



STUDENT-ATHLETE HANDBOOK

2025-26

Missouri University of Science and
Technology

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INTRODUCTION

Missouri University of Science and Technology is an active member of the National Collegiate Athletic Association and the Great Lakes Valley Conference. Its men's and women's programs operate under the rules, regulations, and guidelines of these regulatory agencies and Missouri S&T.

The purpose of this handbook is to educate student-athletes about the rights and responsibilities of being an active member of the Missouri S&T athletic program. When you become a part of a team you are accepting certain privileges and responsibilities. These responsibilities are in addition to those responsibilities of a regular student. In addition, athletes accept certain risks that are inherent in athletic participation due to the physical nature of sports. It is our goal that this handbook will provide you with a better understanding of the objectives, procedures, and policies of the intercollegiate athletic program as it relates to the student-athlete involved in the programs.

THE MINER IMAGE

As a student-athlete you are accepting special responsibilities. You are expected to make conscientious and responsible decisions regarding your lifestyle and behavior. You are recognized as a leader and representative of Missouri S&T. Special attention should be paid to how your actions will be perceived by others. Irresponsible decisions and choices may not just be embarrassing to you, but your family, your team, the Athletic Department, and the University. The image that you project both on and off campus is important; the entire University is affected by the image of its student-athletes. We have a proud tradition of our student-athletes excelling as leaders on our campus. Be a part of that and help our image of excellence grow. Being a Missouri S&T student-athlete is a privilege and can be taken away if your actions discredit the program and the institution.

NON-DISCRIMINATION POLICY

The University of Missouri does not discriminate on the basis of race, color, national origin, ancestry, religion, sex, pregnancy, sexual orientation, gender identity, gender expression, age, disability, protected veteran status, and any other status protected by applicable state or federal law. The University's nondiscrimination policies apply to any phase of its employment process, any phase of its admission or financial aid programs, other aspects of its educational programs or activities, and instances occurring in other settings, including off-campus, if there are effects of the conduct that interfere with or limit any person's ability to participate in or benefit from the University's educational programs, activities, or employment.

Athletic Staff Directory

NAME	TITLE	EMAIL
ADMINISTRATION		
Melissa Ringhausen	Director of Athletics	mrimg@mst.edu
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STRENGTH AND CONDITIONING		
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ATHLETIC COMMUNICATIONS		
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MEN'S BASKETBALL		
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WOMEN'S BASKETBALL		
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CHEER AND DANCE		
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MEN'S AND WOMEN'S CROSS COUNTRY		
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NAME	TITLE	EMAIL
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Owen Jordan	Defensive Backs	ojdfr@mst.edu
Max Oeser	Offensive Line	moeser@mst.edu
Ryan Watts	Wide Receivers	rwatts@mst.edu

Marcus Suber	Defensive Backs	msuber@mst.edu
Kevin Kim	Linebackers	kevinkim@mst.edu
GOLF		
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MEN'S SOCCER		
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SWIMMING		
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MEN'S AND WOMEN'S TRACK AND FIELD		
Shaun Meinecke	Head Coach	meineckes@mst.edu
Cameron Knudsen	Assistant Coach	knudsenc@mst.edu
Trent Finley	Assistant Coach	tffdb@mst.edu
Gary Hammock	Assistant Coach	
MEN'S VOLLEYBALL		
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WOMEN'S VOLLEYBALL		
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SUPPORT STAFF		
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CONFERENCE AFFILIATIONS

GREAT LAKES VALLEY CONFERENCE GLVC)

Established in 1978 with a commitment to the purposes, fundamental policies, and basic principles of the National Collegiate Athletic Association (NCAA), the Great Lakes Valley Conference (GLVC) has grown to embody the vision established by the founders of the organization and has melded athletic and academic excellence for more than 40 years.

The GLVC is comprised of 14 NCAA Division II member institutions, spanning four Midwest states. At one point over the past decade, the league grew to 17 members and was the largest athletic conference in the country in any division. Although formed and developed as one of the nation's premier NCAA Division II basketball conferences, the GLVC now sponsors 24 championship sports, which included the addition of football in 2012, men's and women's swimming and diving in 2013-14, wrestling in 2016-17, men's lacrosse in 2017-18, and women's bowling and women's lacrosse in 2019-20. The GLVC will also begin sponsorship of men's volleyball in 2025-26 to increase sport sponsorship to 25.

The formation of the GLVC can be traced as far back as 1972 when the athletic directors of three schools – Kentucky Wesleyan College, Bellarmine College (now Bellarmine University), and Indiana State University at Evansville (now the University of Southern Indiana) – began preliminary discussions about forming a basketball conference. Four years later, the University of Indianapolis and Saint Joseph's College expressed interest. On July 7, 1978, those schools – along with Ashland College (now Ashland University) – united to become the GLVC.

Since its inception, 20 different institutions have joined the league. Those members include: Lewis University (1980), Indiana-Purdue at Fort Wayne (1984), Northern Kentucky University (1985), Kentucky State University (1989), Quincy University (1994), Southern Illinois University Edwardsville (1994), University of Wisconsin-Parkside (1994), University of Missouri-St. Louis (1995), Drury University (2005), Missouri University of Science & Technology (2005), Rockhurst University (2005), University of Illinois Springfield (2008), Maryville University (2008), William Jewell College (2009), McKendree University (2010), Truman State University (2012), Lindenwood University (2019), Southwest Baptist University (2019), Upper Iowa University (2023), and Lincoln University (2024)

NCAA DIVISION II

Missouri University of Science and Technology is a proud member of NCAA Division II

NCAA DIVISION II STRATEGIC POSITIONING PLATFORM

NCAA Mission

What the brand wants to accomplish:

To govern competition in a fair, safe, equitable and sportsmanlike manner, and to integrate intercollegiate athletics into higher education so that the educational experience of the student-athlete is paramount.

Division II Positioning Statement

Who we are:

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

Division II Attributes

What we stand for:

- **LEARNING:** multiple opportunities to broaden knowledge and skills.
- **SERVICE:** positive societal attitude through contributions to community
- **BALANCE:** emphasis on collective knowledge; integration of skills
- **PASSION:** enthusiastic dedication and desire in effort
- **RESOURCEFULNESS:** versatile skill set drawn from broad range of experiences
- **SPORTSMANSHIP:** respect for fairness, courtesy; ethical conduct toward other



COMPLIANCE

UNETHICAL CONDUCT

Unethical conduct by a prospective or enrolled student-athlete or a current or former institutional staff member, which includes any individual who performs work for the institution or the athletics department even if he or she does not receive compensation for such work, may include, but is not limited to, the following:

- a.) Refusal to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or the individual's institution.
- b.) Knowing involvement in arranging for fraudulent academic credit or false transcripts for a prospective or an enrolled student-athlete.
- c.) Knowing involvement in offering or providing a prospective or an enrolled student-athlete an improper inducement or extra benefit or improper financial aid.
- d.) Knowingly furnishing or knowingly influencing others to furnish the NCAA or the individual's institution false or misleading information concerning an individual's involvement in or knowledge of matter relevant to a possible violation of an NCAA regulation.
- e.) Receipt of benefits by an institutional staff member for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor or a representative of an agent or advisor (e.g. "runner");
- f.) Knowing involvement in providing a banned substance or impermissible supplement to student-athletes or knowingly providing medication to student-athletes contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state or federal law. This provision shall not apply to banned substances for which the student-athlete has received a medical exception per Bylaw 31.2.3.5; however, the substance must be provided in accordance with medical licensure, commonly accepted standards of care and state or federal law.
- g.) Failure to provide complete and accurate information to the NCAA, the NCAA Eligibility Center or the institution's admissions office regarding an individual's academic record (e.g., schools attended, completion of coursework, grades, test scores).
- h.) Fraudulence or misconduct in connection with entrance or placement examinations.
- i.) Engaging in any athletics competition under an assumed name or with intent otherwise to deceive; or
- j.) Failure to provide complete and accurate information to the NCAA, the NCAA Eligibility Center or the institution's athletics department regarding an individual's amateur status. (NCAA Bylaw 10.1)

HAZING

The Missouri University of Science and Technology Athletic Department has zero tolerance for hazing activities and those violating this policy will be dealt with severely.

