

- Student-Athletes will not post sexist, racist, anti-LGBTQ, ableist, obscene or profane material of any kind.
- Student-Athletes will not use social media to embarrass, degrade, demean, attack or threaten any person, team, athletic department, school, organization, etc. Cyber-bullying of any kind will not be tolerated.
- Student-Athlete will not post information of photos that are in violation of team, Soka University Athletic Department, University, State or Federal laws, policies or rules.
- Student-Athletes will not post materials that reflects negatively on themselves, Soka University, Soka Athletics, their respective teams, or other institutions.
- Student-Athletes will not post materials that are in violation of NAIA rules and regulations (examples: sharing of injury statuses, sports wagering, etc.)
- Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:
 - Photos, videos, comments or posters that constitute a threat of violence or physical or emotional injury to another person or persons.
 - Photos, videos, comments, or posters that describe illegal behavior, including illegal use of alcohol, drugs and tobacco.
 - Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
 - 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.
 - Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: 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 and/or sexuality). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
 - Content online that would constitute a violation of Cal Pac or NAIA rules (examples: providing information related to sports wagering activities; soliciting impermissible extra benefits...etc.).
 - Information that is sensitive or personal in nature or is proprietary to the Soka University Athletic Department or the university, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, game plans, playbooks, travel plans/itineraries or information...etc.).

- Student-Athletes may not post any pictures, audio or video content or any other information that is not the student-athlete's personal property or would violate copyright laws. Student-Athletes may not use the logos or trademarks of the Soka University Athletics or other entities without permission, and Student-Athletes are personally liable for any copyright violations they may commit.
- Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws, such as FERPA and HIPPA), and Student-Athletes are personally liable for any violations of those laws. Student-athletes also are required to follow the Soka University Student Code of Conduct and all university computer usage rules and regulations. Student-Athletes must provide their coaches with access to their social networking sites if requested. The Soka University Athletic Department monitors Student-Athletes' public social media sites in order to protect the Soka University and its students.

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Any violation of law or of the NAIA, University, or Soka University Athletic Department rules, regulations, or policies (e.g., the University's Policy on Prohibited Harassment and Discrimination, Instrument of Student Governance [Honor Code], Student-Athlete Code of Conduct, or Hazing and Initiation Policy), or evidence of such violation in your online content, is subject to investigation and possible immediate sanction by the Soka University Athletic Department, the University, the NAIA, and/or law enforcement agencies. Internal sanctions may include, but not be limited to, notice to remove the posting or photo, dismissal from the team, and/or reduction, cancellation, or non-renewal of athletics grant-in-aid.

Key Points to Remember When Online

- ***There is no difference between your online persona and your real-life persona.***
- Nearly all employers use social media background checks prior to hiring.
- Regardless of intent, what you post online has real-world consequences.
- ***The internet is forever***
 - Regardless of your privacy settings, the Library of Congress is saving all tweets.
 - Snapchat does not actually disappear, and can easily have content "screen-shotted," as can all other forms of online communication.
 - Courts can subpoena all digital media, including text messages.
 - Once you post or share any form of media, that application technically has usage rights.
- ***What you associate with becomes who you are perceived to be regardless of intent.***
 - What are you sharing, liking and commenting on?
 - What are your friends "tagging" you in?
- ***Your social media accounts are your brand***
 - How are you choosing to represent yourself? Are you sending the right message about yourself to the public? What does your social media portfolio say about you?
 - Coaches, Graduate School Admissions, Potential Employers ALL use social media as a reference check.
 - If asked right now, would you want an administrator, coach, or employer to see your online persona?
- Do not post your personal information (address, phone number, email address, date of birth, class schedule, your whereabouts or daily activities.)
 - You could be opening yourself up to online predators/stalkers/identity theft.

