

2024-2025 UMSL STUDENT-ATHLETE HANDBOOK

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WELCOME FROM UNIVERSITY OF MISSOURI-ST. LOUIS
DEPARTMENT OF ATHLETICS

Dear UMSL Student-Athlete,

This student-athlete handbook is designed, written and prepared to enhance your academic, athletics and social development during your time at the University of Missouri-St. Louis. It is your responsibility to read, understand and use this handbook.

Being a Division II student-athlete comes with immense responsibilities. You are held more accountable and to higher standards than the rest of the student population. You and your teammates represent the University of Missouri – St. Louis through intercollegiate athletics – both on and off the playing surfaces. You will be held accountable for your actions and behaviors. Always think before you act – look at the situation you are entering and be responsible for yourself and your teammates.

Our continued commitment to each of you is to create a safe and healthy environment. We will need each of you to take a PLEDGE to commit to our department as a student and athlete to do everything possible to overcome the restrictions placed upon us by the University, GLVC Conference and the NCAA Governing Body. Together, we can make this the best year for everyone.

Sincerely,

UMSL Athletic Administration

DEPARTMENT OF ATHLETICS DIRECTORY

Administration

TBD Director of Athletics	516-5661
Jessica Chandler, Senior Associate AD / SWA	516-5657
Luke Rinne, Assistant AD for Communications.....	516-5660
Alex Langella Assist. AD for Game Operations and Facilities ..	516-5648
Alex Miner, Assistant AD for Academics	516-6071
Erik Steffenson, Assistant AD for Marketing	516-5751
Jeromey Johnson, Head of Sports Performance.....	516-5663
Joe Pickard, Faculty Athletics Representative.....	516-7984

Sports Medicine

Bruce Smith, Director of Sports Medicine	516-5686
Faith Boone, Asst. Athletic Trainer	516-5651
TBD Asst. Athletic Trainer	516-5686

Coaching Staff

Scott Eul, Head Baseball Coach.....	516-5621
Brandon Applewhite, Asst. Baseball Coach.....	516-5647

Maddi Moon, Head Women's Soccer Coach.....	516-5646
Megan Holdridge, Head Men's/Women's Tennis Coach	516-7016
Troy Halterman, Director of Golf Operations	516-7217
Josh Alderson, Head Men's Soccer Coach.....	516-7027
Tony Hernandez, Head Men's/Women's Swimming Coach.....	516-5752
Kale Kirchner, Asst. Swimming Coach.....	516-5752
Steve Picucci, Head Cross Country/Track Coach	516-5644
Aaron Stallworth, Asst. Track /Field Coach	516-5644
Chelsey Mulligan, Head Softball Coach.....	516-5685
Addison Purvis, Asst. Softball Coach..	516-5578
Bob Sundvold, Head Men's Basketball Coach	516-5638
Javis Flynn Asst. Men's Basketball Coach	516-6734
Jamal Nixon, Asst. Men's Basketball Coach	516-4001
Chico Jones, Asst. Men's Basketball Coach	516-7064
Katie Vaughn, Head Women's Basketball Coach.....	516-5640
Emily Samuelson, Asst. Women's Basketball Coach.....	516-5868
Ryan Young, Head Volleyball Coach.....	516-5643
Alex Miner, Assistant Volleyball Coach.....	516-6071

CAMPUS PHONE NUMBERS

<u>Department</u>	<u>Location</u>	<u>Phone</u>
Admissions	351 MSC	516-5451
Athletic Department	225 Mark Twain	516-5661
Alumni Activities	414 Woods Hall	516-5833
Bookstore	209 MSC	516-5763
Campus Recreation	Rec & Wellness Center	516-2348
Career Services	278 MSC	516-5111
Cashier's Office	327 MSC	516-5151
Student Academic Support Services	225 MSC	516-6807
Registrar's Office	269 MSC	516-5545
Office of Equal Opportunity	127 Woods Hall	516-5695
Financial Aid	327 MSC	516-5526
Health Services	131 MSC	516-5671
Residential Housing		516-6877
University Meadows		516-7500
IT Support Help Desk	190 MSC	516-6034
Campus Police	44 Campus Police Bldg	516-5155
Transportation and Parking	44 Campus Police Bldg	516-4190
Mail Services	8230 Florissant Rd	516-5203
Quick Copy Center	7 J.C. Penney Dock	516-5233
Student Affairs	301 Woods Hall	516-5211
Student Government Assoc.	366 MSC	516-5105
Touhill Performing Arts Center	300 Touhill PAC	516-4100

ACADEMIC CALENDAR

2024-2025 ACADEMIC CALENDAR

FALL TERM, 2024

Classes Begin.....	August 19
Labor Day.....	September 2
Fall Break.....	October 17-20
Thanksgiving Break.....	November 23- December 1
Classes End.....	December 7
Final Exam Days.....	December 9-14
Fall Commencement.....	December 14

SPRING TERM, 2025

Martin Luther King Holiday.....	January 20
Classes Begin.....	January 21
Spring Break.....	March 22-30
Classes End.....	May 10
Final Exam Days.....	May 12-16
Spring Commencement.....	May 17&18

THE UNIVERSITY OF MISSOURI-ST. LOUIS

The UMSL Experience

With nearly 17,000 students, UMSL is the largest public research university in eastern Missouri. It provides excellent learning experiences and leadership opportunities to a diverse student body whose influence on the region upon graduation is immense.

UMSL is spread across 470 acres in suburban St. Louis County. It has a mix of modern and historic academic buildings as well as a variety of student residence halls, condominiums and apartments. It's the perfect setting for students to gain unique insights from outstanding faculty and work experience from internships at companies and organizations found only in this world-class metropolitan region.

While UMSL graduates can be found in all 50 states and 63 countries, their greatest impact is felt right here in St. Louis. More than 85,000 UMSL alumni call the St. Louis region home. They drive the region's economy and contribute mightily to its social well-being.

Our Mission: *We transform lives.*

As the metropolitan, land-grant, research institution serving the most diverse and economically important region in Missouri, the University of Missouri–St. Louis delivers exceptional educational, research and engagement experiences that inform, prepare, challenge and inspire.

THE GREAT LAKES VALLEY CONFERENCE

The 15-member Great Lakes Valley Conference has made its name throughout the last 31 years as a power in NCAA Division II basketball. In the last few years, however, the GLVC has seen success in many sports, and the league can now claim itself as one of the nation's top in all NCAA Division II athletics. The University of Missouri-St. Louis joined the GLVC in the 1995-96 academic year.

The GLVC can claim schools in many of the Midwest's major media markets, with schools in Chicago (Lewis), Indianapolis (Indianapolis), Kansas City (Rockhurst and William Jewell) and St. Louis (UMSL, Maryville, and McKendree).

The conference sponsors 24 championships in baseball, basketball, cross country, football, golf, lacrosse, soccer, swimming and diving, tennis, indoor and outdoor track and field, and wrestling for men, and basketball, bowling, cross country, lacrosse, softball, soccer, swimming and diving, tennis, indoor and outdoor track and field, golf, and volleyball for women.

CONFERENCE SCHOOLS

Drury University
University of Illinois Springfield
University of Indianapolis
Lewis University
Lincoln University
Maryville University
McKendree University
Missouri Science and Technology
Quincy University
Rockhurst University
Southwest Baptist University
Truman State
Upper Iowa University
William Jewell College

SAFETY ON CAMPUS

Safety begins with you! UMSL's department of public safety offers these suggestions to ensure your safety on and near campus:

- Program the phone number to the Department of Public Safety, (314) 516-5155, into your cell phone.
- Always lock your doors, even if you are in your room.
- Use the buddy system. When you leave your residence, let someone know where you are going and when you expect to return.
- At night, try to walk in groups and in well-lit areas.
- When visiting restaurants or bars, always stay with your group, and never leave a friend behind. Never leave your drink unattended, and drink responsibly.
- If you're at a bar or a party and are confronted without provocation, try to remain as calm as possible.
- If you are the victim of an assault or another crime, do your best to note detailed physical and clothing descriptions of the person(s) involved. If a vehicle is involved, try to note the vehicle's license plate number or the vehicle's manufacturer, model and color.
- Report any incidents immediately. Call DPS at (314) 516-5155 and St. Louis police by dialing 911.
- Make sure you know the locations of emergency exits in campus buildings, especially in your residence halls and office areas.
- If threatening weather is forecasted, pay attention to local television and radio stations for updates.
- Be aware of your surroundings and pay attention to suspicious-looking person or activities by constantly scanning around you, and return to a safe place if something doesn't look right.
- Park your vehicle on the University of Missouri – St. Louis parking lots or garages.
- If you must park off campus, choose a well-lit and populated area to leave your vehicle. Check the area out when returning to your car; look in and around your car before entering it. If you live on campus, it's important to know the address of the building where you reside.
- If you call DPS, our dispatcher will know the location of residence halls and campus apartments by name. But, if you call 911 from your cell phone, those dispatchers will need the street address of the building, because they are not familiar with the names of UMSL's residence halls or apartments.

MENTAL HEALTH RELATED ISSUES

Who do I turn to if I need help?