Hazing is defined as any action or situation that recklessly or intentionally, on or off campus, endangers the mental or physical health or safety of a student, or willfully causes the destruction or removal of public or private property for the purpose of initiation or admission into, or affiliation with, or as a condition for continued membership in any organization. The term shall include, but not be limited to the following:

- Physical Punishment, contact, exercise, or sleep deprivation that causes excessive fatigue and/or physical or psychological shock.
- Forced or coerced transportation of individuals.
- Public humiliation, ridicule, indecent exposure or ordeal.
- Coercing or forcing illegal acts.
- Coercing or forcing acts that are immoral or unethical.
- Blocking an individual's academic, athletic, health or personal success.
- Personal servitude.
- Mental Harassment.
- Sexual Harassment.
- Deception
- Threat of social exclusion.
- Any activity that involved the use of alcohol or any controlled substance;
- Any activity that is not in accordance with the University's established policies.

A person commits a hazing offense if the individual:

- Engages in hazing.
- Solicits, encourages, directs, aids, or attempts to aid another in hazing activities.
- Intentionally, knowingly, or recklessly permits hazing to occur
- Has firsthand knowledge of the planning of a specific hazing incident involving a student and fails to report the plan to the athletics department to prevent the hazing.
- Has firsthand knowledge that a specific hazing incident has occurred and knowingly fails to report it to the Athletic Director or other appropriate official of the institution.

STUDENT-ATHLETE END OF SEASON EVALUATION

Each student-athlete will be sent an online link to the Missouri S&T athletics end of Season Evaluation form soon after the conclusion of his or her season from the Assistant Athletic Director. This form is to be filled out to the best of your knowledge, honestly and completely. It is mandatory for all student-athletes to complete this form each year they compete as a Miner. The information gathered remains anonymous and is used as a part the annual evaluation process when the Athletic Director or sport administrator meets with the head coach at the conclusion of each season to review the year.

ATHLETIC ELIGIBILITY REQUIREMENTS

Academic eligibility for participation is determined each semester at Missouri S&T. Eligibility between the fall and spring semesters expires the day before the start of classes in the Spring Semester. All individuals who are academically eligible for competition are eligible to try out for a team. The head coach determines when tryouts will be conducted and selects individuals for the team.

PLAYING & PRACTICE SEASON

NCAA legislation requires each institution to monitor many aspects of each sport's playing and practice seasons. The following is a summary of this legislation.

Countable Athletically Related Activities

1. During the playing season, a student-athlete's participation in countable athletically related activities is restricted to a maximum of 4 hours a day and 20 hours a week. Activities include practice time, team meetings, strength training, and film.
2. Outside of the playing season, your participation in such activities shall be limited to a maximum of eight hours per week, of which no more than two hours per week may be spent on individual skill workouts.
3. Participation in individual skill-related instruction in sports other than football is permitted outside the institution's declared playing season. More than one group of student-athletes from the same team may participate in skill instruction with their same coach(es) in the same facility or in different facilities at the same time, provided there is no co-mingling between the groups. Each group of student-athletes must have a separate coach. (Individual sports- no more than 4 athletes from the same sport, team sports - with starting squad of 6 or fewer – no more than 4 athletes, and team sports with starting

squad of 7 or more – no more than 6 athletes) are involved in skill-related instruction with their coaches at any one time.

4. Daily and weekly hour limitations do not apply to countable athletically related activities during:

1. Preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier.

2. Institution's official vacation period(s); and

3. The academic year between terms when classes are not in session 5. Student-Athletes are required to sign the Countable Activity Related Activity Log (CARA logs) each week. During the championship segment, only the team captain is required to sign the document. Outside of the playing season, each member of the team must sign the document. Be sure to review the activity log for accuracy before signing as this is how the NCAA regulates that Student-Athletes are not participating for more than your allowable number of hours.

Required Day Off During Playing Season

During the playing season, all countable athletically related activities shall be prohibited during one calendar day per week, except during participation in one conference and postseason championship and any postseason National Invitation Tournaments, and during participation in NCAA Championships.

Practice Policies

Remember that participation in mandatory countable athletically related activities is limited to a maximum of four hours a day and 20 hours per week when your sport is "in season." During the playing season, Student-Athletes must be given a minimum of one day off per week on which no countable athletically related activities can occur. A day of competition counts as three hours, regardless of the actual duration of the competition as well as "pre- and post-game" activities. Practice may not be conducted following a competition on the day that competition occurs.

GAMBLING AND SPORTS WAGERING

The NCAA defines "sports wagering" as follows:

Sports wagering includes placing, accepting, or soliciting a wager (on a staff member's or student-athlete's own behalf or on behalf of others) of any type with any individual or organization on any intercollegiate, amateur, or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals, or contests;

and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

Student-athletes shall not participate in sports wagering activities or provide information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur, or professional athletics competitions.

A student-athlete who violates this bylaw shall permanently lose all remaining regular-season and post-season eligibility in all sports.

EXTRA BENEFITS

NCAA Bylaw 16.02.3 states: An extra benefit is any special arrangement by an institutional employee or a representative of the institution's athletics interests to provide a student-athlete or the student-athlete's relative or friend a benefit not expressly authorized by NCAA legislation. Receipt of a benefit by student-athletes or their relatives or friends is not a violation of NCAA legislation, if it is demonstrated that the same benefit is generally available to the institution's students or their relatives or friends or to a particular segment of the student body (e.g., international students, minority students) determined on a basis unrelated to athletics ability.

Receipt by a student-athlete of an award, benefit or expense allowance not authorized by NCAA legislation renders the student-athlete ineligible.

Student-athletes are permitted to receive expenses from the University which are directly related to travel and competition while representing the University, as well as the expenses included in the scholarship agreement. Receipt of any monetary or tangible benefit or award from persons outside of the Department of Athletics is not permitted. A student-athlete may not receive "discounts," free or reduced-cost services, use of credit cards, or the following from a university employee or representative of athletics' interest: loans, guarantee bond, use of an automobile, transportation, and signing or cosigning a note. A student-athlete may receive benefits generally provided to the student body (such as local retail discounts advertised as available to all students) and such benefits are not considered an "extra benefit."