Tips for Successful Social Media Usage

- Think First
 - Once you post online, it is available to anyone – even if you limit access to your site. Privacy is important to safe guard yourself and your identity, but do not use privacy settings to mask poor online behavior.
 - Mindful Photography
 - Avoid posting photos of alcohol consumption regardless of legal ability. What story do your photographs tell about you?
 - Be Accurate

- Make sure your online persona is true to who you are
- Is your job/education information accurate?
- Are they consistent across all platforms?
- Even if it was accidental, out-of-date or inaccurate information can make it appear you are misrepresenting yourself.
- Be Authentic
 - Part of self-expression is taking responsibility for your own thoughts, opinions and actions. Using an alias, or an identity other than your own, is disingenuous and could cause legal trouble
 - If you feel the need to use an alias, that means you don't want to be associated with what you are sharing, so that means it probably is not a good idea to begin with.
 - Be Respectful
 - Social media should not be used to defame, attack or disrespect other people
 - If you wouldn't say it to someone directly, don't put it online
 - Freedom of Speech
 - Freedom of Speech will not absolve you from the consequences of your actions, words or expressions.

Printed Legal Name of Student-Athlete: _____

Printed Preferred Name of Student-Athlete: _____

Signature of Student- Athlete: _____ Date: _____

Printed Name of Parent/Guardian: _____
 (If Student-Athlete is under the age of 18)

Signature Parent/Guardian: _____ Date: _____
 (If Student-Athlete is under the age of 18)

Student-Athlete Bio Information Form for Soka Athletics Website

Please fill out the following information with as much detail as possible and please make sure writing is legible.

Please Note:

- **This information will be used for your "Player Bio" on the Soka Athletics Website and other media related content by the Sports Information Office.**
- Please print clearly so your answers are legible.
- Please provide as much information as possible, as this helps with creating your "Player Bio."
- Please be aware that not all information provided may be reflected or used.
- Please contact the Sports Information Office at ext. 4273 or email ebaldaray@soka.edu if at any point throughout the year the information you provide on this form changes, or you find edits to your "Player Bio" that need to be reflected on the Soka University Athletics Website www.sokaathletics.com.
 - *Note, Direct Messages to Soka University Athletics' social media platforms regarding any changes will not be considered. Please email or call with all changes/ inquiries/concerns/edits.

First-Year/First-Time Student-Athletes: Please fill out the General Soka Athletics Website Bio Information Section below.

Returning Student-Athletes: Please review your "Player Bio" on the Soka University Athletics Website. If there are changes/corrections that you would like to have made to your "Player Bio", please fill out the General Soka Athletics Website Bio Information Section below and note what changes you would like made. If no changes need to be made, please skip to the Returning Student-Athlete section of this form.

ALL Student-Athletes: Please answer the following 2 questions before moving forward with completing this form. The answers provided on the following two questions will not be used for the Soka University Athletics Website, but is needed for potential award nominations, travel, and mailing of Soka Athletics team items or gifts.

- Mailing Address for where you are residing when not living on campus:
- Birthdate:

GENERAL SOKA ATHLETICS WEBSITE BIO INFORMATION:

Required for all First-Year Student-Athletes/First Time Student-Athletes: Please fill out the information below. Returning Student-Athletes (optional)

**Required Information*

- *Full Legal Name: _____
- Preferred Name: _____
- Phonetic Spelling: _____
- Pronouns: _____
- Nickname (if you have one): _____
- Height: _____
- Position/Events: _____

- Club Team/Previous Team Name: _____
 - *Hometown (What you would like listed on the website as your hometown.) _____
 - Where were you born? _____
 - Did you grow up there? If not, where did you move to and at what age did you move there? Did you move multiple times? If so where and when? _____
-
- What are your parents' /guardians names? _____
 - Did your parents play sports in college? If yes, where and what sport? _____
-
- Do you have siblings? YES / NO (*circle one*) _____
 - If YES, how many? _____
 - What are their names? _____
 - Do/did any of them play a sports in college? What college? What sports? _____
-
- *What High School did you go to? _____
 - What were your High School colors? _____
 - What was your High School's mascot? _____
 - Did you play/run/swim/compete in your sport for your High School? If yes, how many years were you on the varsity team? _____
 - Did you play any other sports in High School? If yes, what sport(s)? _____
-
- Did you win any awards/receive any accolades in high school? (I.e. Academic awards, All-conference awards, team awards? PLEASE BE SPECIFIC) _____
-
- Other than your sport, what extra-Curricular activities were you involved in (On or Off Campus)? _____
-
- Did you play soccer/swim /run/golf for a club? If yes, what club? (Please no abbreviations ie. LAFC = Los Angeles Football Club) _____
-
- Did you win any big tournaments/meets worth mentioning? Please list: _____
-
- What other universities did you consider attending before choosing Soka University? _____
-
- What is your academic concentration at SUA or intended concentration? _____