College can be a very stressful time, and sometimes you may find yourself needing help in dealing with any of the following concerns:

- Relationships with family, friends and roommates
- Self-acceptance
- Coping with loneliness, sadness, or anger
- The loss of a loved one
- Adjustment to college life
- Family stress, such as divorce
- Traumas--rape, physical or sexual abuse
- Alcohol and drug related issues
- Procrastination
- Anxiety (test anxiety, panic attacks, etc)
- Eating disorders

Know that you are not alone. There are many resources to assist you – if any of these concerns arise, reach out to a counselor at the Health, Wellness & Counseling Center directly or to one of your coaches or an athletics staff member who can help direct you. Health, Wellness & Counseling Center Services provides counseling services as well as a variety of educational programs for all University of Missouri – St. Louis students. The Center is located at 131 Millennium Student Center (MSC).

We believe wellness is a basic truth – that when you feel well, physically and mentally, you function well. Unfortunately, we understand that things don't always go as smoothly as you would like. Little things (and sometimes big ones) can get in the way of doing well and feeling your best.

The Health, Wellness & Counseling Center hours are Monday through Friday 8:00 a.m. to 5:00 p.m. A counselor can be reached by calling 314-516-5711 for a medical or mental health emergency. Please do not hesitate to utilize this resource.

What if I think my friend needs help?

(taken from <http://www.halfofus.com/HelpAFriend.aspx>)

College can be a stressful time when many people are overwhelmed, anxious and overexerted – so it can be tough to tell if a friend is just dealing with the challenges of college or struggling with a larger problem. A friend in trouble might need professional help to develop better coping and stress management skills, or they may be dealing with illnesses like depression, bipolar disorder, and anxiety disorders that generally require attention and treatment.

Here are some common signs that a friend needs help dealing with emotional issues or a mental health problem:

1. Depression or apathy that interferes with obligations or participating in social activities
2. Lack of coping skills around day-to-day problems or extreme reactions to certain situations
3. Extreme highs, referred to as mania, that may include rushed thoughts, bursts of energy, sleeplessness and compulsive behavior (like excessive spending or promiscuous sexual behavior)
4. Severe anxiety or stress
5. Constant feelings of sadness or hopelessness.
6. Increased use of alcohol or drugs

Please visit <http://www.halfofus.com/HelpAFriend.aspx> to access topic pages for more info on warning signs of specific mental health problems including: depression, bipolar disorder, suicide, eating disorders, anxiety disorders, alcohol and drug abuse and cutting.

Many times, a decline in emotional health can lead to isolation and the person suffering may become very secretive in order to hide the problem. A friend “dropping off the face of the earth” or behaving unusually could be a sign of a problem. It is important to try and make contact so you can assess if any of the warning signs mentioned above are present.

Please note that if you believe your teammate is in need of mental health attention, please contact one of your coaches, an athletics staff member or a counselor at Health, Wellness & Counseling Center. Do not attempt to deal with a difficult mental health situation without the support of trained professionals.

DEPARTMENT OF INTERCOLLEGIATE ATHLETICS

INSTITUTIONAL PURPOSE

The University of Missouri-St. Louis is a land-grant research institution committed to meeting the diverse needs in the state's largest metropolitan community.

It educates traditional and nontraditional students in undergraduate, graduate and professional programs so that they may provide leadership in health professions; liberal and fine arts; science and technology; and metropolitan affairs such as business, education and public policy. University research advances knowledge in all areas, and through outreach and public service assists in solving, in particular, problems of the St. Louis region.

Academic programs are enriched through advanced technologies and partnerships that link the University of Missouri-St. Louis to institutions and businesses locally, regionally, nationally and internationally. Its special commitment to partnership provides UM-St. Louis with a leadership role among public educational and cultural four-year colleges and universities in the St. Louis region and promotes seamless educational opportunities.

DEPARTMENT OF ATHLETICS MISSION STATEMENT

The mission of the department of athletics is to provide a program of intercollegiate athletics that fosters and supports a positive educational and athletic experience, not only for student-athletes, but also for the entire University of Missouri-St. Louis community. The athletics program is guided by the highest standards and ideals of integrity, sportsmanship, ethical conduct, equitable opportunities for all students and staff, including women and minorities, academic excellence and athletics achievement.

ATHLETICS PHILOSOPHY

Athletic activities for students, including intercollegiate athletics, campus recreation, and intramurals, support the University of Missouri-St. Louis's mission to educate the whole person. The development and education of the whole student includes academic achievement as well as promoting students' health and mind, spirit and body.

University of Missouri-St. Louis administration and the Department of Athletics are committed to a philosophy of conducting and administering its intercollegiate athletics program in a manner consistent with the constitution, bylaws, policies, rules and regulations of the National Collegiate Athletics Association (NCAA), Great Lakes Valley Conference and the mission of the University of Missouri-St. Louis

FUNDAMENTAL MANAGEMENT PRINCIPLES – DEPARTMENT OF ATHLETICS

1. Integrity (should be the single principle of UMSL Athletics)
2. Respect and Dignity (treat people with Respect and Dignity)
3. Work Hard (nothing substitutes hard work, quality of service and excellence)
4. Rules (know the rules and follow the rules of the University, GLVC and NCAA)
5. Detail Oriented (excellence and attention to detail will lead to success and winning)
6. UMSL Image (be positive to all internal and external audiences)
7. Professional/Punctual (be punctual, organized and professional)
8. Team Player (team players will be recognized and rewarded)
9. Loyalty (loyalty and dedication are expected and rewarded)

STUDENT-ATHLETE CONDUCT

As a student-athlete, you are potentially more visible than the rest of the student population. Your actions and behavior may be scrutinized by the public as well as by your peers. Being part of this athletic program places you in a position of responsibility, and because of this, your behavior should be exemplary.

Certain actions reflect poorly on your family, team, the department and the University, and are not in line with the Department's philosophy of academic, athletic and social excellence. The following actions are reprehensible and will not be tolerated by the Department. They include, but are not limited to the following:

1. Sexual harassment or misconduct subverts the mission of the University and threatens the careers, educational experience and the well-being of students, faculty and staff.
2. Violence, actual or threatened, destroys the mutual trust which binds members of a community. The University considers acts or threats of violence to be violations of University policy. This includes threats of violence based on personal characteristics such as affectional or associational preference, color, creed, disability, ethnic or national origin, gender or race. Examples of prohibited behaviors are physical assault or abuse, sexual assault or abuse, threats with a weapon, verbal or other threats of physical or sexual assault and damage or destruction of another's private property.
3. Illegal possession, use, manufacture, sale or distribution of alcohol or other drugs (including underage drinking, manufacturing and distributing false identification, drinking and driving), or abuse of prescription drugs are violations of the University of Missouri-St. Louis Student Policy on Alcohol and Other Drugs, as well as Department of Athletics policy. Student-athletes who are found in violation of these policies may be sanctioned under the University Policy and/or the Department of Athletics Policy on Impermissible Substance Program.

The student-athlete is a student first, athlete second. In this respect, you are considered to be no different than any other student on campus. Students at the University of Missouri-St. Louis expect members of their community to be responsible for their actions and to respect the rights of others. These expectations are not meant to limit students' constitutional right to freedom of expression.

NON-DISCRIMINATION POLICY

The University of Missouri does not discriminate on the basis of race, color, religion, national origin, sex, sexual orientation, age, disability or status as a protected veteran. The University's nondiscrimination policy applies to all phases of its employment process, all phases of its admission and financial aid programs, and to all other aspects of its educational programs and activities. Further, this policy applies to sexual violence and sexual harassment (forms of sex discrimination) occurring both within the educational program and outside of the educational program if the conduct negatively affects the individual's educational or work experience or the overall campus environment. Retaliation directed to any person who pursues a discrimination complaint or grievance, participates in a discrimination investigation, or otherwise opposes unlawful discrimination is prohibited.

Consent is clear, knowing and voluntary. Consent is active, not passive. Silence, in and of itself, cannot be interpreted as consent. Consent can be given by words or actions, as long as those words or actions create mutually understandable clear permission regarding willingness to engage in (and the conditions of) sexual activity.

Effective Consent is:

- Informed;
- Freely and actively given;
- Mutually understandable words or actions;
- Indicating an agreement to engage in mutually agreed upon (sexual) activity.

In order to give effective consent, one must:

- be of legal age; and
- possess the capacity to make rational, reasonable decisions

Consent to any one form of sexual activity cannot automatically imply consent to any other forms of sexual activity. Previous relationships or prior consent cannot imply consent to future sexual acts.

Incapacitation is a state where someone cannot make rational, reasonable decisions because they lack the capacity to give knowing consent (e.g., to understand the “who, what, when, where, why or how” of their sexual interaction).

Incapacity occurs when an individual lacks the ability to make rational, reasonable judgments as a result of alcohol (or other drug) consumption. An incapacitated person cannot give a valid consent.

Having sexual activity with someone whom you know to be, or should know to be, incapacitated (mentally or physically) is a violation of university policy.

Any person having inquiries concerning the University of Missouri’s application of Title VI of the Civil Rights Act of 1964, Title IX of the Education Amendments of 1972*, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1990 or other civil rights laws should contact:

Jessica Swederske, Director of UMSL
Equity/Title IX Coordinator Equity Office –
153 JC Penney North (314)-516-5748

GRIEVANCE PROCEDURES

The Department of Athletics and its staff are committed to developing and maintaining a supportive, respectful learning environment. Part of this commitment is the recognition that complaints of one form or another are not uncommon in university life, and it is our intention to establish processes and procedures that provide reasonable and fair resolution to problems.

