

UNIVERSITY
of
NORTH ALABAMA
Student-Athlete Handbook



GRADUATING CHAMPIONS

2025-2026

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***University of North Alabama
Lion Athletics
Student Athlete Handbook***

Dear Student-Athlete:

On behalf of the Lion Athletic Department, welcome to the University of North Alabama. Congratulations on your decision to become a member of the UNA Athletics family. We are looking forward to you becoming an essential part of our university community.

Here at UNA, we have assembled a quality staff that will assist you in achieving your academic and athletic goals. We will also enhance your personal development, by promoting educational programs and community service. However, the most important part of the process is YOU, the student-athlete. You need to take an active role in your education, your athletic teams, and your institution.

In this handbook, you will find the information you need to excel as a student-athlete at North Alabama. We ask that you consult this handbook first when you are faced with an unfamiliar situation. If questions remain, then contact a member of our staff.

Please understand it is our commitment to have you graduate, excel athletically and develop into a productive member of society.

Roar Lions!

University of North Alabama

Alma Mater

In the sunny heart of Dixie,
On the Tennessee,
Stands the school we owe all honor,
Love and loyalty.

CHORUS

Alma Mater, Alma Mater,
Bring we homage due;
Pledge we here our hearts' devotion
To thy colors true!

Happy days within thy portals
Bless our memory;
Friendships dear and truths immortal
We have found in thee.

Through the future generations
Honored by thy name;
May thy sons and daughters bring thee
Everlasting fame.

UNA Fight Song

Go...Fight for U N A.....We are behind you all the way...
Go Fight...win ole U N A.....The purple and Gold is here to stay
We'll Roar...on to vic-tor-y.....We'll send that team back on their way
GO! - Fight! - U N A.....We are behind you all the way! (Cheer)

University of North Alabama
Lion Athletics

Philosophy

Athletics is an integral part of the University community and, as such, it must strive for excellence just as academic units strive for greatness in teaching and service. Such a commitment to excellence in athletics implies that the University of North Alabama's men and women will be provided with exemplary leadership, appropriate facilities and services, and the opportunity to compete at the highest level of intercollegiate competition at the NCAA Division I level.

This philosophy is further defined by the following benefits:

1. "...offering a variety of intercollegiate athletics participation opportunities to as many of its students as possible, whether or not these students are athletically recruited or financially assisted."
2. "...striving for broad participation and competitive excellence, encouraging sportsmanship, and developing positive social attitudes in all of its athletic endeavors."
3. "Insofar as geographic location and traditional or conference scheduling patterns permit, a member of Division I believes in scheduling the majority of its athletic competition with other members of Division I"
4. "...recognizing the dual objective in an athletic program of serving both the campus and the general public"

University of North Alabama Lion Athletics

Goals:

The goals of the University of North Alabama Intercollegiate Sports Program are parallel to those of the NCAA and ASUN – to promote competition and sportsmanship within the framework of a winning tradition. Additionally, the goals of the athletic program coincide with those of the University.

Since colleges and universities exist to educate youth, the only truly acceptable justification for intercollegiate athletics is that they contribute to the overall educational program. It is imperative; therefore, that this program encompasses the intellectual, physical, social, moral, emotional, cultural, and vocational aspects of individual development.

The goals of the sports program are:

Reference

University Goals

- (1,2,3) 1. To maintain a graduation rate among student-athletes equal to or better than the student population as a whole through selective recruitment and the provision of an environment conducive to academic success.
- (4 &10) 2. To offer equitable athletics participation opportunities for all student-athletes and staff, including women and minorities (as defined under Title IX and the Office of Civil Rights guidelines).
- (6) 3. To protect the health and well-being of student-athletes through proper training procedures and treatment along with adequate insurance coverage.
- (5) 4. To comply with all rules and regulations of the ASUN and NCAA.
- (6,11) 5. To emphasize sportsmanship on the part of both participants and fans during all athletic contests.
- (5,6,11) 6. To develop athletic teams that compete successfully in the ASUN and NCAA Division I play.
- (9,10) 7. To recruit and retain coaches and staff members who demonstrate knowledge and achievement in their sport and/or area.