- What language are you taking while SUA? Other than English, what other languages do you speak?
- What are your hobbies (outside of your sport?)
- Any other information:

RETURNING STUDENT-ATHLETE INFORMATION

All Returning Soka Student-Athletes: Please answer the questions below and fill out information if you are not a first-year Student-Athlete at Soka University of America. *Please print and write legibly.

- Did you compete for a Soka Athletics Team(s) last year? YES / NO (*circle one*) If you circled NO, please return to the beginning of this form and fill out the General Soka Athletics Website Bio Information Section.
- What events/position did you compete/play in during your season last year?
- Did you set any school records last year? If yes, what was your time/event?
- Did you set any Personal/Season Best Records last year? If yes, please list below.
- Were you in any clubs on campus? If yes, please list:
- Did you hold a job on/off campus? If yes, please list:
- Did you have an internship? If yes, please list:
- Did you go on Study Abroad? If yes, where did you go? If no, when will you be going on Study Abroad and where do you intend to go?
- Did you win any awards academically or athletically? If yes, please list them all: (i.e. All-Conference, Player of the Week, Scholar-Athlete, any awards at the Annual Soka Athletics Banquet?)

Soka University Media Consent Form

Student-Athlete Name _____ Student-Athlete Preferred Name _____

Dear Parent or Guardian/ Student-Athlete:

Throughout the year, the Soka University Athletic Department receives requests from newspapers, television and radio stations for stories concerning intercollegiate activities. Often such requests include permission for Student-Athletes' names and/or pictures to be used as a part of a news account or a feature story. In addition, the Soka University Athletic Department and Soka University, from time to time, would like to include Student-Athletes names and/or their pictures in various school newsletters, brochures, videos, web sites or other publications to recognize their accomplishments and other athletic-related activities.

Please note that Soka Athletics will not post content that engages in behavior that could raise actual or apparent conflicts of interest and conflicts of commitment on digital platforms. Soka Athletics will maintain the confidentiality of proprietary or protected information. Soka Athletics will not disclose, post or share proprietary information, data, or communications. This includes, but is not limited to, intellectual property, operating plans, vendor communications, financial data, internal presentations and correspondences. Soka Athletics will not use or disclose personally identifiable information. When engaging on social media Soka Athletics will not express political opinions or engage in political activities on behalf of any Student-Athlete or staff member. Political and personal opinions can only be expressed in your individual capacity on your own social media accounts. Soka Athletics will maintain transparency.

Please be aware, by indicating that you do not grant permission for your name and/or picture to be used for the purposes stated above, your name will not be included in squad lists located on the website, media guide or printed in school newsletters or local newspapers. Please indicate whether you do or do not grant permission for the release of your name and/or picture for the purposes stated above, and return this form to your coach.

___ I **DO** grant permission for the release of my name or picture for the purposes stated above.

___ I **DO NOT** grant permission for the release of my name or picture for the purposes stated above.

Student-Athlete Name _____

Student-Athlete Preferred name: _____

Student-Athlete's Pronouns: _____

Student-Athletes Signature _____ Date _____

Parent or Guardian's Name _____

Parent or Guardian's Signature _____ Date _____

(If student is under 18 years of age)

If you do not grant permission for the release of name or picture, please personally hand this form back in to Assistant Director of Athletics, Erica Baldaray.