FINANCIAL ATHLETIC AWARD POLICY

1. The Head Coach of each sport recommends the amount of the award to the Athletic Director.

2. Upon the recommendation of the Head Coach, the Financial Athletic Award may be renewed each year for up to four years if the student-athlete has met the conditions of the Financial Athletic Award Agreement each year.
3. A Financial Athletic Award may be refused by a student-athlete. The student- athlete should notify the Head Coach that he/she does not intend to participate prior to the end of the academic year. This action will result in the termination of the Financial Athletic Award for the upcoming term.
4. The Head Coach can recommend a Financial Athletic Award be reduced for the following academic year.
5. The Head Coach can recommend a Financial Athletic Award not be renewed at the end of the academic year.
6. The Head Coach can recommend a Financial Athletic Award be terminated during the academic year in which the agreement applies.
7. A student-athlete receiving a Financial Athletic Award is required to make every effort to improve as a player, a student and be a responsible and positive team member as outlined in this Handbook. Failure to do so may result in reduction, non-renewal, or termination of the Financial Athletic Award.
8. The Financial Athletic Award and other Financial Aid will be awarded by the Missouri University of Science and Technology Financial Aid Office. The office will award in compliance of all federal, and state regulations, and institutional policies.

Non-Renewal of Financial Athletic Award

Non-renewal of a Financial Athletic Award occurs when the agreement expires at the end of the academic year.

1. The Head Coach will inform the student-athlete either in person and/or in writing of their decision NOT to renew the student-athlete's Financial Athletic Award.

Termination of Financial Athletic Award

Terminating a Financial Athletic Award refers to the immediate cancellation of an award during the academic year the agreement applies to.

1. The Head Coach will inform the Athletic Director in writing of the recommendation to terminate the student-athletes Financial Athletic Award. This correspondence should include the reasons for this action and all documentation supporting the termination of the Financial Athletic Award.

2. The Head Coach will schedule a meeting with the student-athlete and at this time inform the student-athlete in writing of the recommendation to immediately terminate the student-athletes Financial Athletic Award. The notification must include the reasons for this action.
3. An official letter notifying the student-athlete of such action will be delivered via e-mail, University of Indianapolis box, permanent address or pick up/delivery

TRANSFER POLICY

The Missouri S&T Athletic Department applies the following procedures to student-athletes requesting permission to transfer from the University. All student-athlete transfer requests must be made to the Director of Compliance.

Pursuant to NCAA Bylaw 13.1.1.2.1, a student-athlete may initiate the notification of transfer process by providing their institution with a written notification of transfer at any time. The student-athlete must complete an educational module related to transferring before the institution may enter the student-athlete's information into the national transfer database. The student-athlete's institution shall enter their information into the NCAA Transfer Portal within seven-consecutive calendar days of receipt of a written notification of transfer from the student-athlete or receipt of confirmation of the student-athlete's completion of the educational module, whichever occurs later.

Transferring out of Missouri S&T

A four-year undergraduate transfer student can be immediately eligible for competition upon transfer provided the student satisfies one of the following prongs:

1. The transfer student did not practice or compete in intercollegiate athletics at their previous institution, or the previous institution did not sponsor their sport, and they were in good academic standing at the time of transfer; or
2. The transfer student would have been academically and athletically eligible at their previous institution at the time of transfer, had they remained.



ACADEMIC POLICIES

ACADEMIC POLICIES AND GUIDELINES

A degree earned from Missouri University of Science and Technology has great value and the department of athletics believes firmly those varsity athletes as students and alumni have contributed to its significance. The trust and responsibility to help carry forward and enhance traditional standards of academic and athletic excellence are accepted with great pride and enthusiasm. The athletics program coaches and administrators share the university's commitment to the academic welfare of student-athletes and affirm that a priority responsibility of each team member is his/her academic pursuits

Class Attendance & Schedules

Student-athletes are expected to be aware of and follow the same class attendance policies and procedures governing all students. Class attendance is an important part of the education process, and all students are expected to attend class regularly.

Absences may be excused for reasonable causes, e.g. illness or other emergency, or officially scheduled intercollegiate sport competitions. However, missing class or leaving early to practice or prepare for practice, is not appropriate, nor is doing so to prepare for a team competition departure when clearly there is enough time to attend class before leaving. Individual instructors set the specific guidelines for attendance and penalties for excessive absences

Coaches will provide student-athletes with a list of all scheduled competition and notices of departure times for events away from the campus and the department of athletics will e-mail team competition schedules for each sport season to the members of the university faculty. As a student-athlete it is your personal and direct responsibility to do the following:

1. Inform your professors at the beginning of the semester you are a member of a varsity team and may miss class occasionally to officially represent the university.
2. Decide in advance to make up work and/or examinations.
 - a. I appreciate any consideration given in the matter. Student-athletes who have trouble in resolving attendance matters, even after following the above procedures, should contact the Faculty Athletic Representative.

Coaches and staff must accommodate the needs of student-athletes to participate in academic matters and are prohibited from, in any way, punishing student-athletes who may need to come late to a practice or leave practice early to attend a required class or academic

function. At no time is a coach to penalize a student-athlete for attending a class, lab or required class event.

Faculty Athletic Representative - FAR

Dr. David Westenberg – djwesten@mst.edu

- Is involved in the assurance of the academic integrity of the athletics program and in the welfare of the student-athlete.
- Is aware of academic progress and graduation rates of student-athletes.
- Is involved in the monitoring and maintenance of the personal welfare of student-athletes and is an independent source of support and advice to the student-athlete.
- Assists when student-athletes encounter difficulties in class scheduling, waiver, and appeals procedures, and provides advice and counsel on physical and psychological problems.
- Is involved in the mandated exit survey process to provide an assessment of the student perception of the athletics program.

ACADEMIC ADVISING

The primary purpose of an academic advising program is to assist students in the development of meaningful educational plans, which are compatible with their life goals.

Make sure your academic advisors are aware that you are student-athletes. Most S&T students are initially assigned a professional advisor before officially beginning their degree program. They will then be assigned an advisor within their degree program so when they change advisors the department advisor will need to also be aware they are athletes. The academic advisor assists by helping to identify and assess alternatives and consequences of the student's decisions. The ultimately responsibility for making informed decisions about life goals and educational plan rests with the individual student.

Institutional goals for academic advising may include:

1. To assist students in the clear development of meaningful and suitable educational goals
2. Selection of appropriate courses and other educational experiences
3. Increasing students' awareness of available educational resources
4. Interpretation of institutional requirements
5. Increasing students' awareness of educational resources available

6. Evaluation of students' progress towards established goals
7. Development of decision-making skills
8. Reinforcement of student direction
9. Referral to and use of other institutional and community support services
10. Collecting and distributing student data regarding student needs, preferences, and performance for use in institutional policymaking

ACADEMIC SUPPORT

Missouri University of Science and Technology has many academic resources to help you be successful in the classroom.