- (5,11) 8. To increase external support for the athletic program so as to help offset operational costs and enhance competitive success.
- (6,11) 9. To increase attendance at athletic events through a marketing and promotions program.
- (4, 6) 10. To provide a climate which protects and enhances the physical, emotional and social welfare of student-athletes, specifically including gender issues, ethnic diversity and sexual orientation issues.



Graduating Champions:

- Academic Excellence
- Athletic Success
- Community Engagement
- NCAA, ASUN, and UAC Rules Compliance

THE STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is your “**voice.**” It was established in 1992 to promote and represent the views, feelings, and interests of the student-athlete. **You** are an essential part of the athletic department and the University. SAAC provides the means as well as the opportunity to express your opinion on issues that are directly related to you and other student-athletes.

The SAAC is composed of two appointed members from each sport. Your teammates are your representatives. Therefore, if you want or need something to be addressed, you need to speak with one of these members. It could concern one particular sport or the student-athletes as a whole; issues could range from academics to community involvement. The possibilities are endless if you choose to express your concerns and to try to better the program at UNA. Anna Hovater is your staff SAAC Advisor. For the 2025-2026 year, Sarah Larkin Lewis is your SAAC President.

TIME COMMITMENT

As a student-athlete, you are required to balance the demands of being both a student and an athlete. The time commitments to be successful in both the classroom and on the field or court are great; however, it can be done. Advanced planning and perseverance can help you achieve success in both areas. Don’t hesitate to speak to your coach or instructors if and when you need help. Additionally, student-athletes may not participate in athletic-related activities beyond a certain

number of hours per week in accordance with NCAA regulations. During your competitive season, you may not engage in athletics activities amounting to more than 20 hours per week. During your non-competitive time, all “off-season” conditioning-related activities may not total more than eight hours per week. This eight-hour-per-week total includes no more than four hours per week for individual skill instruction. If you have questions about the time commitments required of you, speak to your coach, SAAC representative, Faculty Athletic Representative, or an athletic administrator.

HAZING

Hazing or harassment of student-athletes is specifically prohibited. Hazing- is “an act that endangers the mental or physical health or safety of a student, or that destroys or removes public or private property, for the purpose of initiation, admission into, affiliation with, or as a condition for continued membership in a group or organization. Participation or cooperation by the person(s) being hazed does not excuse the violation. Failing to intervene to prevent (and/or) failing to discourage (and/or) failing to report those acts may also violate this policy.”

Because hazing often undermines group morale, spirit, and unity, as well as often leads to personal hurt and degradation, the department and institution will not permit it in any form and will take disciplinary action against individuals and/or groups that haze.

Student-athletes cannot be required or expected to participate in any hazing activity for any reason. Student-athletes may be required to know and be aware of these hazing violations. -Examples of such activities include, but are not limited to being:

1. Yelled, cursed or sworn at
2. Forced or expected to participate in tattooing, piercing, head shaving or branding
3. Forced or expected to wear embarrassing clothing
4. Forced or expected to drink alcohol
5. Instructed to participate in calisthenics not related to sport
6. Required to act as personal servant to players
7. Transported and abandoned
8. Forced or expected to consume inappropriate concoctions

To report a hazing incident contact:

Dr. Josh Looney Director of Athletics (256) 765-4561

Anna Hovater – Assistant AD for Compliance (256) 765-5268

CODE OF CONDUCT

Philosophy

UNA student-athletes are afforded the privilege of participation in intercollegiate athletics as they pursue a degree in higher education. This privilege involves rewarding experiences which assist in preparing the student-athlete for a productive professional and personal life. This privilege demands an elevated level of personal conduct both on the field/court and off. With this in mind every student-athlete recognizes and assumes their personal responsibility for conducting themselves in a manner that positively reflects upon themselves, their teammates, the department, the University, and collegiate athletics as a whole.

Citizenship

As representatives of the University, Student-athletes are subject to the University Code of Conduct and to team and departmental regulations. Further, UNA student-athletes recognize the importance of character (knowing what is right, committing to what is right, and doing what is right) and ethical behavior based upon respect and responsibility for oneself and others.

We as a department pride ourselves in making choices concerning our behavior which demonstrate the highest of character and integrity regardless of pressures and temptations which lead to the contrary.