Soka University of America Athletic Department Consent Form

This form must be completed and on file with the Soka University Athletic Department prior to participation. Please read all sections of this form. Student-Athlete and parent/guardian must sign at the bottom.

PRE-PARTICIPATION EXAMINATION REQUIREMENTS: I understand that Soka University of America requires a pre-participation physical examination prior to participation in Athletics. The athletic physical will be free of charge and conducted by the college's team physicians prior to start of the season. **OUTSIDE PHYSICAL EXAMINATIONS WILL BE ACCEPTED; HOWEVER, THIS WILL RESULT IN THE STUDENT-ATHLETE AND/OR PARENTS BEING 100% RESPONSIBLE FOR THE COST OF THE PHYSICAL.** I am also responsible for contacting the Soka University Athletic Department if I encounter any medical or orthopedic conditions that would alter or prohibit my participation in athletics at Soka University. _____ Initials

ASSUMPTION OF RISK AND SPORTS SAFETY: I understand that participation in intercollegiate athletics requires a personal acceptance of risk of injury. In order to minimize this risk, it is necessary that I am aware of, and abide by certain safety rules and guidelines. Any abuse of equipment relating to sport could cause serious injury to teammates, my opponents, or myself. I understand that participation in Intercollegiate Athletics at Soka University may result in injury/illness, permanent physical or mental impairment, or even death. These injuries may be minor or may be career or life threatening. I also understand that Soka University cannot be held responsible for any injuries or conditions that may be caused by the actions of other athletes or teams. I also understand that injuries may be caused by my own failure to follow safety procedures or techniques which are made known to me by my coaching staff, athletic training staff, or strength and conditioning personnel, or are otherwise known to me from another source including but not limited to medical personnel of the college. I acknowledge the fact that these risks exist, and I am willing to assume responsibility for any and all risks while participating in athletics at Soka University. This document is intended to make me aware of my responsibility in preventing potential injuries, complying with the treatment plan of Soka University medical staff, reporting all injuries to my coach and/or the athletic training staff, and that there is such a risk of injury. _____ Initials

MEDICAL CONSENT: I hereby grant permission to the Soka University team physician's at _____ and/or any consulting physician (e.g. Hospital Emergency Room) to render any treatment deemed reasonably necessary to my health and well-being. I also hereby authorize the Soka University athletic training staff, operating under the direction and guidance of the Soka University team physician, to render any emergency, first aid, preventative or rehabilitative treatment that they may deem reasonably necessary to my health and well-being. _____ Initials

INSURANCE. I understand that it is required by Soka University that I have personal health insurance that covers athletic related injuries in order to participate in intercollegiate athletics at Soka University. I also understand that I must demonstrate proof of insurance coverage before participation may begin. If I do not have coverage or if the carrier will not recognize the college's team physicians, I will be required to purchase an additional policy. I acknowledge the fact that I will be removed from participation in all team activities until coverage can be proven. I also understand that Soka University has a policy that covers intercollegiate athletics, but the policy is considered a secondary policy. I understand that this means that claims will be filed first with my personal insurance and then claims will be filed with the school's insurance after my insurance has paid in full, in part or denied. I also understand that second opinions and physical therapy will be submitted to the college's insurance company only in limited circumstances, and pre-existing or non-athletic related injuries and/or illnesses will not be covered by the university's secondary insurance. I understand that I will be totally responsible for any bills not paid by the university's secondary insurance. _____ Initials

AUTHORIZATION - TO PERMIT USE AND DISCLOSURE OF HEALTH INFORMATION - I authorize, without restriction (except psychotherapy notes), any licensed physician, medical professional, hospital or other medical-care institution, insurance support organization, pharmacy, insurance company to provide the University's athletic insurance company, all information concerning advice, care or treatment provided the patient named below, including all information relating to mental illness, use of drugs or use of alcohol. If this authorization is for someone other than myself, that individual has given my authority to act on his/her behalf as explained below. _____ Initials

By initialing above and signing below, I acknowledge that I have read, understood, and will comply with all of the policies and procedures. I also acknowledge that if I did not understand, I have contacted the Soka University Athletic Department to clarify any issues that I did not understand. This signed form and the completed medical history, Disclosure of Health Information, and insurance information forms along with the copy of my insurance card (front and back) are required to be delivered to the Soka University Athletic Department prior to any participation in any intercollegiate athletics at Soka University.