- **LEAD** – offers student-oriented learning centers staffed by discipline-based faculty and accomplished undergraduate peer learning assistants who guide you in the learning process within an atmosphere of cooperative engagement and teamwork. Just like with your sport, LEAD is a chance to practice the material in the presence of a discipline specific coach (faculty).
- **Student Success Center** – Here you will find tutors to help with most courses and they will post a list of courses supported, tutors, and their available times. You can also meet with a success coach who is trained to help you with goal setting, time management, organization, study skills and more. The Student Success Center is also a quiet place to relax between classes, grab a cup of coffee, and study using a variety of resources. Several faculties host their office hours in the Success Center.
- **Math Learning Center** – The math Learning center offers academic assistance in ten courses. Every weekday you can find trained graduate students at the tutor room and other locations across campus – to help you comprehend your math homework and class discussion.
- **Writing and Communication Center** – A resource for support on writing projects, including essays, reports, presentations, and more. Their friendly peer writing consultants offer feedback on drafts, assist with technical writing, and even suggest strategies to help conquer writer's block.
- **Knack Tutoring** - Knack, is a peer tutoring platform enabling students to learn from one another. With Knack, students can book 1-on-1 or group tutoring sessions—both online and in person. Tutoring is free and available for all disciplines for which a tutor is available.

NCAA ELIGIBILITY REQUIREMENTS

Once a student-athlete enrolls in a full-time load and attends one class at an institution, they are responsible for passing a minimum of 24 credit hours during that academic year. To maintain eligibility, a student must accumulate 24 credit hours in the two semesters of attendance immediately preceding the semester of participation. In addition, a minimum of nine credit hours must be passed in each academic semester. It shall be understood that 24 credit hours is an average of 12 credit hours earned during the two immediately preceding semesters of attendance and does not stipulate the number of hours that need to be earned in either semester. If a first semester freshman passes nine credits in the first semester, he/she would need to pass 15 credits in the second semester or summer in order to be eligible for the third semester. Summer sessions do not count as semesters, yet the credits earned in those sessions may be able to be counted when determining eligibility.

If you consider dropping to part-time status, you must receive approval from the Compliance Coordinator to discuss the NCAA eligibility ramifications of this decision. If you are part-time in both semesters, you are not accountable for 24 credits that year. Once in your career, you can use a missed-term exception to meet satisfactory progress with less than 24 credit hours provided you are not enrolled in any credits during that semester. However, this exception cannot be used in the first year of attendance at Missouri S&T. This rule includes a transfer student-athlete's first year at Missouri S&T.

Maintaining Amateur Status

Under NCAA legislation, you will lose amateur status and lose eligibility if you:

1. Following initial full-time collegiate enrollment, use your athletic skill (directly or indirectly) for pay in any form in that sport;
2. Following initial full-time collegiate enrollment, accept a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
3. Following initial full-time collegiate enrollment, sign a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received;
4. Following initial full-time collegiate enrollment, receive, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional

sports organization based on athletic skill or participation, except as permitted by NCAA rules and regulations;

5. Following initial full-time collegiate enrollment, compete on a professional athletics team, even if no pay or remuneration for expenses was received; or

6. Enter into an agreement with an agent whether prior to or following initial full-time collegiate enrollment.

7. Enter a professional draft.

NCAA rules do not prohibit you from receiving information about prospective agents or financial advisors. Nor do they prohibit you from engaging in telephone or in-person meetings or discussions with an agent or financial advisor. However, there is not anything that an agent, financial advisor, or their representatives can legally do for you or your family prior to completion of your eligibility.

DO NOT TAKE A CHANCE ON LOSING YOUR ELIGIBILITY – IF YOU HAVE ANY QUESTIONS, ASK THE COMPLIANCE OFFICE!

Withdrawing From Class

1. The student-athlete must notify their head coach if dropping a class. The student-athlete should have a completed drop/add form when they notify their coaching staff member of their intentions to withdraw from a class.

2. The coaching staff and/or the student-athlete will verify with the Assistant Athletic Director for NCAA Compliance that withdrawing from the class will not affect eligibility for the current semester or future semesters.

3. The Associate Director of Athletics for Compliance will sign the drop/add form for the student-athlete.

4. The student-athlete will take the signed form to the registrar's office or their academic advisor to officially withdraw from the class.

*Missouri University of Science and Technology drop/add deadlines for official withdrawal can be found at: <https://registrar.mst.edu/calendars/>

Repeating Courses

When you repeat courses previously passed in any semester, you cannot count them toward meeting the academic satisfactory progress rule unless they were not previously counted towards progress towards degree. A course, which has previously been passed, may not be counted toward satisfying the 12-hour enrollment rule. When you repeat a course, the last grade earned is the one that is calculated in the grade point calculation. Always check with the compliance office first before enrolling in a course that you have already completed in a previous semester.

Declaration of a Major

Prior to beginning your fifth semester of attendance, all student-athletes must declare and be accepted into a major to retain eligibility. You can obtain information on declaring a major from the Registrar's Office. Once a major is declared, only credit hours earned by the student that directly meet the student's declared major, or minor can be utilized for athletic eligibility purposes. Satisfactory progress will be based upon the declared program at the time the SA was certified for competition for that term. Courses taken at another school may be used to fulfill satisfactory progress if approved by the Registrar prior to enrolling in any off-campus courses.



SPORTS INFORMATION & MEDIA RELATIONS

ATHLETIC COMMUNICATIONS AND MEDIA RELATIONS

Media coverage is an integral part of athletics at Missouri S&T. We have one local radio station and a local newspaper that covers the athletic teams on a regular basis, as well as a number of state and national media outlets. As a student-athlete, you are obligated to cooperate with accredited members of the media.

The following are media guidelines for student-athletes at Missouri S&T:

1. Cooperation with the media is necessary in that student-athletes have a responsibility to the institution, coaches, and teammates. The fans of the institution and your hometowns are interested in your intercollegiate experience.
2. Do not agree to a telephone interview unless the arrangements have been coordinated with the athletic communications office. This will permit a student-athlete to avoid contact with unauthorized persons who may attempt to gain and use information for unethical purposes or receive calls at times when it would be inconvenient.
3. Be on time for any scheduled personal interviews or to return telephone calls arranged by the athletic communications office. If a student-athlete encounters problems with the scheduled appointment, the athletic communications office should be notified as soon as possible.
4. Student-athletes should not answer a question if they do not wish to respond to it. A proper response might be "I'd rather not discuss that subject."
5. Student-Athletes are encouraged to summarize interviews and seek counsel with the athletic communications office if the individual is uncomfortable with the questions, answers, or general tone of the interview.
6. The acceptance of an individual, the team or the institution by the media is developed by the impressions made by student-athletes through interviews, feature stories and their personal self-decorum.

Missouri S&T also always has a policy of closed locker rooms. No media members are allowed in the locker room areas at any time.

Release of Student Information – FERPA

FERPA (Family Educational Rights and Privacy Act of 1974) protects students' education records maintained by educational institutions. The University has information available on its website related to student privacy rights and can be found at

<https://registrar.mst.edu/ferpa/>

Student information protected by FERPA includes anything not designated as "directory information" by the University. Therefore, the release of any other information about a student without proper authorization by the student is a violation of federal law.

Departmental release forms, consistent with athletics are filled out online by student-athletes when they join a team at the University.