Accordingly, staff members, student-athlete, and fans are expected to:

- Abide by all laws and regulations;
- Accept personal responsibility and exercise good judgment;
- Consciously commit to being a positive role model to others including children, youth and teammates. This includes physical actions, personal behavior, what is said and how we dress and behave;
- Present a positive attitude and demeanor on and off campus;
- Show respect to all members of the University community;
- Treat people with respect and civility and cooperative with people in authority;
- Refrain from and be intolerant of physical abuse, harassment and intimidation;
- Demonstrate good sportsmanship.

Academic Responsibilities

As a contributing member of the University, the Department of Athletics maintains an active role in the academic progression of the student. While staff members and coaches do their best to influence the academic success of student-athletes, the ultimate responsibility rests on the student-athlete themselves. As a result, student-athletes are expected to:

- Adhere to University policy concerning academic honesty and integrity;
- Identify and actively pursue a degree program;
- Be an active and positive member in the classroom, attend all classes and be properly prepared for all class meetings;
- Meet with academic advisors as outlined by University protocol;
- Follow all athletic department academic support services expectations (study hall, advising and course registration).

Facebook – Instagram – Snap Chat - Twitter - Pictures

The advent of on-line interactive websites has provided a wonderful opportunity to expand your horizons and meet a wide variety of interesting and engaging people. However, keep in mind the following points if you choose to utilize such sites:

- 1) What is placed on the internet is fair game and quasi-public property – the image and personal identity you create will shape and mold the way in which others perceive you.
- 2) What goes on the internet has the potential to stay on the internet despite removing it from your site – cached material is very, very difficult to remove.
- 3) Safety – placing personal information on your site is highly discouraged considering the predatory nature of criminals.
- 4) Potential employers are now utilizing social media sites to check on the character and behavior of potential employees.
- 5) The freedom to post on-line creates the responsibility to consider the interests of those you represent! As a student-athlete, your on-line actions, words and images will be judged with the same scrutiny as if they are being presented in person to your peers, coaches and the University.

6) Be mindful of the use of cameras. In the digital age, pictures which are degrading and may scar your professional and personal life are literally just a couple clicks away from being available and searchable for the entire world to discover.

The University is proud of the strong tradition in Lion Athletics and stands firm on protecting the integrity of that tradition. Staff, student-athletes and fans will be held accountable for conduct that is detrimental to the University or the department. Specifically, no one shall embarrass or discredit The University of North Alabama or be subject to appropriate consequences for that behavior.

Athletic Department Procedures for Processing Criminal Violations of Local, State or Federal Law

All sanctions will be commensurate with the severity of the violation as determined by the Head Coach and Athletics Director and possibly an ad-hoc advisory committee. Student-athletes are required to report all violations of law to the Athletics Director.

Charge of Misdemeanor: if a student athlete is charged with a misdemeanor the consequences, pending investigation by the director of athletics may include:

- Suspension from practice and/or competition
- Dismissal from team

Convicted of Misdemeanor: if a student athlete is convicted of a misdemeanor the consequences will include:

- Suspension from practice and competition until which time the director of athletics, following an investigation, determines disciplinary action to be taken. This may involve the creation and involvement of an ad-hoc advisory committee created from members of the UNA athletic committee.

Charge of Felony: if a student athlete is charged with a felony the consequences will include:

- Suspension from practice and competition until which time the director of athletics, following an investigation determines disciplinary action to be taken. This may involve the creation and involvement of an ad-hoc advisory committee created from members of the UNA athletic committee.

Convicted of a Felony: if a student athlete is convicted of a felony the consequences will include:

- Expulsion from the team. There may be an appropriate appeals process involving an ad-hoc advisory committee created from members of the UNA Athletic committee.

In all cases of arrest or conviction the Athletics Director reserves the right to mandate or enforce the following consequences (including but not limited to):

- Suspension from practice and competition
- Dismissal from team
- Reduction or elimination of athletic aid
- Community Service
- Counseling

Athletic Responsibilities – Win With Honor!

As representatives of the University and advocates of collegiate athletics, student-athletes are expected to:

- Behave with respect and sportsmanship in the competitive environment.
 - Win with humility
 - Behave with dignity in the face of defeat (a sense of honor and worth)
 - Shake hands at the conclusion of a contest
- Reflect the highest level of honor and sportsmanship in pre-game, during the game and post-game activities.
- Maintain an attitude of respect towards opponents and officials.
- Refrain from inappropriate behavior regardless of the behavior of the opposing team or fans.
 - Do not succumb to taunting behavior from an opposing team
 - Stay out of the stands – eliminate interaction with crowds
- Encourage and appreciate exceptional play whether it is performed by a teammate or an opponent.