Printed Legal Name of Student-Athlete: _____

Printed Preferred Name of Student-Athlete: _____

Signature of Student- Athlete: _____ Date: _____

Printed Name of Parent/Guardian: _____

Signature of Parent/Guardian: _____ Date _____

Soka University Athletics Student-Athlete Authorization/Consent for Disclosure of Protected Health Information

I, _____ hereby authorize my treating physician, hospital,
(Name of Student-Athlete)

emergency room, or other health care personnel and Soka University and its physicians, athletic trainers and health care personnel to disclose my protected health information and any related information regarding general fitness or any injury or illness during my training for and participation in intercollegiate athletics to the members of the Soka University Athletic Department, including coaching staff and athletics administrators; employees and agents of the National Intercollegiate Athletic Association (NAIA); members of the media; and other medical personnel.

I understand that my protected health information will be used by the above parties for the purpose of determining my fitness to participate, treatment, insurance, billing, and public relations. I understand that my injury/illness information is protected by federal regulations under either the Health Information Portability and Accountability Act (HIPAA) or the Family Educational Rights and Privacy Act of 1974 (FERPA) and may not be disclosed without either my authorization under HIPAA or my consent under FERPA.

I understand that my signing of this authorization/consent is voluntary and that my institution will not condition or withhold any health care treatment or payment, enrollment in a health plan or receipt of any benefits (if applicable) on whether I provide the consent or authorization requested for this disclosure. I also understand that I am not required to sign this authorization/consent in order to be eligible for participation in NAIA athletics.

I understand that the NAIA and media outlets are not covered by FERPA or HIPAA and that these regulations will not apply to the NAIA, or media outlets use or disclosure of my injury/illness information. I also understand that while HIPAA regulations do not apply to the NAIA's use or disclosure of my injury/illness information, the NAIA is committed to protecting my privacy.

This authorization/consent expires 380 days from the date of my signature below, but I have the right to revoke it in writing at any time by sending written notification to the Athletics Director at Soka University. I understand that a revocation takes effect on its request date and does not affect any action taken prior to that date.

Printed Name of Student-Athlete: _____

Signature of Student Athlete: _____ Date: _____

Printed Name of Parent/Guardian: _____
(If Student-Athlete is under the age of 18)

Signature Parent/Guardian: _____ Date: _____

Soka University Athletics Student-Athlete Assumption of Risk and Agreement to Hold Harmless

STUDENT-ATHLETE NAME _____ PREFERRED NAME: _____

SPORT(S) _____

I am aware that playing/participating in any sport can be a dangerous activity involving MANY RISKS OF INJURY. I understand that the dangers and risks involved with the above sport(s) include, but are not limited to, death, serious neck and spinal injuries, which may result in complete or partial paralysis, brain damage, serious injury to virtually all internal organs, serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system, and serious injury or impairment to other aspects of my body, general health and well-being. I understand that the dangers and risks of playing/practicing in the above sport(s) may result not only in serious injury, but in a serious impairment of my future abilities to earn a living, to engage in other business, social and recreational activities, and generally to enjoy life.

Because of the dangers of participating in the above sport(s), I recognize the importance of following coaches' instructions regarding playing techniques, training, and other team rules, and agree to obey such instructions.

In consideration of Soka University of America permitting me to try out for: _____ team and to engage in all activities related to the team, including, but not limited to practicing or playing/participating in that sport, I hereby assume all the risks associated with participating and agree to hold Soka University of America, its employees, agents, representatives, coaches, and volunteers, harmless from any and all liability, actions, causes of action, debts, claims, or demands of any kinds and nature whatsoever which may arise by or in connection with my participation in any activities related to the above stated Soka University of America team. The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and for all members of my family.