In the event that a student-athlete is dissatisfied with or has a grievance regarding any policies, personnel or decision associated with the Department of Athletics, the student-athlete should take the following steps toward resolution:

1. Bring the matter to the coach or staff member involved;
2. If the student-athlete is dissatisfied with the outcome of discussion, seek out the Sport Supervisor or Senior Associate Director of Athletics to present the concerns;
3. If no resolution, then present the concerns in writing to the Director of Athletics. A meeting to discuss would take place and a response to the student-athlete will be provided within one week from the receipt of such notification
4. Finally, if still dissatisfied, appeal in writing to the Vice Chancellor for Strategic Enrollment within one week of the decision from the Director of Athletics.

PRINCIPLES AND STANDARDS OF SPORTSMANSHIP

The Great Lakes Valley Conference specifically endorses the NCAA General Principle regarding Honesty and Sportsmanship [NCAA Bylaw 10.1.1]: Individuals employed by (or associated with) a member institution to administer, conduct or coach intercollegiate athletics, and all participating student-athletes, shall deport themselves with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports

The GLVC expects all participants to treat opponents and officials with respect. Failure to do so may lead to penalties. Trash talking, taunting, baiting, celebrations that demean opponents, vulgar or profane language, intimidating actions, fighting, attempts to injure, and any other malicious or violent conduct may be penalized by contest officials and/or the conference. At the same time, the conference has no desire to take away the joy and exuberance that naturally occurs following an exciting play or contest. Rather, the intent of the conference is to encourage sportsmanship and honest competition.

PRINCIPLES OF SPORTSMANSHIP

The essential elements of sportsmanship and ethics in sports are embodied in the concept of character building and six core principles: respect, responsibility, fairness, honesty, integrity and good citizenship. The highest potential of sports is achieved when competitions reflects these six principles.

STANDARDS OF CONDUCT

Member institutions’ student-athletes, coaches and staff shall conduct themselves in an appropriate manner in connection with all intercollegiate sporting events in which they participate (“Events”). They shall conduct themselves as positive role models and represent their institutions in a manner that exhibits the principles of sportsmanship.

They shall exhibit respect and courtesy towards all participants, and comment about other institutions, coaches and student-athletes only in a positive manner.

Behavior that is not considered sportsmanlike or appropriate in connection with Events includes, but is not limited to, the following:

1. Striking (e.g., kicking, hitting, throwing objects at) or other acts of violence, attempted acts of violence or attempts to incite violence;
2. Obscene, profane, demeaning or unduly provocative language, gestures or actions directed towards an opposing team, institution, contest official, staff member or spectator;
3. Public criticism of or publicly disparaging statements about an opposing team, institution, contest official, staff member, or spectator;
4. All actions, as determined by the Commissioner, in violation of the principles and standards of sportsmanship.

RECRUITING

Institutional staff members shall maintain the highest standards of integrity in their recruitment of prospective student-athletes. The staff shall only comment about their institutions, coaches and student-athletes in a positive manner. The staff shall fully disclose to prospective student-athletes all relevant information regarding the institution, its program and the nature of any financial aid being offered.

COMPETITIVE ENVIRONMENT

The management and conduct of Events is the responsibility of the hosting institutions. In their discharge of this responsibility, all member institutions shall ensure a competitive environment that is safe, fair and consistent with the principles and standards of sportsmanship.

All ancillary support groups subject to institutional control (e.g., spirit squads, bands, mascots) shall conform to the principles and standards of sportsmanship.

Institutions are responsible for the conduct of spectators at events they are hosting. Spectators whose conduct is abusive to officials, participants or spectators, or that violates reasonable social standards of conduct, should be removed from the Event.

MEMBER INSTITUTION OBLIGATIONS

1. Each member institution shall be responsible for promoting sportsmanship and appropriate conduct and for ensuring that its participants conduct themselves in a sportsmanlike manner in connection with intercollegiate sporting events.
2. Each member institution shall adopt policies and procedures to implement the Principles and Standards of Sportsmanship.
3. Each member institution shall take appropriate disciplinary or remedial actions in response to any conduct in connection with sporting events that is not sportsmanlike or appropriate by its participants.
4. The athletic director of a member institution shall promptly inform the Conference Commissioner of any conduct or actions by participants in connection with Events that are not sportsmanlike or appropriate, and of any actions to be taken in respect of such conduct.

STUDENT-ATHLETE ADVISORY COUNCIL (SAAC)

The Student-Athlete Advisory Council (SAAC) is an advisory committee made up of athlete representatives from each team. The Committee meets at least once each month. The purpose of the Committee is to help ensure that the policies and practices of the Department of Athletics are consistent with the NCAA principle of student-athlete welfare, and that the services provided help promote the physical and educational well-being of student-athletes. For more information about the Student-Athlete Advisory Committee, contact your sport's representative or Alex Miner, Assistant Director of Athletics for Academics.

ACADEMICS

WHAT IS EXPECTED OF YOU?

ACADEMIC CONDUCT

Your membership on a University of Missouri-St. Louis athletic team mandates that you are responsible for the following NCAA, Great Lakes Valley Conference and UMSL policies and guidelines.

1. Attend all classes and complete all academic assignments.
2. Treat your professors/instructors with respect at all times.
3. Consult the Assistant AD for Academics and your academic advisor on all academic advisement matters.
4. Attend tutoring sessions, study hall and complete other academic responsibilities that are applicable to you.
5. Maintain a minimum course load of at least 12 credit hours during both the fall and spring semesters.
6. Accept responsibility for maintaining academic eligibility.
7. Familiarize yourself with NCAA/GLVC guidelines governing eligibility.
8. Make day-to-day progress towards your college degree from University of Missouri-St. Louis.

As a student-athlete at the University of Missouri-St. Louis, you are among "the leaders and the best." The University of Missouri-St. Louis has established a tradition of excellence in the academic community. In accordance with this tradition, all student-athletes are expected to represent the University in an honorable manner at all times. The University of Missouri-St. Louis Department of Athletics wants you to be a first-class student, a first-class athlete and a first-class member of the St. Louis community.

ACADEMIC INTEGRITY

Student-athletes are responsible for maintaining acceptable academic performance and ethical standards in the classroom. Consult your academic program's guidelines for the rules specific to you. Student-athletes who violate academic ethical standards may be sanctioned under the applicable academic disciplinary policies of their school or college.

PLAGIARISM

The University of Missouri-St. Louis defines plagiarism as, "the use of someone else's words or ideas without acknowledging that they are someone else's." Plagiarism is passing off someone else's words or ideas as your own. This includes the internet. Plagiarism is a serious offense. All accusations

of plagiarism are investigated by the Dean of Students Office. Penalties for plagiarism include receiving a failing grade, repeating the class and/or dismissal from the University.

ILLEGAL FILE SHARING

As part of our educational and scholarly mission, the University of Missouri-St. Louis is committed to facilitating open access to information through our computer networks. However, we cannot facilitate violating the intellectual property rights of others via those networks.

Sharing music, videos, software and other copyrighted works in violation of copyright laws is illegal and can expose you and the University to civil and criminal sanctions, as well as sanctions under University of Missouri-St. Louis policies.

SOCIAL MEDIA

It is the stance of the Department of Athletics that involvement in all electronic messaging (i.e., Facebook, Twitter, Instagram, YouTube, cell phones, instant messaging) is your choice. How you represent yourself is our concern. If the use of social media is substantially disruptive to the operation of your athletic team, the Department of Athletics, the University of Missouri-St. Louis or the Great Lakes Valley Conference, it will result in your inability to represent your team and the institution.

ELIGIBILITY REQUIREMENTS

ACADEMIC STANDARDS

As a student-athlete, you are subject to NCAA, Great Lakes Valley Conference and University of Missouri-St. Louis regulations which affect your eligibility during your collegiate career. The compliance staff will meet with all student-athletes in the fall to discuss eligibility requirements. It is your responsibility to be knowledgeable about the rules and regulations. We encourage you to ask questions and take the initiative to get answers. The NCAA does not accept 'not knowing' as an excuse.

NCAA AND GREAT LAKES VALLEY CONFERENCE REQUIREMENTS

You must be enrolled in a minimum of 12 credit hours per semester to be eligible for practice, financial aid and competition. You will immediately be declared ineligible if you drop below full time (12 hours). Correspondence or extension courses do not satisfy the 12-hour rule.

All student-athletes, regardless of when they entered a collegiate institution, must earn nine credits per term of attendance.

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

CLASS REGISTRATION

If you are undecided about your major, you need to meet with the Assistant AD for Academics to select classes and register. If you are a continuing student and have declared a major, you will be assigned an advisor within your major department that you will meet with them to discuss course selection and register.

DROP/ADD PROCEDURE

If you need to add or drop a class, you must meet with the Assistant AD for Academics and your assigned academic advisor to fill out the appropriate forms.

Scholarship student-athletes who drop a class without approval may not be in a position to have that same class paid for with subsequent scholarship money.