All departmental personnel are expected to comply with University, NCAA and all conference rules and regulations, as well as federal laws regarding the release of personal information about student-athletes and prospective student-athletes.

The Athletics Media Relations Office has sole authority to release the names of prospective student-athletes when a National Letter of Intent is fully executed and approved by the Director of Compliance. Any premature and unauthorized disclosure of this information may cause embarrassment to both the Department and the University and could be a violation of NCAA rules. Press coverage at the site of the signing may not be facilitated in any way by a representative of the institution.

Furthermore, all information concerning a prospective student-athlete is confidential until a National Letter of Intent is properly executed. Response to press inquiries regarding any verbal commitment must be generic in nature, as to only confirm that they are being recruited.

Photographs

The Athletic Communications office is responsible for maintaining an active file of photographs of University student-athletes, members of the coaching staff and principal administrative officials. Copies are made available to members of the media upon request without charge. The Athletic Communications office and the individual requesting the photograph mutually determine internal use.

“Picture Days” are scheduled at a time when the Head Coach of the particular sport knows which squad members will be on the team for the next season and in sufficient time to produce the photographs necessary for use. The Athletic Communications office schedules these events in conjunction with the Head Coach. The photography file contains head-and-shoulder portraits of each person noted above. In addition, a file is maintained by sport, containing photographs taken at events during the sports season.

Coaches and/or administrators looking for photos should first contact the Athletic Communications office.

Photographs may be provided to student-athletes based on NCAA compliance protocols.

ATHLETIC WEBSITE

The website www.minerathletics.com will be controlled and maintained by the athletic communications office. The website may be outsourced to a vendor as approved by the Director of Athletics. Regarding input access, only authorized athletic personnel will have input access to the departmental website.

SOCIAL MEDIA

Social Media Strategy

1. Every day is a job interview. Be respectful. Anything you post in your role as a Missouri S&T employee or student-athlete reflects either positively or negatively on Missouri S&T. Be professional and respectful.
2. Take pride in who/what you represent. Missouri S&T, the Athletics Department, family, church, organization, etc.
3. If you can't say it in front of your mother, grandmother, pastor, or another family member, then don't say it.
4. Listen. "Listen" to online conversations on your preferred tools to maintain a clear and current understanding of what is relevant and of interest to the community.
5. Be active. Engage and be active on social media. Don't go weeks without a post.
6. Twitter is a telephone, not a megaphone. Don't use it as an outlet to complain about your life.
7. Have common sense. Think before you post, remembering that anything you share via social media, even within a closed network, is not private.
8. Don't engage in Twitter arguments. No one wins. Ignore them.
9. What happens behind closed doors stays there. Don't post something about a heated argument in the office or locker room. Things said in private settings should never see the light of the internet.



**STUDENT-ATHLETIC
ADVISORY COMMITTEE
(SAAC)**

(SAAC) STUDENT-ATHLETE ADVISORY COMMITTEE

SAAC is a collection of representative athletes from each sport. Each sport will elect two athletes from their respective teams. These athletes are ones who are noted as having great leadership, selfless service, dedication, a fierce work ethic, and a competitive spirit. SAAC representatives are encouraged to be active members by participating in community service events, SAAC organized events, and other miscellaneous activities that may concern SAAC.

Purpose and/or Goals for SAAC

- To represent the overall interest of student-athletes (athletic or academic)
- To serve the community and fellow students / student-athletes
- To serve as a voice for the student-athlete community
- To encourage involvement between student-athletes
- To increase the overall visibility of student-athletes on campus
- To provide efficient feedback on different academic and athletic policies
- To delegate and vote on NCAA legislation

Membership Responsibilities

Each member of SAAC is expected and encouraged to attend meetings, provide thoughtful feedback, and be an asset to the student-athlete community. Once the full committee is determined, representatives will choose an area to which they would like to contribute. These include but are not limited to community service, event coordination, and fundraising. As well as this, representatives will be tasked with discussing and voting on NCAA legislation.



**ATHLETIC TRAINING
STRENGTH &
CONDITIONING**

S&T ATHLETIC TRAINING POLICIES

Missouri University of Science and Technology and S&T's Athletics are committed to the healthy well-being of its student-athletes. Under no circumstances is a student-athlete allowed to practice, play, or condition contrary to any directive given by a certified athletic trainer or licensed physician.

All strength and conditioning must be coordinated through the strength and conditioning coaches to limit and avoid overuse injuries in student-athletes.

There are instances in which a coach, the athletic training staff and the physician staff may limit activities of a student-athlete outside of practices, competition, and team activities. These circumstances may include a student-athlete diagnosed with a concussion being asked to stay on campus for a weekend during the season to comply with medical instructions concerning best practices for appropriate recovery.

Medical Forms

All student-athletes are required to have a pre-participation physical with Student Health. No student-athlete will be permitted to participate in any athletic activity without a physical. Missouri S&T athletic training offers physicals prior to the beginning of the school year by their team physicians in the fall. The student-athlete must attend this physical prior to competition.

Student-Athletes will go through multiple different screenings before participating in sport. To complete these forms student-athletes need to go to the Student Health Patient Portal.

This Screening will include, but not limited to:

1. Orthopedic Screening
 - a. Orthopedic Evaluation will be administered by an assigned Athletic Trainer. Before the athlete's physical, student-athlete is required to fill out orthopedic history form and provide documentation of any orthopedic injuries as deemed necessary by assigned Athletic Trainer. After screening is complete, the assigned Athletic Trainer and Team Physician will discuss if any further evaluation is required before full participation.
2. EKG
 - a. All student-athletes will go through the cardiovascular screening recommended by American College of Cardiology (ACC).
 - b. All student-athletes will go through auscultator cardiovascular examination and EKG.
 - c. Any abnormal results from medical screening, exam, or EKG will be referred to Cardiology as deemed necessary by Team Physician.
3. Sick Cell Testing

- a. Sickle cell records are available to you via your birth state's Health Department or birth hospital.
- b. Sickle Cell testing will be done at the time of the physical if prior sickle cell documentation is not provided.
4. Concussion Testing
 - a. All athletes will take ImPact Test annually and will get tested with balance testing through the BESS Score.
5. General Medical Screening
6. Insurance Information
 - a. Athletes are responsible for keeping insurance information current and failure to do so may delay care and insurance claim processing. Make sure you upload both the front and back of your insurance card to Student Health Services by uploading it to the patient portal at studenthealth.mst.edu and complete the Athletics Insurance Plan Information form. Student-Athlete will be required to update this information annually and as needed if plans change at a different time.
7. Mental Health Screening

Completion of these screenings is NOT a guarantee for full clearance for participation in sport. This will be decided by the assigned Athletic Trainer and Team Physician after all steps of the screening process have been evaluated.

Student-athletes returning must fill out an end of season medical assessment within 14 days after their last athletic competition. The athletic trainer will review all questions on assessment and provide further evaluation as needed. This form is required for clearance for next season of competition.

All returning athletes must fill out yearly medical appraisal on their patient portal prior to the start of school year. The assigned athletic trainer will review all appraisals and will follow up as needed.