I specifically acknowledge that my participation in the above listed sport is a potentially dangerous, high risk or violent contact sport involving greater risk of injury than other sports. _____ *Initials*

Printed Legal Name of Student-Athlete: _____

Printed Preferred Name of Student-Athlete: _____

Signature of Student- Athlete: _____ Date: _____

Printed Name of Parent/Guardian: _____
(If Student-Athlete is under the age of 18)

Signature Parent/Guardian: _____ Date: _____

Soka University Athletics Intercollegiate Athletics Insurance Information

STUDENT-ATHLETE NAME _____ PREFERRED NAME: _____

SPORT(S) _____

As a Student-Athlete at Soka University you should understand the nature of the medical insurance policy that the Athletics Department has in case you are injured while participating as a student-athlete.

The most frequently used type of athletic insurance used by universities today is “excess” or “secondary” insurance. That means that the Soka University Athletics Department’s insurance coverage only goes into effect after ALL other insurance you might have yourself, or through your parents/guardians, has been exhausted. Most insurance companies will cover a dependent until the age of 25, if the dependent is a FULL TIME STUDENT.

If you are injured in an “official” (supervised) practice or game, you must first be referred for medical treatment by a Certified Athletic Trainer. All injuries must be reported immediately in order to preserve medical coverage. Submit your medical bills to your “primary” or “private” insurance company first. After the Primary insurance company has paid its share, the balance of the bills will then be submitted by the Student-Athlete to the Soka University Head Certified Athletic Trainer. The Head Certified Athletic Trainer will then submit the bills to the Soka University Athletic Department’s insurance carrier for further processing (Secondary coverage).

Co-Pay Expenses: Unfortunately, even if an injury occurred that is through a sponsored University event, in the process of seeking approved medical attention, the Student-Athlete is responsible for all Co-Pay Payments required by their Primary Insurance coverage. These monies are **NOT REIMBURSED** by the University or by the Soka University Athletic Department’s Secondary Insurance coverage.

Deductible Expenses: Your Primary insurance may have a deductible coverage cost that has been pre-determined by the Insurer. The Soka University Athletic Department’s Secondary Insurance has a \$250 deductible that can be applied to your primary insurance deductible.

REMEMBER: Doctors and hospitals will hold YOU responsible for all payments until the insurance companies pay. Lack of cooperation could result in the loss of YOUR credit rating.

If you have any questions about our policy or the claim process, please contact Jenny Carrillo, Head Athletic Trainer, or Mike Moore, Athletic Director.

Your signature below signifies acknowledgement of the above terms and policy.

Printed Legal Name of Student-Athlete: _____

Printed Preferred Name of Student-Athlete: _____

Signature of Student- Athlete: _____ Date: _____

Printed Name of Parent/Guardian: _____

(If Student-Athlete is under the age of 18)

Signature Parent/Guardian: _____ Date: _____

(If Student-Athlete is under the age of 18)

Soka University of America Student-Athlete FERPA Release Athletic Team Form



FERPA Release Athletic Team Form

To be completed by the student:

If you want to authorize Soka University of America to share information with a third party, please complete, sign, and return to the Registrar's Office.

Student Disclosure and Release Information:

In accordance with the Family Educational Rights and Privacy Act, I the undersigned, hereby authorize the Faculty Athletics Representative, Athletics Director, additional athletic advisors, and Registrar of Soka University of America to release any and all information about me which pertains to my eligibility to participate in intercollegiate athletics. The release of such information shall be restricted to any and all official representatives of the National Association of Intercollegiate Athletics (NAIA), the conference, and its member representatives (if applicable), only for the purpose of determining my eligibility for intercollegiate athletics.

My signature authorizes Soka University of America to release academic information including my academic status, classroom conduct, course attendance, grades, and other necessary information for the purpose of assisting me in my efforts to be academically successful. I understand that I can revoke this release at any time by going to the Registrar's Office and rescinding this form.