Any changes in your class schedule MUST be brought to the attention of the Assistant AD for Academics BEFORE you make the change to ensure that you do not become ineligible to participate in your sport.

TUTORING

A variety of tutoring services are available to all student-athletes. If you are in need of a tutor, the Assistant AD for Academics will be able to assist you with the name and phone number of a tutor. It is your responsibility to call the tutor and make an appointment to meet.

Tutoring is not just for student-athletes who are receiving below average grades. The tutoring staff is available to help you achieve your maximum potential and can make the difference between an "A" or "B," a "B" or "C" and "C" or "D." You are REQUIRED to see the Assistant AD for Academics if you earn below a "C" on a paper or test.

Many departments also offer tutoring. Please check with the department that your particular class is located within for more information.

Program for Academic Student Success (PASS)

PASS is a program designed as a resource for our new and at-risk student-athletes to build appropriate study habits, time management, and organizational skills to reach academic success.

PASS is required for first-time freshmen, transfer students admitted with a grade point average lower than a 3.0 and any student athlete at a 2.3 cumulative GPA or lower. In addition, coaches and the Assistant AD for Academics may require student-athletes whose academic performance is in need of assistance to attend PASS.

First-time freshman will participate in requirements of PASS during their first full academic year. *Transfer students who were admitted with a GPA lower than 3.0 will participate in PASS for their first semester.

Earning PASS hours is flexible according to your class schedule and study habits. IF this is abused, your times and days will be set by the Assistant

AD for Academics in consultation with your head coach. You will be required to earn a minimum of 4 hours a week, 50% completed by 5:00pm on Wednesday and all hours completed by 5:00pm on Friday or travel for competition will be impacted. Students will also be required to attend bi-weekly meetings with the Assistant AD for Academics on their assigned day unless different arrangements are made.

PASS is equipped with computers that you may use for typing papers, e-mailing professors or using the internet for research. All work on the computers during P.A.S.S. must be for course work. All personal work must be completed outside of PASS time.

PASS is held Monday thru Friday, 8:00 am to 5:00 pm, with extended hours if necessary, and is conducted in the Stan and Terry Freerks Student Athletic Academic Commons, 220 Mark Twain. PASS is a quiet environment. Talking, eating, drinking or cell phone usage is not allowed, and hats and hoods should not be worn in the study area. Anyone causing a disturbance will be asked to leave.

STUDENT/PROFESSOR RELATIONSHIP

You are responsible for forming and maintaining positive relationships with your professors. As a University of Missouri-St. Louis student, you are expected to present yourself in a respectful and dignified manner when dealing with University faculty.

Introduce yourself to your professors and turn in your travel form for missed class at the beginning of the semester.

When trying to contact a faculty member by phone, e-mail or in person, ALWAYS leave a message if they are unavailable. It is important that there is a record of your attempt to contact a professor. You will be given a travel letter while you are in season. Make sure to present this to your professor during the first week of classes.

The Assistant AD for Academics can act as a liaison between you and your professor. However, you are your best advocate and will find that most professors will react "more positively" when they deal with you directly.

Notify your professors of problems ahead of time (i.e., traveling for competition) or as soon as they arise. By doing so, you will find that most professors are more than willing to work with you.

MANAGING YOUR TIME

It is important that you strive to balance academics, athletics and social life so that you can be successful. If you spend too much time in one area, the other two will suffer. Proper time management will help take the pressure off and help you achieve your goals.

You have the potential for success. You also, however, have increased demand on your time which others do not. Your best chance for success is to manage your time.

Some Tips

- Write in all assignment due dates, test dates and study time in your daily planner.
- Write in your daily planner when you have games and when you will be traveling.
- Fill in any tutoring appointments, meetings and practice times.
- Make a daily and weekly "Things To Do" list.
- Prioritize your lists and check the items once they are completed.
- Learn to accept what you cannot change.
- Consult with instructors. Take advantage of office hours.
- Allow for flexibility and personal time in your planner.

MISSED CLASS TIME

Academics take precedence over athletics. Practice and competitions should be scheduled to minimize missed class time. The Great Lakes Valley Conference and the Department of Athletics avoids scheduling competitions and championships during midterm and final examinations wherever possible.

Student-athletes should inform their instructors at the beginning of the semester of any anticipated missed class times.

The student-athlete is responsible for determining their instructors' policies and procedures for making up any work associated with missed class time. Please make sure your professors know your schedule ahead of time.

In the event that there is a conflict between a student-athlete's class requirements (e.g., in class examination) that cannot be made up at a later date, alternative arrangements should be explored.

For example, in the event that there is a conflict between an examination and a competition at another institution, the student-athlete should consult with the instructor to determine if the examination can be administered under appropriately secure conditions at the competing institution (e.g., having an examination delivered or proctored by a member of the faculty at the competing institution). In the event that the instructor will not allow the student-athlete to take the examination at a different time or place, the student-athlete may complete the examination during the scheduled examination time at University of Missouri-St. Louis. Under such circumstances, alternate transportation to the competing institution will be arranged by the Department of Athletics. Finally, in the event that no alternatives are available, the student-athlete's responsibility is to academics, consequently, he or she will be required to forego athletic participation for that contest.

ATHLETIC SCHOLARSHIPS

FINANCIAL AWARD DISCLOSURE FORM

The NCAA requires the Office of Financial Aid (OFA) to monitor all financial aid received by student-athletes. This ensures that each team stays within the NCAA maximums. The OFA is aware of the money you receive through their office. However, it is necessary for you to report any aid you receive from other organizations (i.e., rotary club, church group). You will receive a financial award disclosure form during your NCAA fall meeting that asks you to list additional awards you receive.

ATHLETIC GRANT-IN-AID

Your athletic grant-in-aid (also referred to as your scholarship or tender) may include all or part of the following: tuition, fees, room, board and books. Your grant-in-aid is awarded for a period of no more than one year.

The amount of your athletic aid can be increased or decreased on a yearly basis. You will be notified via mail whether your athletic aid will be renewed, reduced or not renewed by July 1 of each year.

If your athletics scholarship has been reduced or not renewed, you have the right to an appeal. To appeal, within fourteen days of the date on your official notification letter you must request a hearing.

This request should be in writing addressed to the Director of Scholarship and Financial Aid and must state, in detail, the reasons why you feel your reduction or non-renewal is unjustified. Upon receipt of this request, you will be contacted by the Chair of the University's Committee for the Appeals of Non-renewals and Reductions of Athletics Financial Aid to set up a hearing to review your appeal. Within one week after your hearing with the committee, you will receive written notification of the Committee's decision.

Your scholarship is distributed as follows:

1. Tuition and Fees: If your scholarship includes tuition and fees, payment is automatically made to the University.
2. Room and/or Board: If your scholarship includes room and/or board, the following applies:
 - a. If you live in Oak Hall payment is sent directly to the University. The Department of Athletics will not provide for off campus housing unless it is approved by the Director of Athletics
 - b. If you receive a board stipend, this may be paid out to your account or set up to be refunded. Each check will be mailed to the permanent address you have on file with the University, unless you have direct deposit set up with the University.

SUMMER AID

Summer financial aid is available to student-athletes pending approval from their coach and the Director of Athletics. Currently any funding is on a limited basis.

PELL GRANTS

You may be eligible for additional financial aid. To receive more information regarding Pell Grants, contact the Office of Financial Aid.

FIFTH-YEAR AID

Student-athletes receiving athletic grant-in-aid who have exhausted their eligibility in four years and need additional courses to graduate may apply for fifth year aid as authorized by the NCAA. See your coach for more information.

TRANSFER RELEASE AND HEARING POLICY

In the event you wish to transfer to another institution, you must first request approval to receive permission to contact other institutions, per NCAA Bylaw 13.1.1.2. This discussion should begin with your head coach. From that point, the head coach will discuss your situation with the Director of Athletics and the Compliance Office. If your request for permission to contact other institutions is approved, you will work with the Senior Associate Director of Athletics, who will provide information on NCAA and GLVC transfer legislation, as well as information on entering the NCAA Transfer Portal.

GAMBLING ACTIVITIES

Student-athletes need to be aware that it is against NCAA rules to place a bet or wager on any sporting event of a sport sponsored by the NCAA. Your eligibility as a student athlete can be affected by participation in gambling activities. If you have any questions about gambling, or are aware of any illegal gambling activities involving the University, please see the Senior Associate Director of Athletics for Compliance.

Staff members of the Department of Athletics of a member institution and student-athletes shall not knowingly:

1. Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
2. Place a bet on any college or professional sport in which the NCAA sponsors. This includes bets or wagers for any item (money, meals, clothing, etc.).
3. Accept or place a bet on any team representing the University of Missouri-St. Louis.
4. Be involved with fantasy sport leagues of sports in which the NCAA sponsors.

TOBACCO USE

Per NCAA Bylaw 11.1.5, the use of tobacco products by student-athletes, coaches, game personnel and administrators is expressly prohibited during practice and competition. Any person found using tobacco products will be disqualified for the remainder of the practice or competition and will face the consequence of an institutional NCAA violation.

UMSL is a tobacco-free campus, therefore all tobacco products are banned from the Mark Twain Building and all outside athletic facilities.