All non-returning student-athletes will be required to fill out exit medical assessment within 14 days of their last athletic competition. If student-athlete does not complete assessment, a hold will be placed on their account until filled out. Athletic Trainer and Team Physician will discuss injuries and develop treatment plans going forward.

Injury and Illness Policy

1. All required physical, insurance, emergency medical and assumption of risk forms must be on file before the first day of practice.
2. Student-athletes who are ill should contact the athletic training staff, and be treated in the Missouri S&T Student Health Center

3. Injuries sustained during practice, games or conditioning programs must be reported to the athletic trainer.
4. The physician and/or athletic trainer will evaluate the student-athlete before he/she will be allowed to continue participation in a sport season.
5. All x-rays (unless emergent) should be done through SHS to avoid additional costs to the student-athlete.
6. All referrals must go through SHS to begin the claim process.
7. Release from further participation because of illness or injury does not excuse the student-athlete from participation in the program in other meaningful ways commensurate with ability. Failure to comply may result in the loss of the Financial Athletic Award (LOI).
8. Student-athletes must find their own transportation to the doctor's appointments and for continued treatment at the appropriate medical facility.
9. Student-athletes are to schedule their appointments to miss the least amount of class time.
10. Athletic insurance coverage is explained in a letter presented to the student- athlete prior to their participation.
11. There must be unchallengeable, autonomous authority of primary athletics healthcare providers to determine medical management and return-to-play decisions.
12. The Team Physician has the ultimate decision on the return to play or disqualification of a student-athlete due to injury or illness, regardless of any outside physician clearance that has been gained.

Insurance Process and Policy

Athletes competing in intercollegiate athletics assume risk of injury. Sport related accident insurance provided by our institution for the benefit of our student-athletes and provides secondary insurance for your son/daughter for injuries sustained while participating in an authorized practice or game. We provide this coverage as a secondary insurance policy only. Please note that this is an injury only policy and will not apply to non-injury related medical expenses. Only injuries sustained in an approved practice, training or competition will be considered for secondary insurance coverage.

In the event of a covered injury, claims will be filed first with your insurance company, as it is primary insurance that provides coverage to your student-athlete. After the primary insurance has paid all available benefits, the University's secondary insurance claims adjustor will consider for payment any remaining deductible and copay amounts up to the limitations of the policy. It is important that you forward any billing statements, explanation

of benefit letters (EOB) and receipts to the Patient Accounts Representative at Student Health either by mail at 910 W. 10th Street, Rolla, MO 65409 or by email to sportsmedicine@mst.edu or by fax at 573-341-6967 as soon as possible. Any delay in sending this information could result in your athlete's account process being delayed and possibly being turned over to collections by the provider. If you have any questions or concerns, please feel free to contact the Patient Accounts Representative at 573-341-4284.

All athletic injuries must be reported to the athlete's Athletic Trainer when they occur. Subsequent care will be coordinated by the Missouri S&T Sports Medicine Team. If the student-athlete seeks medical attention on their own without prior approval by our Sports Medicine Team, expenses may not be covered by the secondary insurance. Similarly, if the student-athlete chooses a service, procedure or provider that is out of network and/or not covered by their primary insurance, the secondary insurance may not apply, and the medical expenses incurred in this situation may be the sole responsibility of the athlete.

Please notify your health insurance that you have a dependent child who is enrolled at Missouri S&T in Rolla, MO and ask if there is anything you need to submit to them, so the dependent is covered outside of your area such as requesting a temporary guest membership for an HMO policy. If required by the primary insurance the student-athlete may need to return home for primary insurance to be in effect. S&T secondary insurance requires the student-athlete to utilize their in-network providers before they consider coverage.

Athletes are responsible for keeping insurance information current and failure to do so may delay care and insurance claim processing. Make sure you upload both the front and back of your insurance card to Student Health Services by uploading it to the patient portal at studenthealth.mst.edu and complete the Athletics Insurance Plan Information form. Student-Athlete will be required to update this information annually and as needed if plans change at a different time.

The Patient Accounts Representative will communicate with student-athlete by secure messaging, so be sure to watch for an email in your S&T inbox that will direct you to the student health portal.

Sickle Cell Trait Screening Procedures

All student-athletes beginning their initial season of eligibility and students who are trying out for a team are required to undergo a medical examination before engaging in physical activity. In NCAA Division I & II, this medical examination must include a sickle cell solubility test, unless documented results of a prior test are provided. Although SCT screening is performed on all U.S. babies at birth, many student-athletes may not know whether they have the trait. SCT status can be accomplished with a simple blood test that is relatively

inexpensive. Screening can be used as a gateway to target precautions and counsel on the implications of SCT, including health, athletics, and family planning. The SCT screen is an effort to improve the student-athlete's health, safety, and wellbeing.

Sickle Cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Under extreme circumstances such as intense exercise the hemoglobin can take on the sickle shape. This change in the shape of the red blood cells from round to quarter-moon can create a lack of oxygen being delivered to parts of the body. The sickled red blood cells can accumulate in the bloodstream. The accumulation of sickled red blood cells can cause ischemic (cell death) rhabdomyolysis, the rapid breakdown of muscle cells. Sickling can occur in 2-3 minutes of intense all-out exercise. Heat, dehydration, altitude, asthma, and other medical conditions may increase the risk. In some cases, particularly with exertional rhabdomyolysis, sickle cells can be fatal.

In order to help ensure the health, safety, and well-being of our student-athletes, it is appropriate to screen our student-athletes for sickle cell trait. The testing procedure is as follows:

1. All Missouri S&T student-athletes will be required to have a blood test to determine if they have sickle cell trait.
2. If a student-athlete has been tested in the past they must provide paperwork of the test results to the sports medicine department for documentation. These records will be kept in the student-athletes medicine file.

Once notified that a student-athlete has tested positive for sickle cell trait, the following actions will be taken:

1. The student-athlete, coaches, and sports medicine staff will be informed of the positive test by the Director of Sports Medicine.
2. The student-athlete will be provided written information on sickle cell traits, signs, and symptoms of sickling event, and contact information to a sickle cell medical resource center. This education of the student-athlete will also provide basic knowledge of the need to make adjustments of workouts, rest and recovery periods and proper treatment when sickling is suspected.
3. The student-athlete will be asked to sign a notification stating they were notified verbally and provided written information on the sickle cell trait. The information provided will assist the student-athlete to be fully aware of the risks involved in athletic participation.

4. The coach of that student-athlete will be informed of the positive test by the Lead Athletic Trainer.
5. The coaches will be educated on sickle cell trait, signs, and symptoms to be aware of, the adjustments of workouts and rest and recovery periods and proper treatment when sickling is suspected.
6. The Missouri S&T sickle cell testing policy and related procedures are designed to help screen and prevent otherwise avoidable medical incidents related to sickle cell disease. This policy and related procedures do not guarantee that medical incidents will not occur because, even with strict adherence, medical emergencies may arise. Likewise, this policy and related procedures are not intended to be relied upon as a substitute for individualized medical care, advice, or treatment.
7. Given the potential for severe consequences, including death, Missouri S&T reserves the right to bench, sideline, or otherwise disallow participation on, for, or on behalf of any Missouri S&T athletics team or any University sponsored or sanction event by any Missouri S&T student-athlete if, in the opinion of the team physician or Lead Athletic Trainer, allowing such participation presents an undue threat of harm to an athlete.