I hereby release Soka University of America, and its employees and agents from the legal responsibilities or liability that may arise from this act.

Student ID#: _____

Printed Legal Name of Student-Athlete: _____

Printed Preferred Name of Student-Athlete: _____

Signature of Student- Athlete: _____ Date: _____

Printed Name of Parent/Guardian: _____
(If Student-Athlete is under the age of 18)

Signature Parent/Guardian: _____ Date: _____
(If Student-Athlete is under the age of 18)

Soka University of America Student-Athlete Athletic Priority Acknowledgment/Agreement

Please review the following and sign after you have thoroughly read through this form.

- The Soka University Athletic Department wants its Student-Athletes to actively participate in as much of the Soka University Experience as possible.
- The Soka University Athletic Department wants its Student-Athletes to be campus leaders.
- All Soka Student-Athletes are expected to prioritize their campus activities in the following sequence:
 - Academics
 - Fulfilling team requirements during the season of competition and off season practice periods.
 - Participation in campus life, i.e.) Clubs, events, on/off campus employment.
- At the same time ALL Student-Athletes (full-scholarship, partial scholarship and walk-ons) must recognize that the decision to participate in intercollegiate sports represents a commitment to their teammates, coaches, the Soka University Athletic Department, and their school.
 - This is especially true to those Student-Athletes whom have accepted financial support from the Soka University Athletic Department.
 - This means that a certain level of loyalty is owed in the form of priority.
- It is a difficult balance of priorities that all Student-Athletes must maintain during their collegiate experience.
 - The Soka University Athletic Department asks that all Student-Athletes pay careful attention to the demands that all commitments require.
 - Please make sure that you are clear on the time demands of all activities.
 - Pay close attention to potential conflicts of interest.
 - Communicate with your coaches and the Soka University Athletic Department administration as it is imperative when/if scheduling conflicts arise.
 - The Soka University Athletic Department asks that when a Student-Athlete is in season and joins an on campus club or non-academic event they understand that if a conflict arises between sport, club, and or event, that the "TEAM" must take priority.
 - The Soka University Athletic Department asks that when a Student-Athlete is in season, and joins an off campus club, or employment opportunity, or event they understand that if a conflict arises between that off campus club, or employment opportunity, or event that the "TEAM" must take priority.
 - The Soka University Athletic Department asks that when a Student-Athlete is in season, and wishes to join and intramural team, they must obtain permission from their coach prior to any participation and understands that if a conflict arises that the "TEAM" must take priority.

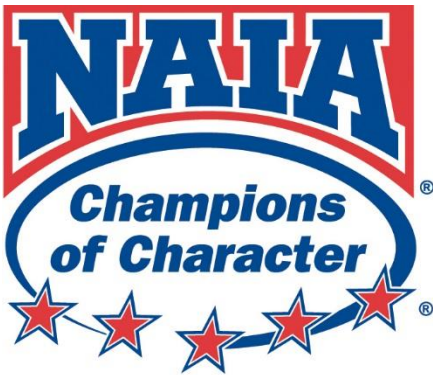
Printed Legal Name of Student-Athlete: _____

Printed Preferred Name of Student-Athlete: _____

Signature of Student- Athlete: _____ Date: _____

Printed Name of Parent/Guardian: _____
(If Student-Athlete is under the age of 18)

Signature Parent/Guardian: _____ Date: _____
(If Student-Athlete is under the age of 18)



Student-Athlete Pledge

Each day provides me with opportunities to live and learn the five core values and be a Champion of Character™.

As a Student-Athlete, I pledge to accept the Champions of Character five core values. I will do my best to represent my team, my teammates and myself while striving to have the **Integrity** to know and do what is right; **Respect** my opponent, the officials, my teammates, my coach, myself and the game; take **Responsibility** by embracing opportunities to contribute; exemplify **Sportsmanship** by bringing my best to all competition and provide **Servant Leadership** where I serve the common good while striving to be a personal and team leader.