POLICY ON HAZING

Missouri state law considers hazing a crime. Any student attending the University of Missouri-St. Louis or any recognized student organization is prohibited from conspiring to or engaging in hazing (including any act that injures, frightens, degrades or disgraces a fellow student).

Violation of this regulation will be reported to the University Judicial Officer for investigation and disciplinary action against the students and/or student organization allegedly involved.

REPRESENTING THE UNIVERSITY OF MISSOURI-ST. LOUIS

Student-athletes and staff members of the Department of Athletics are to conduct themselves in a positive, professional manner at all times.

Student-athletes are prohibited, when representing the University, from the consumption of alcohol or drug use or from engaging in alcoholic or drug activities. This includes away-from-home contests, regardless of the age of the student-athlete at the time of competition.

COUNTABLE ATHLETICALLY-RELATED ACTIVITIES (CARA)

DURING SEASON

A student-athlete's participation in countable athletically-related activities (CARA) is limited to a maximum of four hours per day, 20 hours per week during the championship season, and one required day off within a seven day period (the day off could be a travel day). Countable athletically-related activities include, but are not limited to, practice, competition, required weight training and film reviews. CARA does not include rehabilitation, community service, study hall or meetings on non-athletic related matters. Following the final contest/date of competition during the championship season, student athletes shall not participate in any CARA for a 14 consecutive calendar day period.

NONCHAMPIONSHIP SEASON

A student athlete's participation in CARA during the non-championship segment is limited to 4 hours per day, 15 hours per week, and 2 required days off per seven calendar days. Golf and tennis are exceptions to this and remain at 20 hours per week during their non-championship season.

OUT OF SEASON

A student-athlete's participation in CARA is limited to a maximum of eight hours per week, of which only four hours can be spent on team activities with coaches, and four hours can be spent on conditioning activities. Two days off are required per week.

All athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period through the conclusion of each student-athlete's final exams.

DURING SUMMER

No CARA may occur during the summer. Voluntary strength and conditioning sessions can be monitored by the Director of Sports Performance in the strength and conditioning area only.

AGENTS

An agent is any individual who, directly or indirectly, represents or attempts to represent an individual for the purpose of marketing his or her athletics ability or reputation for financial gain, or seeks to obtain any type of financial gain or benefit from securing a prospective student athlete's enrollment at an educational institution or from a student athlete's potential earnings as a professional athlete.

A student-athlete will be declared ineligible for participation in an intercollegiate sport if he or she agrees (orally or in writing) to be represented by or receive money or benefits of any kind from a sports agent. You will be declared ineligible if any of the following occur:

1. You accept a promise of pay from an agent even if you will not receive any money until the completion of your intercollegiate athletics participation.
2. You sign a contract or commitment of any kind to play professional sports or to market your athletic ability regardless of the legal enforceability of the contract.
3. You (or a family member) accept transportation or any other benefit from any person who wants to represent you.

It is very important to notify your head coach or the Director of Compliance if an agent tries to contact you or your family.

NAME, IMAGE, AND LIKENESS (NIL)

It is permissible for student athletes to benefit, through monetary payment or goods and services, for usage of their name, image, or likeness. Before starting an NIL agreement, student athletes should contact the Compliance Office to disclose of this agreement. Student Athletes need to provide the name of the company and the terms of their agreement. Any publicity done for this agreement is an individual agreement, therefore use of the UMSL Athletics logo is prohibited. Social media posts may be made using pictures of a student athlete during competition, but the UMSL Athletics logo must not be in full view. Please reach out to the Compliance Office with questions about this policy.

AGENT, BYLAW 12.02.1

An agent is any individual who, directly or indirectly, recruits or solicits a student athlete to enter into an agency contract for current or future representation where a student athlete authorizes the individual to negotiate or solicit on behalf of the student athlete a professional-sports-services contract or endorsement contract.

AGENCY CONTRACT, BYLAW 12.02.2

An agency contract is an agreement in which a student athlete authorizes a person to negotiate or solicit on behalf of the student athlete a professional-sports-services contract or endorsement contract.

PROFESSIONAL SERVICE PROVIDER, BYLAW 12.02.4

A professional service provider is an individual who provides third party services to an individual regarding their name, image and likeness. A professional service provider includes, but shall not be limited to, an agent, tax advisor, marketing consultant, attorney or anyone who is employed or associated with such persons.

EXTRA BENEFITS

A student-athlete may NOT receive any special arrangements or be provided any extra benefits that are not available to the general student body. Extra benefits include, but are not limited to, a special discount or credit on a purchase (i.e., clothing); services (i.e., laundry, dry cleaning, tailoring); free or reduced meals or services at commercial establishments; transportation to or from a summer job; or a benefit connected with off-campus housing (i.e., individual television sets or stereo equipment, specialized recreational facilities, room furnishings or appointments of extra quality or quantity).

In addition, student-athletes CANNOT receive any of the following benefits from boosters: expenses for travel for any reason, a loan, cash, gifts, free tickets for entertainment or the use of an automobile. The only allowable benefit from a booster involves an occasional home cooked meal at the home of the booster on infrequent and special occasions. All such meals must be approved prior to happening.

STUDENT-ATHLETE EMPLOYMENT GUIDELINES

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

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

HOSTING PROSPECTIVE STUDENT-ATHLETES

As a University of Missouri-St. Louis student-athlete, you may be asked to host a prospective student-athlete. Acting as a student host is an important service to the University of Missouri-St. Louis and the Department of Athletics. Appropriate conduct is required of you by your coach, the University, the Department of Athletics and NCAA standards.

All official and unofficial visits are expected to be drug and alcohol free.

OFFICIAL VISITS

Per NCAA bylaws, official visits can only be taken by a prospect after the start of his/her senior year in high school (different for transfers) and are funded, in some part, by the institution. Official visits can last for only 48 hours and a prospect is limited to ONE per institution.

You must be enrolled at the University of Missouri-St. Louis to host a prospective student-athlete. If you are a freshman, you must have been a high school qualifier.

Only YOU will be provided money with which to entertain only yourself, the prospect and the prospect's parents, legal guardians or spouse. Other students may assist with hosting the prospect, but shall pay for their own entertainment.

You will be allotted up to \$50 per day to cover all actual costs of general and appropriate entertainment of the prospect. This figure excludes the cost of meals and admission to campus athletics events.

These funds may not be used to purchase souvenirs such as t-shirts or other institutional mementos. You will be provided with an additional \$15 per day for each additional prospect you entertain.

By general and appropriate entertainment, we mean:

- Movies, bowling, golf, putt-putt, etc. Note: If recreational equipment (i.e., boat) is used to entertain the prospect, the normal retail cost of the use of such equipment shall be assessed against the \$50 per day entertainment figure. If the normal retail cost exceeds the \$50 per day entertainment allowance, such entertainment may not be provided.

- No use of alcohol or drugs is allowed.

- No gambling or gambling activities are allowed.
 - No use of strippers or sex as a recruiting tool.
 - Any activities that would violate criminal law are prohibited.
- Meals for the prospect are typically provided in off-campus dining facilities. Therefore, meals are excluded from the \$30 per day.
 - You are allowed one complimentary meal provided YOU accompany the prospect during the prospect's official visit. Note: If several students host a prospect, the \$50 per day entertainment money may be utilized to cover the actual and necessary expenses incurred by the prospect and all hosts, however, only one student host per prospect may be provided a free meal if restaurant facilities are used.

The University of Missouri-St. Louis may not provide YOU or the prospect with a car to use during the official visit. Boosters may not provide cars for this purpose either.

No cash may be given to the visiting prospect or anyone else. You may not use entertainment funds to purchase, or otherwise provide the prospect with gifts of value (i.e., souvenirs of clothing).

You may not transport the prospect or anyone else accompanying the prospect more than 30 miles from campus. If you are not sure, measure the distance on your odometer or use Map Quest prior to departing.

You should not allow recruiting conversations to occur, on or off campus, between the prospect and a booster of the athletics program. If an unplanned meeting occurs, only an exchange of greetings is permissible.

You may receive a complimentary admission (no hard tickets) when accompanying a prospect to a campus athletic event.

UNOFFICIAL VISITS

Per NCAA bylaws, unofficial visits can be taken by prospects of any age and are funded, in their entirety, by the prospect. Unofficial visits are also confined to the University's campus—you are not allowed to take a prospect on an unofficial visit off-campus at any point. The only exception is the University can provide one meal to a recruit and parents/legal guardian on an unofficial visit and this meal can be provided off campus. A prospect may take as many unofficial visits to the University's campus as they desire and there is no limitation on their timeframe. No student hosts are utilized for an unofficial visit.

SUMMARY OF NCAA LEGISLATION RELATING TO COMPLIMENTARY ADMISSIONS

It is permissible for a member institution to provide four (4) complimentary admissions to each home contest to a student-athlete in the sport in which the student-athlete is participating (either in practice or competition), regardless of whether the student-athlete competes in the particular contest for which the tickets are received. In addition, complimentary admissions may be provided to members of the institution's team for contests in a tournament in which the team is participating.

In Division II, complimentary admissions shall be provided only through a pass list for individuals designated by the student-athlete. The individual utilizing the complimentary admission must present identification to the person supervising the pass list at the admission gate.