Compliance Responsibilities

Each individual involved in intercollegiate athletics is obligated to maintain knowledge of rules; to act within his or her realm of responsibility in full compliance with governing legislation; and to report any violation of NCAA, ASUN, UAC, and/or UNA rules. As a student-athlete at the University of North Alabama, you are subject to many rules and regulations that, if not followed, may jeopardize your ability to participate in intercollegiate athletics. As student-athletes you are expected to be aware of the following:

- You are prohibited from receiving benefits from an employee of UNA or a representative of athletics interest (fans). These benefits include but are not limited to:
 - Use of a car
 - Gifts
 - Money

- Tickets for any kind of entertainment
- Free or reduced cost room and/or board
- Meal at a restaurant
- Special discounts
- Payment arrangements or credit on a purchase

If you receive an offer of such benefit as those listed above, see your head coach or compliance coordinator prior to accepting the offer (*always ask before you receive!!!*)

- Also be aware that it is an NCAA violation to solicit or place a bet on any intercollegiate athletics competition, to accept a bet on any team representing the university, and to alter performance or provide information benefiting individuals involved in organized gambling activities.

Medical Responsibilities

Per NCAA regulations, the University of North Alabama must certify insurance coverage for medical expenses resulting from athletically related injuries sustained by student-athletes, student coaches, student managers, student trainers, and cheerleaders are required to:

- Provide proof of medical insurance prior to participating in athletically related activities.
- Inform the Head Athletic Trainer of any changes in medical insurance coverage during the term of their participation.

SPORTSMANSHIP

“Sportsman” A- person who can take a loss or defeat without complaint, or a victory without gloating, and who treats his opponents with fairness, generosity and courtesy.

At the University of North Alabama, we define sportsmanship as respect for oneself, opponents, coaches, teammates, officials, and property. This is characterized by accepting victory or defeat graciously while being courteous and fair.

Sportsmanship Involves:

- *Showing respect towards teammates, coaches, opponents, officials, fans...*
- *Using appropriate language*
- *Accepting results gracefully and with class*
- *Maintaining self-control*
- *Refusing to cheer/jeer at opponent's failures*
- *Helping up a fallen opponent*
- *Handing ball to or retrieving ball for the officials in a courteous manner*
- *Refusing to be drawn into any physical conflict*

We all have an obligation to represent ourselves, our families, our team, our department and our

university with the highest level of sportsmanship and class. We want to be known as a model of excellence and class in the ASUN and the NCAA.

ASUN Conference

Mission

The ASUN Conference shall support its member institutions in providing intercollegiate athletics programs committed to *Building Winners for Life*.

Vision

We Can!

Our Beams

STUDENTS FIRST

In everything we do, the student-athlete comes first. We lead by example in embracing a student-first culture.

RISE

We share a history of firsts and remain committed to elevating ASUN student-athletes and bettering our future.

CONNECT

We are united as a community of students, athletes, coaches, faculty, administrators, staff and fans.

IMPACT

Our success resides in the impact we make in competition, in the classroom and in the community. Making a difference counts.

CODE OF CONDUCT

Code

We will conduct ourselves with the highest levels of **honesty, fairness, respect and responsibility**.

Commitment

Our conduct shapes the ASUN reputation. We commit to define our character by displaying good sportsmanship at all times by conducting ourselves according to the ASUN Code of Conduct (“Code”).

Scope

The Code governs all ASUN representatives. This includes all member institution delegates, athletics department staff and representatives, student-athletes, coaches, officials and ASUN staff. The Code shall apply during competition and during all other activity.

FINANCIAL AID

An athletic grant-in-aid or scholarship may consist of up to tuition, fees, room, board, and books. There are several guidelines concerning financial aid with which the student-athlete should be familiar:

1. **Grant-in-aid-:** Each grant-in-aid can be for up to one academic year (fall and/or spring semester). Summer school is not covered by your -grant-in-aid. Student--athletes should be aware that full and partial scholarships do not automatically cover four years. In most situations, the renewal of scholarship is up to each head coach.
Student-athletes are notified of financial aid renewals or nonrenewals on or before July 1 before the academic year in which it is to be effective. Notification comes from the financial aid office and not the athletic department. If the decision is made not to renew or reduce financial aid for the ensuing academic year, the -student athlete- has the right to appeal the decision to the University Scholarship Committee.