For additional information visit: www.NCAA.org/health-safety

All student-athletes in the Missouri S&T Athletic Department will be required to have sickle cell trait testing documented in Student Health prior to beginning their athletic season.

Athletic Training Equipment

As an Athletic Training Department, we have an abundance of equipment. Most of it is expensive and used extensively within the Athletic Training Department for treating injured athletes. It is the property of the Athletic Training Department and not the coaching staff and or student-athlete. We ask that you do not help yourself to our equipment without first getting approval. This way we can give it to you if appropriate and record the issue of any equipment.

Athletic Training Room

The Athletic Training Room (ATR) is a healthcare facility and should be treated as one by the entire Athletic Department. Please respect the Athletic Training Staff, ATR and ALL equipment and supplies. The Athletic Training Staff asks you abide by these rules:

1. Ongoing treatments and rehab will take place during scheduled times, it is your responsibility to attend. If you do not, your coach will be notified.
2. If a doctor's appointment is made for you, it is your responsibility to report to the appointment on time.
3. Enter ATR only when a member of the Athletic Training Staff is present.
4. Shower prior to receiving care after games, practices, or workouts.
5. No cell phones allowed. Please use lockers to store all personal belongings.
6. Clean shoes only. Please remove shoes before using treatment or taping tables.
7. Modalities may be operated by Athletic Training Staff only. Do not self-treat.
8. No food, drink or tobacco allowed.
9. ATR is not a social gathering place or meeting point. Get in and get out.
10. Nothing should be taken from the ATR unless permission is given by the Athletic Training Staff.
11. Clean up after yourself and return everything to its place.
12. Towels are meant for use in ATR only and must remain here including shorts!
13. Please inform Athletic Training Staff of new injuries, illnesses, or problems you may have as soon as they occur.
14. The AT should never be the last person to know about an injury!

Team Physician Roles

The role of the team physician is to support the athletic training staff in the health care needs of the athletes. The team physician establishes a chain of command for injury and illness management. The team physician performs and reviews the PPE performed by others to address conditions that may affect student-athlete health and safety, addresses other issues that affect athletic performance, including strength and conditioning, nutrition, ergogenic aids, substance abuse, and psychological response to injury. The team physician also educates athletes, coaches, parents/guardians, and administrators.

There must be unchallengeable, autonomous authority of primary athletics healthcare providers to determine medical management and return-to-play decisions.

The team physician has the ultimate decision on the return to play or disqualification of a student-athlete due to injury or illness, regardless of any outside physician clearance that has been gained.

Nutritional Supplements

"Use of dietary supplements is completely at the athlete's own risk."

1. Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
3. Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a nutritional/dietary supplement ingredient is taken at the student-athlete's own risk.
5. Please consult the certified athletic training staff prior to trying/initiating any supplement use.

NCAA DRUG TESTING

Missouri S&T is subject to the NCAA year-round drug testing program. "The NCAA drug-testing program involves urine collection and laboratory analyses for substances on a list of banned-substance classes. This list consists of substance classes generally purported to be performance enhancing and/or potentially harmful to the health and safety of the student-athlete." 4.5.2. in the Drug Testing Manual states, "In year-round testing events, the timing of testing and selection of tested individuals may be random or specific to sport, position, competitive ranking, athletics financial-aid status, playing time, directed testing or any other NCAA-approved selection method." Student-athletes will be notified by a member of the athletic training staff upon selection for drug testing.

Banned stimulant classes:

- Stimulants
- Anabolic agents
- Beta blockers (banned for rifle only)
- Diuretics and other masking agents
- Narcotics
- Cannabinoids
- Peptide hormones, growth factors, related substances, and mimetics
- Hormone and metabolic modulators
- Beta-2 agonists

The NCAA Banned Substances List can be found in full text at the NCAA web site:

www.NCAA.org/health-safety

NCAA drug testing will be conducted but Drug Free Sport and all student-athletes that are selected will be expected to attend at the time and date assigned. Anyone that does not attend will be immediately deemed ineligible and considered as a positive test. Other

breaches of protocol include failing to provide a urine sample, leaving the collection site without authorization, and attempting to alter the integrity of the collection process.

All student-athletes must sign an NCAA form in which the student-athlete consents to be tested for the use of drugs prohibited by NCAA legislation.

To view the entire NCAA Drug-Testing Program go to: www.NCAA.org/health-safety

Drug & Alcohol Policies

The Missouri S&T Department of Athletics established the Substance Abuse Education and Screening Program for the benefit of its student-athletes. The purpose of the program is education: to inform student-athletes of the dangers of substance abuse, to bring to their attention the best health-care advice concerning drug usage, and to assist any student-athlete with a substance abuse problem to identify and correct the problem.

It is not the purpose of these policies and procedures to ensure or punish any student-athlete who in good faith participates in this program.

Objectives

- To educate the student-athlete regarding the dangers of substance misuse and abuse.
- To prevent through education the misuse and abuse of chemical substances.
- To identify through periodic screening those student-athletes who may be involved in substance misuse and abuse.
- To recommend and provide confidential counseling for those individuals with substance abuse or substance abuse-related problems. It is the express purpose of the program to aid the student-athlete in solving any substance abuse problems encountered while at the Missouri S&T.

Procedural Guidelines

1. Each year a substance abuse education presentation will be made to educate all student-athletes about the dangers of substance misuse and abuse. The purpose of the program and the procedures to be followed will be explained in detail.
2. Missouri S&T student-athletes will be required to sign a consent form once each academic year. This form gives the sports medicine staff permission to collect and test his/her urine, saliva, or breath samples for the presence of certain drugs and alcohol at such times as testing is required under this program during the academic year. At the recommendation of the team physician, blood samples may also be collected for the purpose of substance screening.

3. An approved independent collection team, under the direction of the sports medicine staff, will conduct collections of samples. Appropriate steps will be taken to ensure proper collection, identification, and confidentiality during the testing of samples. Each individual sample will be coded to provide anonymity and to avoid any possibility of identification error. An appropriate accredited laboratory will conduct the testing. Drug screening tests will be for selected substances included in the current year's NCAA "Banned Drug List."
4. Separately, the director of the laboratory outlined in #3 (above) will provide written test results to the Director of Athletics, and the Athletic Trainer, who are required under this program to preserve the confidentiality of all test findings. The student-athlete's parent(s) or legal guardian(s) or spouse will be informed of positive test results.
5. The head coach, Athletic Trainer, and Director of Athletics will have a confidential meeting with any student-athlete testing positive. Appropriate steps will be taken at this time to recommend and provide the student-athlete with the proper counseling, treatment, and rehabilitation program necessary to assist the student in solving the problem. No information will be released at any time regarding any student-athlete's participation in counseling, treatment, or rehabilitation program.
6. If the Athletic Trainer and/or team physician determine that the student-athlete is not complying with the recommendation of the team physician, the student-athlete's name will be referred to the head coach and the Director of Athletics who will decide what further action, if any, shall be appropriate. The head coach and the Director of Athletics shall not disclose their action or information leading to their action except as required by university policy, NCAA or Conference rules or other legal requirements.
7. The Department of Athletics realizes that the abuse of alcohol, as well as drugs, is a potential problem for student-athletes. For this reason, testing procedures that entail use of an alcohol Breathalyzer device will accompany collection of urine for drug screening purposes. Breathalyzer findings that indicate alcohol blood levels equal to or more than 0.1% (weight by volume) will be treated as positive findings (see "Effective Positive Test Results"). Breathalyzer results below 0.1% will not count as positive findings but may, at the discretion of the team physicians, lead to more frequent follow-up testing of the student-athlete in question.
8. All student-athletes will be subject to random testing throughout the academic year. On the recommendation of the team physician or Athletic Trainer, certain student-athletes

may be selected for more frequent screening. Student-athletes with a history of positive test results will be singled out for more frequent screening, with timing and frequency determined by the team physician. More frequent testing of various teams may be done based on the wishes of head coaches, with the consent of the Director of Athletics.