The Division II institution shall be responsible for the administrative procedure involving complimentary admissions, and the student-athlete's eligibility shall be affected by involvement in action contrary to the applicable provisions (i.e., receipt of more than the permissible four complimentary admissions, or the sale or exchange of a complimentary admission for any item of value).

In any event, "hard tickets" shall not be issued in Division II in conjunction with the complimentary admission program.

Please note that although partial qualifiers or non-qualifiers are not entitled to four complimentary admissions, it is permissible for those individuals to receive admission to all of the institution's regular-season home intercollegiate athletics contests during the first academic year in residence.

STUDENT-ATHLETE COMPLIMENTARY TICKET ADMINISTRATION PROCEDURE

The athletic ticket office is responsible for the proper administration of complimentary tickets for student-athletes. This procedure will be used to follow all NCAA and Great Lakes Valley Conference regulations explained in the above section.

A perk of being an UMSL Student Athlete is the ability to have complimentary tickets available for your loved ones or friends. Student Athletes will get three (3) complimentary tickets per home event that they can enter into their Arms portal. Please note that the deadline to enter names is twelve (12) hours prior to the contest start. If your names have not been submitted on the "Pass List" then they are expected to pay the entry fee to attend the game. Parents and Friends are not allowed to just sign their name at the bottom of the sheet to get in free so please make sure you are submitting your names. Please note that you will have to enter the names for each home event and not just the first game at the beginning of the year.

To confirm the identity of the individuals receiving complimentary admissions, valid picture identification must be presented to the ticket office staff member with the players' pass list.

If this administrative policy is followed, the individuals that you place on the pass list will be ensured of the most convenient entry into their sports contest.

ON LINE TICKETING PLATFORM

UMSL Athletics uses the online ticketing platform, Vivenu. On Vivenu, fans have the ability to purchase tickets, potentially book a hotel room from our corporate sponsors, LHM, and even visit your NIL (Name, Image, Likeness) shops to purchase apparel. Our online ticketing platform truly is a one stop, shop for all Triton fans. The Vivenu landing page can be found in the FANZONE tab on www.umsltritons.com.

TRAVEL

TEAM TRAVEL

Team members must travel to and from away events via transportation provided for them by the University. Teams will travel to events at the same time and return directly to campus following said events. NCAA rules require that teams or individual student-athletes cannot leave campus more than 48 hours before away contests and must return to campus within 36 hours of the conclusion of competition.

INDEPENDENT TRAVEL

Independent travel to and from events and the use of personal vehicles is discouraged and must be approved by the Department of Athletics. Please note that NCAA regulations expressly prohibit reimbursement of student-athletes for gas money.

VEHICLE INSURANCE

University vehicles are covered by auto insurance if the vehicle is driven with the permission of the University. Personal vehicles used with the Department of Athletics' approval shall be covered by owner's auto insurance. All student-athletes using their own vehicle to transport themselves or fellow student-athletes are required to carry liability insurance. That student-athlete's insurance serves as the primary indemnification in any loss situation.

DRIVERS

Drivers of University vehicles shall be employees or designated volunteers of the University. Drivers of both University vehicles and personal vehicles used in the transport of team members shall have a currently valid driver's license, an acceptable DMV driving record, and passed the University safe driving course.

PERSONAL ITEMS

The University is not responsible for any personal items that are lost, stolen or damaged while traveling for intercollegiate events. Losses of personal goods and personal deductibles are the sole responsibility of the student-athlete and his or her insurer.

STRENGTH AND CONDITIONING

STRENGTH AND CONDITIONING FACILITY EQUIPMENT/SUPPLIES

No unsupervised workouts are permitted. A strength and conditioning staff member must be present. This is for your safety. To comply with insurance guidelines, only current student-athletes may use the facilities. Everyone shares responsibility for the upkeep of the strength and conditioning equipment. Do not remove any training equipment or towels from the training facilities without getting the permission of the strength and conditioning staff. Student-athletes found in violation of these policies will be reported to the Director of Intercollegiate Athletics for appropriate action.

STRENGTH AND CONDITIONING FACILITY ATTIRE

Appropriate attire is mandatory. Attire should allow freedom of movement typically associated with exercise. Shirts and closed-toed shoes must be worn. The practice of wearing only a sports bra is not permitted. Shoes with cleats and spikes are not acceptable. Apparel sporting logos from institutions other than UMSL will not be allowed.

ATHLETIC TRAINING/SPORTS MEDICINE SERVICES

ATHLETIC TRAINING ROOM HOURS

6:00 a.m. to 6:00 p.m. Monday through Friday. Saturday and Sundays by appointments only.

Additional times scheduled according to practice and game schedules.

In the event you fail to appear for your scheduled appointment, your coach will be notified.

ATHLETIC TRAINING STAFF

		<i>Office</i>	<i>Cell</i>	<i>E-mail</i>
Director of Sports Medicine	Bruce Smith	516-5686	314-583-0861	bst5r@umsl.edu
Assistant Athletic Trainer	Faith Boone	516-5686	314-249-6723	boonef@umsl.edu
Assistant Athletic Trainer	TBD			

INJURY

Pain and limitation from physical participation in athletics can be classified as non-acute or acute injury.

Non-Acute Injury - Over 90 percent of pain and debilitation in athletics is joint or tendon insertion inflammation (tendonitis). This is caused by the cumulative stress of daily physical activity, and the pain associated with this is not tissue damage as with acute injury. This is an important concept for athletes to understand, and this understanding is essential for the athlete to cope with these conditions. It is the responsibility of the athletic training staff to educate and counsel intervention techniques to combat this process.

Acute Injury – When a joint hyperextends or a muscle is exposed to high force that it cannot absorb, an acute injury can occur. The most common example would be the sprained ankle. Coming down on an uneven surface will result in the body being incapable of handling this force, the muscle groups fail to absorb this force and the joint hyperextends causing physical tissue damage. Immediate pain post-incident, swelling, and lack of function of the joint and muscle groups typically appear within 1-2 hours. When acute injury occurs, fast, efficient and progressive response by the athletic training staff is essential to control the swelling response. Reduction of swelling and re-establishment of range of motion and functional capacity should occur in the shortest amount of time possible. Research has proven fast return to full function is the best for acutely injured area in both the short and long term.

All acute injuries will be thoroughly evaluated by our team physicians for complete and accurate diagnostics. If the injury results in three or more missed days of practice, the physician will prescribe formal rehabilitation and these cases will be billed to insurance for reimbursement.

SPORTS MEDICINE PHYSICIAN CARE

UMSL student-athletes are offered the highest quality sports medicine/orthopedic consult in the St. Louis region, utilizing an extensive network of providers with various specialties.

CHIROPRACTIC CARE AND REFERRAL

Scott Underwood DC, CCSP, CKTP, ART will have one day of availability in the athletic training room for conditions not responding to therapeutic exercise programs prescribed in the athletic training room. Clinic appointments are also available at his office.

ILLNESS AND INTERNAL MEDICINE

If a student-athlete is feeling ill, report to the athletic training room immediately to have body temperature taken. This is done to determine if you are experiencing an internal infection. The student-athlete will then be referred to the UMSL Student Health Center and/or the **Primary Care Lead Team Physician**.

MEDICAL TREATMENT AND INSURANCE COVERAGE POLICY

Sport programs at the University of Missouri-St. Louis are conducted in a manner which is intended to protect, improve and enhance the physical well-being of its student-athletes. Proper procedures should be followed with regard to the medical treatment of University of Missouri-St. Louis student-athletes. Precautions are taken to avoid injuries, and athletically-related injuries are promptly and adequately treated with appropriate follow-up and medical supervision.

PROCEDURE

All student-athletes will have a physician examination prior to participation in University of Missouri-St. Louis athletic programs. This physical is the responsibility of the athlete.

If you suffer an athletically-related injury, or become ill during the applicable NCAA sports season, report the injury or illness as soon as possible to the staff athletic trainer. The staff athletic trainer will then refer you to the team physician and/or medical facility appropriate for the care of your injury/illness.

In emergency situations in which you are unable to contact a staff athletic trainer, you should report or be taken to either the University of Missouri-St. Louis Student Health Center or the Hospital Emergency Room. It is essential that the athletic training staff be notified of the emergency treatment as soon as possible.

The sports medicine staff and the team physicians will work closely to outline a program of treatment and rehabilitation, as well as a timetable for a return to student and athletic activities. If, at any time, you wish to seek a second medical opinion, you may do so.

NON-ATHLETICALLY RELATED INJURIES/ILLNESSES

The University of Missouri-St. Louis cannot assume any responsibility for any pre-existing injury or illness which is not the direct result of participation in an intercollegiate organized practice or athletic competition.

The University will not be financially responsible for any pre-existing condition you might have prior to attending University of Missouri-St. Louis. Medical care and evaluation for injuries or illnesses that are not related to your participation in University of Missouri-St. Louis intercollegiate programs may be sought through the University of Missouri-St. Louis Student Health Service or through your private physician. The Student Health Center is available to all University of Missouri-St. Louis students.

The Student Health Center is located in room 131 of the Millennium Student Center. A nurse practitioner is available daily and the phone number is 516-5671.