2. Reduction, Cancellation or Nonrenewal Permitted. [A] Institutional financial aid based in any degree on athletics ability awarded to an individual who receives or is issued athletically related financial aid in the academic year of initial full-time enrollment at the certifying institution may be reduced or canceled during the period of the award or reduced or not renewed for the following academic year or years of the student-athlete's five-year period of eligibility if the recipient: *(Revised: 1/10/92, 1/11/94, 1/10/95, 1/9/96, 12/13/05, 9/11/07, 8/7/14, 1/17/15 effective 8/1/15, 6/19/18 effective 10/15/18, 11/14/22, 1/11/23, 6/6/25 effective 7/1/25)*

- (a) Is rendered ineligible for intercollegiate competition based on the recipient's action or inaction;
- (b) Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement (see Bylaw [15.3.4.1.2](#));
- (c) Engages in serious misconduct warranting substantial disciplinary penalty, as determined by the institution's regular student disciplinary authority;
- (d) Voluntarily (on the recipient's own initiative) withdraws from a sport at any time for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the academic term in which the aid is reduced or canceled;
- (e) Violates a nonathletically related condition outlined in the financial aid agreement or violates a documented institutional rule or policy (e.g., academics policies or standards, athletics department or team rules or policies); or
- (f) Provides written notification of transfer (see Bylaw [13.1.1.4](#)) to the institution or is provided a release of the contact prohibition associated with signing an athletics aid agreement (see Bylaw [13.1.1.2](#)); however, the student-athlete's financial aid may not be reduced or canceled until the end of the regular academic term in which written notification of transfer is received. If a student-athlete provides written notification of transfer to the institution between regular academic terms (winter break, summer break) the institution may reduce or cancel the financial aid immediately.

3. **Terms of grants-in-aid:** The NCAA sets an individual limit on the amount of assistance a student-athlete can receive from UNA and awards cannot exceed this limit.

If the combined total awarded to a student-athlete from University sources exceeds this limit, the athletic award may be reduced.

If a student-athlete receives a Federal Pell Grant, the athletic award may be reduced to meet NCAA, ASUN, UAC, and UNA guidelines.

If a student-athlete receives certain other types of financial assistance, the athletic award may be reduced to meet NCAA, ASUN, UAC, and UNA guidelines.

A student-athlete must report, in writing, all types, amounts, and sources of external financial aid to the UNA Student Financial Services Office.

4. **Employment: Student-**athletes may receive payment for work actually performed and at a rate commensurate with the normal rate for the locality for similar services. Student-athletes may work on or off campus and are subject to normal guidelines for other employees and student workers. Student-athletes who work on campus are employed through the normal work-study process.
5. **Itemization of financial assistance:** All student-athletes are required to provide, each year, a listing of any and all financial assistance received from any source other than the University and your family. The purpose of this requirement is to ensure that all "countable financial aid" is included in team sport totals. Failure to report all such aid can jeopardize your athletics participation and also result in penalties assessed to the University.
6. **Acceptance of gifts:** All student-athletes should remember that acceptance of financial assistance or gifts from a booster agent, or person outside your family is an NCAA violation and can result in your suspension and loss of athletics eligibility.
7. **Federal aid eligibility:** Like all students at UNA, a student-athlete must maintain minimum academic standards in order to receive federal financial aid (Pell Grant, SEOG, SSIG, Stafford Loans, Parent Loans, and Federal Work Study). A policy statement is available upon request from Student Financial Services.

ROOM AND BOARD

Some grants-in-aid specify a dollar amount for room, board, or both. All room and board scholarships are applied to the individual student account.

A student-athlete who wishes to live on campus should make arrangements with Residence Life. An application, contract, and non-refundable deposit are required. Arrangements for meal plans are made through the University Business Office.

Student-athletes who live and eat on campus have a number of room and board options. Actual charges for on-campus room and board vary depending on which options the student elects. Credit from the athletic scholarship is limited to the dollar amount specified in the grant-in-aid.