Student-Athlete's name: _____

Student-Athlete's Preferred name: _____

Sports Team: _____

Student-Athlete's signature: _____

NAIA Champions of Character • 1200 Grand Blvd., Kansas City, MO 64106 • 816.595.8000 • www.NAIA.org



Soka University of America Student-Athlete LGBT SportSafe Pledge

I believe in a world where hope outshines fear, and I commit to stand up and speak out against hate and intolerance. I pledge to be an ally to the LGBTQIA+ community and their efforts to lead diversity initiatives. As a Soka University Student-Athlete, I will work to create an inclusive environment for people of all gender identities, gender expressions, and sexual orientations recognizing that diversity is a force that enhances our shared human experiences. I pledge to stand up for equality for **ALL**.

Student-Athlete's name: _____

Student-Athlete's Preferred name: _____

Sports Team: _____

Student-Athlete's signature: _____



Soka University of America Student-Athlete RISE Champion of Change Pledge

As a Soka Lion, I understand that racism, prejudice, and discrimination are REAL, and despite intent, I recognize that conduct, practices, policies, and structures can be racist. I pledge to actively examine my behaviors with humility and commit to correcting all racist, discriminatory, or prejudiced actions.

I pledge to welcome, support, and empower individuals from all backgrounds to pursue athletic, academic, and personal opportunities without discrimination or judgment. I promise to be kind to everyone I encounter, and promote inclusion, equality, and equity to unify our community.

As a Soka Lion, I will consciously demonstrate respect, promote acceptance, and dedicate myself to actively listening to others with different cultures, heritages, and experiences. I will do this with an open mind and open heart to learn from each individual's story, embrace differences among identities, reflect, have dialogue, stay informed, and recognize commonalities and shared experiences.

I pledge to be anti-racist by taking action and supporting anti-racist policies and ideas. As an ally to all, I will practice inclusive language and be open to learning. I promise to educate others to foster an inclusive community that treats every person with dignity and respect. I will honor this commitment in my classes, workplace, personal life, and all other pursuits on and off-campus. I pledge to make everyone feel safe, valued, and a part of our global community by embodying our founding principles of wisdom, courage, and compassion.

As a Soka Athletics community member, I will not tolerate racism, prejudice, or discrimination of any kind. I pledge to stand with the fight for equality for **ALL**, and I dedicate myself to playing a part in the larger solution. I will do so by supporting the goals and principles of anti-racist education and consciously and continually working towards eliminating systemic racism. As a Soka Lion, I pledge to **RISE** up and be a **Champion of Change**.

Printed Legal Name: _____

Printed Preferred Name: _____

Signature: _____ Date: _____

I TOOK THE PLEDGE

I **PLEDGE** to treat everyone with **respect and dignity**. I will not tolerate **racism** or **discrimination** of any kind. I will speak out, **RISE up** and be a **Champion of Change**.

WILL YOU?



Printed Preferred Name: _____

Signature: _____ Date: _____



Soka University of America Student-Athlete Code of Conduct



Acknowledgement & Understanding of The Soka University Student-Athlete Handbook and the Student-Athlete Code of Conduct

*This form is to be completed by all Student-Athletes with a signed copy
Returned to their respective coach(s) to be included in their files.*

By signing below, the undersigned Student-Athlete certifies to have read, understands, and is now aware of the policies, expectations, and responsibilities expected from the Soka University Athletic Department and Soka University as written in the Student-Athlete handbook and the Student-Athlete Code of Conduct along with acknowledgement that the Soka University Athletic Department's expectations that its Student-Athletes will adhere to the policies found within the Student-Athlete Handbook and the Soka University of America Student Handbook.

Printed Legal Name of Student-Athlete: _____

Printed Preferred Name of Student-Athlete: _____

Signature of Student- Athlete: _____ Date: _____

Printed Name of Parent/Guardian: _____
(If Student-Athlete is under the age of 18)

Signature Parent/Guardian: _____ Date: _____
(If Student-Athlete is under the age of 18)