Any question that you may have regarding an injury or illness should be first addressed to a member of the sports medicine staff by calling 516-5686

UMSL SPORTSMEDICINE INJURY & INSURANCE POLICY

INJURY POLICY

While at The University of Missouri-St. Louis we want you to have an enjoyable athletic experience. Injuries do occur and we attempt to provide our student-athletes with the best possible care. Medical bills are incurred when the student-athlete is treated either locally or during a road trip.

We do require that each year all student-athletes and parents fill out and sign an insurance form and submit a current copy of their insurance card (front and back) for our records. If at any time there is a change in the primary insurance coverage for the student-athlete during his/her competitive season, it is the responsibility of the parents/guardians and the student-athlete to inform UMSL's Sports Medicine staff of this and fill out a new form.

In the event of an injury that occurs during participation in your sport, each student-athlete is required to report their injury to the athletic trainer(s). Each injury will be documented and kept on file in the athletic training room.

Failure to follow this procedure will release UMSL from any financial responsibility.

If you go to a physician, you must have a written or verbal release (given to the athletic trainer by the physician) from the physician to return to participation.

ALL INJURIES must be brought to the attention of the Sports Medicine staff immediately.

The team physicians or Sports Medicine staff also makes the final decision on when an athlete may return to competition after an injury.

INSURANCE INFORMATION

The University of Missouri-St. Louis provides a secondary athletic insurance policy for coverage of its' student-athletes for **injuries which occur while participating in official practices or games of their intercollegiate athletic teams. It does not cover illnesses or routine dental care.**

This athletic insurance policy is a **secondary** coverage insurance policy. It takes effect **only after a primary insurance policy** has honored or denied payment on a claim.

CLAIMS PROCEDURE

All medical bills incurred by a student-athlete as a result of injury occurring in a designated intercollegiate practice or game will be sent directly to the primary insurance carrier. Occasionally, the athletic department will receive a copy of a bill(s), but in no case will the athletic department be the primary place for the bill(s) incurred to be sent.

Please follow the procedure below for all athletic medical claims:

- Submit bills incurred to your family or employer group insurance coverage plan first. They will do one of two things;
 - 1) honor the claim and pay all or a portion of the bill(s) incurred, and provide you with an explanation of benefits (EOB).
 - 2) not honor the claim and send you a letter of denial.

• If there remains a balance after the family or employer group insurance coverage plan has contributed toward the claim or if you receive a letter of denial, please send the explanation of benefits (E.O.B.), a copy of the itemized bill and the letter of denial to:

A-G Administrators, LLC
 ATTN: Claims Services
 P O Box 21013
 Eagan, MN 55121

PRE-PARTICIPATION PHYSICAL EXAMINATION

Student-athletes at the University of Missouri-St. Louis are required to have a physical examination performed by either their own physician or by the University of Missouri-St. Louis Sports Medicine team physicians prior to participation.

Student-athletes are not permitted to participate in practice or an organized activity until the following has been done:

- 1) Medical History form completed.
- 2) Student/Family Information form completed.
- 3) Physical Examination performed by an MD(medical doctor),DO(doctor of osteopathic medicine)
- 4) Insurance information form completed with a copy of current insurance card
- 5) FERPA form completed and signed
- 6) Assumption of Risk form completed and signed
- 7) Sickle Cell Test has been completed

* All forms are available on the Athletics Department website (www.umsltritons.com)

TRY OUTS

In order to try out for a team, each student-athlete must present the staff athletic trainer with proof of a physical exam performed within the past year. You must complete all of the above-mentioned forms as well.

If you have any questions or concerns, please feel free to contact a member of the athletic training staff at 516-5686.

DRUG TESTING PROGRAM/POLICY

DRUG PROGRAM PURPOSE AND INTENT

Use and abuse of drugs, alcohol and tobacco can pose serious health risks to Student-Athletes. They may also create an unfair competitive advantage, a negative influence on other young people and damage to the reputation of the Institution. The Athletic Department believes that a well-coordinated Impermissible Substance Education Program, which is designed to provide an ongoing, proactive educational approach, will help prevent use and abuse of these substances by Student-Athletes.

This comprehensive program is designed for Student-Athletes to encourage prevention by: educating the Student-Athletes about drugs, alcohol and tobacco and the effects of their use and abuse; conduct screening to detect and deter drug use; and provide counseling for those Student-Athletes who have used or are impermissibly using drugs, alcohol and/or tobacco. In addition to existing policies, Student-Athletes must comply with the terms and conditions described in this program to become and remain a participant in Intercollegiate Athletics at the University of Missouri - St. Louis.

DEFINITIONS

Student-Athlete: A person who is on an active roster and/or receiving athletic grant-in-aid at the institution.

Test: The procedure set forth for determining whether any Impermissible Substances or their metabolites are present in the Student-Athletes' urine.

Impermissible Substance: Any substance specified in Appendix A or any substance identified by the NCAA or similar athletic governing body as impermissible for Student-Athlete use

Institution: University of Missouri - St. Louis

Testing Center: Agency contracted by the University of Missouri - St. Louis Athletic Department to perform the Test and other services listed herein

EDUCATION PROGRAM

Education is the most valuable tool in the lifelong prevention of substance abuse. The Athletic Department is committed to providing educational opportunities to its Student-Athletes. Examples include, without limitation:

- Requiring that all Student-Athletes attend educational programs offered by the Department of Athletics on topics such as drugs, alcohol and tobacco;
- Arranging speakers and seminars for coaches and staff in order to increase awareness of Impermissible Substance use/abuse, such as: how to identify users/abusers, how to help an abuser, and risks of Impermissible Substance abuse;
- Programs provided for Student-Athletes, such as educational and motivational speakers that may provide the necessary information to enable Student-Athletes to make decisions that will encourage a healthy lifestyle;
- Disseminating information and materials available from NCAA, campus and community resources in the areas of Impermissible Substances, including alcohol, tobacco, as well as materials related to general health and wellness;
- Providing opportunities for Student-Athletes to discuss health, legal, and ethical risks of alcohol and other Impermissible Substance use/abuse during Student-Athlete orientation and preseason meetings;
- Providing opportunities for review and input by the Student-Athlete Advisory Committee (SAAC); and
- Communicating with independent campus committees dealing with substance abuse.

IMPERMISSIBLE SUBSTANCES

Student-Athletes are not permitted to use Impermissible Substances as identified by the National Collegiate Athletic Association (NCAA) and identified in Appendix A. This information is also available through the Resource Exchange Center and on the Internet at: www.ncaa.org/sports_sciences/drugtesting/banned_list.html.

If a physician has prescribed a Student-Athlete an Impermissible Substance, within 48 hours the Student-Athlete should notify the Athletic Department and the Student-Athlete must ensure that the physician supplies prescription information in a medically accepted manner to the Athletic Department.

ATHLETIC STAFF RESPONSIBILITY

Personnel within the Athletic Department shall not encourage the use of Impermissible Substances by Student-Athletes. In the event that coaches or staff members become aware of Student-Athletes attempting and/or using Impermissible Substances and alcohol abuse (including underage consumption of alcohol) this information shall be reported to the Director of Athletics, or designee. Coaches and staff members should also be aware of Impermissible Substance and alcohol abuse symptoms, which may cause physical and/or behavioral changes in Student-Athletes. Additional information is available in the campus Drug and Alcohol Prevention Policy and through the staff at the Student Health and Counseling Center.

SCREENING PROGRAM

Through the consent form, a Student-Athlete agrees to submit to any Test initiated by the Director of Athletics, or designee, to reveal the use of some or all of the Impermissible Substances in Appendix A.

Impermissible Substance Testing shall be directed as follows:

TESTING IN RESPONSE TO INDIVIDUALIZED REASONABLE SUSPICION

If there is reasonable suspicion that a Student-Athlete is using or has used Impermissible Substances, the Student-Athlete may be subject to Testing at any time. This may occur whether a team is in season or out of season. Reasonable suspicion may be based on information presented to the Director of Athletics or designee, including, but not limited to, the following:

- Observed possession or use of substances that reasonably appear to be those listed as Impermissible Substances.
- An arrest and/or conviction for a criminal offense related to the possession, use of, or trafficking substances listed as Impermissible Substances.
- Observed activity or appearance which varies from the normal routine of a Student-Athlete. This includes, but is not limited to, changes in physical appearance, conduct, behavior, or unusual/unexplained patterns of absence from class, training or competition, which would be reasonably associated with use of Impermissible Substances.
- Any allegation against a Student-Athlete for violations of the University's conduct code or other published University policy based on the possession, use, or affiliation with alcohol and/or Impermissible Substances.

Once the Director of Athletics, or designee, receives this information, he or she may confer with designated representatives from University General Counsel, Sports Medicine Staff and the respective Head Coach or designee to determine whether there is individualized reasonable suspicion that the identified Student-Athlete may have engaged in the use of an Impermissible Substance.

If individualized reasonable suspicion is determined in the sole discretion of the Director of Athletics or designee, may initiate a Test. If the identified Student-Athlete fails to cooperate with the administration of the Test, the consequences are set forth in the following sections of the student athlete handbook.