A credit on a student-athlete's student account is handled according to normal operating procedure by the University Business Office.

NOTIFICATION OF TRANSFER

A student-athlete who wants to contact other schools regarding transferring must submit a notification of transfer to the University of North Alabama Compliance Office. To be able to use the one-time transfer exception for immediate eligibility, student-athletes must complete the ARMS request to enter the transfer portal within the sport-specific transfer portal windows.

The notification of transfer form is located in a student-athlete's ARMS Launch Workflow portal. Here is the step-by-step process:

1. Log into ARMS
2. Workflows
3. Workflow Launchpad.
4. Click on the Notification of Transfer workflow link.
5. Complete the form all the way through. (Note that student-athletes are required to complete the [NCAA educational transfer module](#) before entering the transfer portal. Thus, student-athletes wishing to transfer must complete the educational module and attach the certificate of completion to the Notification of Transfer workflow. A screenshot of the completion is sufficient).

Once received, the Compliance Office has two business days to add the student-athlete's information into the NCAA Transfer Portal database accessible by other college coaches.

Until this process is complete it is impermissible for UNA student-athletes to communicate directly or indirectly (e.g., through former coaches) with other coaches.

Please note that, student-athletes who provide notification of transfer may have their athletics financial aid modified, nonrenewed, or canceled in following semesters.

If a student-athlete has entered the NCAA Transfer Portal and would like to withdraw their name to continue their eligibility at UNA the following could apply:

- Decision would be to the discretion of the head coach
- Reduction or complete loss of aid

Also, the student-athlete's access to sports medicine and academic services will not cease after receipt of notification of transfer under this policy, but access to or availability of these services may be modified. However, the student-athlete will no longer have access to weight/training room, locker room, and athletic facilities.

SENIOR WOMAN ADMINISTRATOR

The following activities are conducted by the Senior Woman Administrator:

- Acts as a key decision maker- instrumentally involved with the athletic department.
- Participates on senior management team.
- Spokesperson for the needs and interests of women within the athletics department.
- Strategizes ways to support and manage gender equity and Title IX plans and issues.
- Leads student athletes- in successfully balancing academics and athletics.
- Reviews Equity in Athletics Disclosure Act Report.

If you have questions regarding any of the above information, please contact Mrs. Debbie Williams Senior Woman Administrator (256) 765-4788.

FACULTY ATHLETIC REPRESENTATIVE

The following activities are conducted by the Faculty Athletic Representative:

- Promotes a balance between academics, athletics, and social lives of student athletes-.
- Reviews travel and competition schedules (to minimize missed class time).
- Reviews athletic scholarships.
- Participates in student athlete- exit interviews.
- Serves as an independent source of counsel, assistance, and information.
- Encourages and facilitates interactions between student athletes- and the mainstream of institutional activities.

Student athletes who wish to discuss athletic related matters or other matters with a person outside the athletic department are encouraged to contact Dr. Jeff Ray, Faculty Athletic Representative, (256) 765-4933.

EQUIPMENT

University of North Alabama athletic equipment and clothing may only be used in competition while representing UNA as a member of a varsity team. Use during any other type of competition may result in loss of athletic eligibility among other consequences.

1. It is the responsibility of the equipment/team manager to maintain an inventory for each sport, to issue and/or launder equipment, and to provide the coach a list of student-athletes who have not returned equipment.
2. The head coach will give the equipment/team manager a list of all equipment to be issued, the date that she/he wishes it to be distributed, and a list of team members.
3. You are responsible for all equipment that has been issued to you. It is your responsibility to return all equipment (regardless of condition) to the equipment/team manager on the date established by that person. All competitive equipment must be returned immediately following the final competitive event of the season. If equipment is not returned to the appropriate person, a hold will be placed on your academic records. You will reimburse the department for any missing equipment.
4. Student-athletes are to wear athletic equipment for practice and competition only. It is not intended for daily use.
5. Arrangements for laundering of practice and competitive equipment will be made by the manager and the coach.
6. All athletic equipment and uniforms are to be issued by the team manager or equipment room personnel.