9. The Athletic Trainer will keep confidential records of all test findings, as well as the actions taken based on these findings. When substance abuse counseling is involved, written notification that such counseling was received will be a part of these records. This data will be summarized on a yearly basis, with a report submitted to the Substance Abuse Committee that maintains confidentiality of the names of individual student-athletes but includes detailed information regarding the number and nature of test findings and the incidence and nature of substance abuse counseling. All members of the Substance Abuse Committee will consider the results of these reports strictly confidential. Release of these findings to other parties will occur only with the express permission of the Director of Athletics.
10. Copies of this policy will be made available to all members of the Department of Athletics staff, Substance Abuse committee and other people at the discretion of the Director of Athletics. Members of the Substance Abuse Committee will undertake periodic review of these policies.

Effect of Positive Drug/Alcohol Test Results

1. First Positive Test: The Director of Athletics, head coach, Athletic Trainer, and the team physician will be notified of the positive test result. If circumstances warrant, the Director of Athletics (or designee) and the head coach, along with the Athletic Trainer and team physician, will have a confidential meeting with any student-athlete who tests positive. The student-athlete has the option to request that one person of his or her choosing to accompany him/her to this meeting. The student-athlete and Athletic Trainer will contact the parent(s), legal guardian(s) or spouse to inform them of the nature of the positive test. The student-athlete may be required to participate in a substance abuse treatment program, which has been reviewed and approved by the team physician and the Director of Athletics. The student-athlete will be subject to unannounced follow-up drug testing for one year after the date of the first violation. Refusal to participate in the substance abuse treatment program, (if required), as set forth in this paragraph may be treated as a second positive test result.
2. Second Positive Test: The Director of Athletics, head coach, Athletic Trainer, and the team physician will be notified of the second positive test result. The Director of Athletics (or

designee) and the head coach, along with the Athletic Trainer and team physician will have a confidential meeting with any student-athlete who tests positive. The student-athlete has the option to request that one person of his or her choosing accompany him/her to this meeting. The student-athlete will be required to notify his/ her parent(s) and/or legal guardian(s) or spouse of the second positive test result in the presence of the Athletic Trainer. The student-athlete may be required to participate in a substance abuse treatment program, which has been reviewed and approved by the team physician and the Director of Athletics and will be suspended from any play and practice for a minimum of seven days. The student-athlete must provide proof that the treatment program was successfully completed. Refusal to participate in the substance abuse treatment program, (if required), as set forth in this paragraph may be treated as a third positive test result.

3. Third Positive Test: Any student-athlete who tests positive for a third time will immediately be dropped from the athletics program. Any existing athletic financial aid will be terminated at the end of the time for which it was initially committed and will not be renewed the following year.

Any student-athlete legally charged with the sale, purchase, transfer, or possession of illegal drugs may be suspended from practice and play until he/she is cleared of those charges. Conviction of a student-athlete of sale, purchase, transfer, or possession charges will result in automatic and immediate dismissal for his/ her team and in the loss of all athletically related financial aid. No punitive action will be taken by the department of athletics in those cases where a student-athlete spontaneously self-reports his/her own personal misuse or abuse of chemical substances and seeks professional help to correct the behavior prior to an initial positive drug test result. Such a self-disclosure may be made to the director of athletics (or designee), to an athletic trainer or a team physician. In all cases, coaches will not be informed if a student-athlete voluntarily seeks professional assistance for the purpose of rectifying a substance misuse or abuse problem, unless in the opinion of the team physician, a clear and imminent health risk exists for the student-athlete or others as a result of said student-athlete's current drug usage. However, all student-athletes who self-report substance abuse will not be exempted from standard drug and alcohol screening procedures as outlined in #8 (above), nor will they be exempted from procedures outlined in steps 1, 2 and 3 (above) if the results of the future test are positive.

Chemical Substance Screening Procedures

1. The student-athlete will enter the testing site and will provide proof of identity. A number will have been assigned to each student-athlete at a prearranged time prior to his/her testing.

2. A student-athlete will be given an implied consent form, or he/she may have been given one previously to read, sign, date and have witnessed; if not, he/she will read and complete as mentioned above.
3. Upon completion of the above procedure, the student-athlete will be given two assigned specimen bottles with numbers on campus and sides of the sealed specimen bottles. The student-athlete will be asked to verify the validity of his/her number. A professional observer will accompany the student-athlete to the voiding station for the spilling of urine into the specimen bottle. The door must remain open, and the observer must attend all times during the voiding. The specimen bottle will be returned to the pick-up station for validation of name and number and placed in properly supervised storage area.
4. If the student-athlete is unable to void, he/she is instructed to drink water or other fluids that are available. The fluids must be caffeine-free and alcohol-free. At the appropriate time, the student-athlete will inform the testing supervisor that he/she is capable of voiding and the observer will accompany him/her to the voiding station.
5. Upon completion of the voiding process, the observer will sign the student-athlete's implied consent form certifying that there were no irregularities. Any perceived irregularities in the process must be characterized and recorded on the implied consent form.
6. If the student-athlete refuses to provide urine or fails to appear, the student-athlete will thereby render himself/herself ineligible.
7. After the last student-athlete has been processed, the samples will be picked up by the laboratory and analyzed accordingly. If a positive result occurs, an alternative test is administered. If the alternative test is also positive, the original positive result stands. If the alternative test is negative, the result is negative.



CAMPUS RESOURCES

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Career Opportunities and Employer Relations

3rd floor Norwood Hall

573-341-4343

career@mst.edu

career.mst.edu

Student Health Services

910 W. 10th St., Rolla, MO 65409

573-341-4284

mstshs@mst.edu

studenthealth.mst.edu

Student Well-Being

204 Norwood Hall

573-341-4211

wellbeing@mst.edu

wellbeing.mst.edu

Student Support and Community Standards

107 Norwood Hall

573-341-4209

studentsupport@mst.edu

studentsupport.mst.edu

Student Accessibility and Testing

G-10 Norwood Hall

5732-341-6655

dss@mst.edu

saat.mst.edu

Residential Life

1102 N. Rolla Street, Rolla, MO 65409

573-341-4218

reslife@mst.edu

reslife.mst.edu

University Police

205 W. 12th St. Rolla, MO 65409

573-341-4300

police@mst.edu

police.mst.edu