CONSEQUENCES OF FAILURE TO PARTICIPATE IN, OR COOPERATE WITH, TESTING

Student-Athletes who fail to sign the notification form or signature form, fail to arrive at the collection station at the designated time without justification, fail to provide a urine sample according to protocol, leave the collection station before providing a specimen according to protocol, attempt to alter the integrity or validity of the urine specimen and/or collection process, or otherwise are uncooperative with the administration of the Test will be treated as if there was a positive result for an Impermissible Substance.

CONDUCT OF IMPERMISSIBLE SUBSTANCE URINALYSIS TESTING

The Student-Athlete will be notified by his/her respective Head Coach or designee as to the location, date and time of the scheduled Test.

Upon arrival at the testing location, the Student-Athlete must provide a valid picture identification card or in certain circumstance the Student Athlete may be identified by a member of the athletics staff present.

The Student-Athlete will provide a urine sample according to the collection protocol of the Testing Center. Such protocol will usually include without limitation:

- Direct observation by a same-sex representative of the Testing Center.
- Packaging of the sample utilizing split sampling (Testing company will divide the sample into two portions, both of which will be sent to the laboratory).
- The lab will analyze the sample for selected Impermissible Substances according to the directions of the Director of Athletics or designee.
- The Director of Athletics will first be notified by the Testing Center of the Test results.
- If a positive result involves a substance for which there might be a prescribed medical necessity, contact of the Student- Athlete will be made directly.

If the NCAA or designee determines that the Test result is consistent with medical need, no further action or reporting will occur. If the NCAA or designee determines that the Test result is inconsistent with the Student-Athlete's prescribed medical need for the use of the substance, the NCAA will forward the result to the Director of Athletics.

CONFIDENTIALITY OF INFORMATION REGARDING IMPERMISSIBLE SUBSTANCE USE

Subject to the disclosures as set forth herein, the University of Missouri - St. Louis will comply with all federal, state and local laws relative to maintaining the confidentiality of the Student-Athlete information obtained as a result of the NCAA Drug Testing policy.

APPENDIX A: IMPERMISSIBLE SUBSTANCES

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. The current list can be found at this website:

http://www1.ncaa.org/membership/ed_outreach/health-safety/drug_testing/banned_drug_classes.pdf

The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

NCAA DRUG TESTING

Information regarding NCAA drug testing, banned substances, and the consequences of a positive NCAA drug test can be found here:

<http://www.ncaa.org/sport-science-institute/ncaa-drug-testing-program>

UMSL ATHLETICS COMMUNICATIONS

The UMSL Athletics Communications Office is responsible for overseeing all media relations in the Athletic Department and serves as the primary liaison with the news media covering UMSL Athletics. This includes, but is not limited to, maintenance of www.umsltritons.com, news releases, feature stories, social media, the GLVCSN and the online streaming of UMSL Athletics events, photography, statistics and printed materials, including programs and posters.

The athletics communications office is present at nearly all home games for the Tritons to cover, promote and publicize what student-athletes achieve in competition. The achievements of student-athletes in the classroom and in the community are also often publicized.

The UMSL Athletics Communications office is located in Room 225 of the Mark Twain Building. Luke Rinne is the Assistant AD for Communications and can be reached at 516-5660 or by e-mail at rinnel@umsl.edu.

Prior to your season, you will be asked to fill out a background sheet that will be kept on file to assist with your bio for the website and any other publications. If you see incorrect information on the website or in any publications, let Mary Ann know so that it may be corrected.

THE MEDIA

St. Louis local

Newspaper: The St. Louis Post-Dispatch

TV: KSDK (NBC, Channel 5); KMOV (CBS, Channel 4); KTVI (Fox, Channel 2); KPLR (WB, Channel 11)

Other news sources

- UMSL Athletics website: www.umsltritons.com
- NCAA, which includes DII statistics: www.ncaa.com
- GLVC (Great Lakes Valley Conference): <http://www.glvcsports.com>

INTERVIEW POLICIES AND TIPS

The UMSL Athletics Communications Office exists to encourage and facilitate media coverage of UMSL Athletics teams, student-athletes and coaches. The department has generally encouraged student-athletes to make themselves available to the media, especially since student-athletes are tremendous representatives of the university.

May requests for interviews come from out-of-town media, specifically a student-athlete's hometown, who wants to arrange a phone interview. The Athletics Communication Office will work with you to arrange the best way to accomplish that goal. We will not give out your cell phone number unless you grant us permission. Therefore, if you are contacted by a reporter or an interview, please contact Luke Rinne.

Student-athletes can say no. ON occasion, you may be asked about a situation that is delicate or controversial. If you are asked about something that may reflect negatively up on you, the team or the University, or if the question puts you in an uncomfortable situation, you have the right not to discuss that subject. However, do not say, "No comment." Instead, try "I'd rather not talk about that"... "I'm not qualified to discuss that"... or "You would need to speak to the coaches about that."

MARKETING AND PROMOTIONS

AN OVERVIEW

As a representative of the University of Missouri-St. Louis athletic program, you are a role model for younger athletes and may be called upon to be a spokesperson for your team. You may be asked to participate in promotional and community service activities.

NCAA Bylaw 12.5 specifies restrictions on student-athletes' involvement in promotional activities.

1. Bylaw 12.5.1 Permissible Activities:

12.5.1.1 Institutional, Charitable, Educational or Nonprofit Promotions. A member institution or recognized entity thereof (e.g., fraternity, sorority or student government organization), a member conference or a non-institutional charitable, educational, nonprofit or government agency (e.g., the armed services) may use a student-athlete's name, picture or appearance to support its charitable or educational activities or to support activities considered incidental to the student-athlete's participation in intercollegiate athletics, provided the following conditions are met: *(Revised: 1/11/89, 1/10/91, 1/10/92, 10/19/15)*

(a) The specific activity or project in which the student-athlete participates does not involve co-sponsorship, advertisement or promotion by a commercial agency except as follows: *(Revised: 1/11/89, 1/10/91, 1/9/06)*

(1) Identification (e.g., graphics, voice over, on-screen test) of the commercial entity must explain the commercial entity's affiliation with the permissible entity (e.g., entity is the official sponsor of the institution/event); *(Adopted: 1/9/06)*

(2) The appearance or description of the commercial product(s)/service(s) and/or the commercial entity's logo(s) may be included, but may not exceed 25 percent of the total promotional activity. Further, language or action included in the promotion may not directly encourage the use or purchase of the commercial product or service (e.g., "drink this product") with which the commercial entity is associated; *(Adopted: 1/9/06)*

(3) An advertisement on an institution's wallet-size playing schedule that includes the name or picture of a student-athlete may include language other than the commercial product's name, trademark or logo, provided the commercial language does not appear on the same page as the picture of the student-athlete; *(Adopted: 7/17/18)*

(b) The student-athlete does not miss class; *(Revised: 1/11/89)*

(c) The student-athlete may accept actual and necessary expenses from the member institution, member conference or the charitable, educational, nonprofit or government agency related to participation in such activity; *(Revised: 1/11/89, 1/10/92, 1/12/04 effective 8/1/04, 10/19/15)*

(d) The student-athlete's name, picture or appearance is not used to promote the commercial ventures of any nonprofit agency; *(Adopted: 1/10/92)*

(e) Any commercial items with names or pictures of student-athletes (other than items specified per Bylaws [12.5.1.6](#) and [12.5.1.7](#)) may be sold only by the member institution, member conference or NCAA, through outlets controlled by the member institution, member conference or the NCAA or outlets controlled by the charitable or educational organization (e.g., location of the charitable or educational organization, site of charitable event during the event); *(Adopted: 1/16/93, Revised: 1/9/96, 1/12/04 effective 8/1/04, 1/21/17)*

(f) The student-athlete signs a release statement authorizing the use of his or her name, image or appearance in a manner consistent with the requirements of this section; and *(Revised: 1/11/89, 1/10/92, 10/19/15, 1/21/17)*

(g) The institution provides educational material(s) to a representative of the charitable, educational, nonprofit or government agency regarding restrictions on the use of a student-athlete's name, image or appearance. *(Adopted: 1/21/17)*

1. University of Missouri-St. Louis may use your name, picture or appearance at a commercial establishment, provided the establishment does not advertise or promote the activity.

2. You cannot receive remuneration (money) or endorse commercial products or services of any kind.

3. If your name or picture appears on commercial items without your permission, you must report it to the Director of Athletics and take steps to stop such an activity in order to retain your NCAA eligibility.

4. You may not receive a prize for winning a promotional activity held in conjunction with an intercollegiate competition unless the prize is won through a random drawing in which all members of the general public or the student body are eligible and no athletics ability or participation is involved.

5. You may receive legitimate and normal expenses directly related to a radio or TV appearance provided it occurs within a 30-mile radius of the main campus, no remuneration is received and no endorsement of any commercial product, expressed or implied, occurs.

Questions regarding involvement in promotional activities should be addressed to the Director of Compliance.

USING YOUR NAME: CHECK IT OUT

Because of your status as a University of Missouri-St. Louis student-athlete, you may receive requests to use your name and/or photo to endorse or promote a product or event. You may be asked to attend an event which promotes a commercial product or business. Before you agree to anything in this area, make sure you talk to your coach or the Director of Athletics. The Athletics Department needs to be aware of any arrangement in which your name is used in association with an event, product or appearance.