**UNA COMPLIMENTARY ATHLETIC EVENT
TICKET POLICY**

UNA STUDENT-ATHLETES, CHEERLEADERS, AND MANAGERS/TRAINERS

Recipients of complimentary UNA athletic event tickets via student participants may include family members and/or friends. Student participants may not receive payment from any source for complimentary tickets, nor may they allow another person to sell these tickets and return any portion of monies received back to the student.

Listed below are the maximum athletic event tickets available for each home football, basketball, and baseball regular season contest via student participants:

Student-athletes	Four (4)
Cheerleaders	Two (2)
Trainers and managers	Four (4)

All additional tickets requested will be paid for at regular face value. Student-athletes, cheerleaders, trainers, and managers will be required to observe the deadlines in order to sign up for complimentary tickets for family members.

Team member sign-up will be administered through ARMS. Cheerleaders, trainers and managers will sign up in the University Ticket Office. Student participants will not be allowed to add to the list after the deadline has passed.

Recipients of event tickets will receive actual tickets and will be required to present identification and sign for tickets upon arrival. The location of complimentary event tickets will be at the discretion of the University Ticket Office.

MEDICAL CARE

Your physical welfare is important to us at UNA. If you are injured during athletic competition or practice, you will receive medical care. Recuperation and recovery after an injury or illness will be monitored by the training staff to ensure that you will be at your peak level of physical health prior to resuming practice and/or competition. The athletic training staff hopes your competitive experience is enriching physically, mentally, and socially; we are dedicated to helping you achieve your goals. With athletic participation comes the unavoidable and inherent risk of injury, and we are here to help in the following ways:

1. Reduce the risk of injury through physical screening, conditioning programs, and education.
2. Refer you, should an injury occur which requires consultation or referral, to the team physician or medical practitioner who will develop a treatment and rehabilitation program that will guide you to full recovery.
3. Act as liaison between the doctor, coach, parents, and you so everyone has an understanding of the capabilities or limitations the injury imposes.
4. Help you better understand your injury, responsibilities, and the future implications for participation.

Physical examinations: When you are admitted to UNA, and before competition in any sport is allowed, you are required to have a physical examination by UNA team physicians. In addition, you are required to provide a Medical History Survey. The physical examination and survey will be provided by UNA and will be kept on file by the UNA athletic training staff.

Treatment of illness and injuries: All illnesses or injuries, including cuts and abrasions, should be reported immediately to the athletic trainer of your sport. For injuries, the following steps will be taken:

After reporting to the athletic trainer, you will be evaluated as soon as possible. Following the evaluation, you may be referred to the athletic training room for treatment or the physician for additional evaluation. You are required to report to the UNA athletic training room for treatment. After daily evaluations of the injury, and with approval by the team doctor and athletic trainer, you will be allowed to return to competition.

THE UNIVERSITY OF NORTH ALABAMA ATHLETIC DEPARTMENTAL MEDICAL INSURANCE POLICY

The University of North Alabama Department of Athletics, seeks to provide the highest quality health care to each of our student-athlete's participating in our intercollegiate athletic programs. While no one likes to think about injuries or illnesses, they are a possibility anytime an athlete participates in sports. For this reason, you should be aware of The University of North Alabama Athletic Department medical insurance policies.

The National Collegiate Athletic Association (NCAA) does not permit any university to pay medical bills related to illnesses, injuries, or conditions which are not the direct result of accidents occurring during supervised athletic trips, practices, or games. For this reason, The University of North Alabama Athletic Department will not be financially responsible for non-athletic injuries or illnesses that do not occur as a result of supervised athletic trips, practices, or games. This includes DENTAL WORK, EYEGASSES, EYE EXAM, HEARING AIDS, MEASLES, CHICKEN POX, WARTS, TUMORS, APPENDICITIS, PREGNANCY, INJURIES FROM FIGHTS, or any other conditions not related to their participation in intercollegiate athletics. The University of North Alabama Student Health Services is housed on campus at the Bennett Infirmary building and can assist student-athletes to receive the proper care for the above as well as short-term illnesses such as FLU, STOMACH VIRUSES, CONGESTION, or any other everyday illness that may occur. We will assist the student-athlete in getting proper medical care for the above if desired, but we will not accept financial responsibility.

The University of North Alabama Department of Athletics as well as the National Collegiate Athletic Association (NCAA), requires that all student-athletes be covered by individual medical insurance prior to participating in any practice, game, and/or competition. The student-athlete's medical insurance **MUST** cover intercollegiate athletic-related injuries, and the student-athlete must present a front and back copy of the insurance card on the day they report on campus prior to the start of his/her competitive season. If a student-athlete is injured and, for any reason, the medical insurance coverage on that student-athlete has lapsed, the student-athlete is responsible for any and all costs incurred. The student-athlete's medical insurance will be considered the **PRIMARY** insurance coverage for all athletic-related injuries. The University of North Alabama Athletic Department will provide an insurance policy that will act as a **SECONDARY** policy to cover what the primary insurance does not cover **for any student-athlete who receives athletic financial aid**. Any student-athlete that does not receive athletic financial aid will be responsible for all expenses incurred in which the primary insurance does not cover.

Signing below states that the student athlete and parent/guardian has read and understands the terms of this policy.

Student Athlete Signature: _____ Date: _____

LIMITATIONS TO THE DEPARTMENTAL MEDICAL INSURANCE POLICY

- A.** Any student-athlete with a preexisting injury or who has a diagnosed illness prior to participation in UNA athletics must notify his or her head coach or athletic trainer prior to participation in athletics at UNA. Any medical costs associated with a preexisting injury or illness are not the responsibility of the UNA athletic department, unless, after disclosure and approval to participate in athletics, said injury or illness is aggravated due to such participation. Even in these cases the scope of UNA's financial support will be limited to the terms of its insurance policy.
- B.** If a medical doctor does not certify that an injured student-athlete has recovered sufficiently to reasonably permit the athlete to participate, that student-athlete will not be allowed to compete.
- C.** All treatment of injuries must be authorized or administered by UNA. Any outside treatment obtained by an injured athlete without UNA authorization will not be covered by the University. Approval to participate in athletic practice and competition will be denied.
- D.** The University of North Alabama will not assume any medical expenses three months past the date a student-athlete has exhausted eligibility in his or her sport.
- E.** Any student-athlete injured in events or competition not conducted or sanctioned by the University is not eligible for financial medical assistance.
- F.** If an injured student-athlete withdraws or graduates from UNA, the provision of medical care and financial medical assistance will be terminated.
- G.** No provisions of this policy shall be interpreted to conflict with applicable NCAA rules and regulations.

Title IX – Sexual Violence and Sexual Harassment

The University of North Alabama has an expectation of mutual respect. Students, staff, administrators, and faculty are entitled to a working environment and educational environment free of discriminatory harassment. Both the Equal Employment Opportunity Commission and the State of Alabama regard sexual harassment as a form of sex/gender discrimination and, therefore, as an unlawful discriminatory practice. This includes sexual violence, sexual harassment, domestic and intimate partner violence, stalking, gender-based discrimination, discrimination against pregnant and parenting students, and gender-based bullying and hazing.

Faculty, staff and coaches are required by federal law to report any observations of harassment (including online harassment) as well as any notice given by students or colleagues of any of the behaviors noted above. Retaliation against any person who reports discrimination or harassment is also prohibited. UNA’s policies and regulations covering discrimination and harassment may be accessed at www.una.edu/titleix. If you have experienced or observed discrimination or harassment, below are some resources to contact.

Confidential Reporting:

If a reporting party would like the details of an incident to be kept confidential, the reporting party may speak with:

- Student Counseling Services 256-765-5215
- University Health Services 256-765-4328
- Women’s Center 256-765-4380
- Rape Response 256-767-1100 (hotline)/256-765-0025 (office)
- Safe Place (domestic violence) 256-767-6210 (hotline)/256-767-3076 (office)

Formal Reporting:

If a reporting party would like the University to investigate an incident, the reporting party may speak with:

- UNA Police 256-765-4357
- Title IX Coordinator 256-765-4223
- Human Resources 256-765-4291

STUDENT COUNSELING SERVICES

As a student-athlete, - you face the added stress of performing multiple roles in your time here at the University of North Alabama. Along the way toward graduation, you are likely to experience a sense of being overwhelmed by the requirements and challenges you face. In order to assist you more fully, your University has made provision for students to meet with a Licensed Professional Counselor. Any concerns that you feel are hindering you from performing to the best of your ability, whether academically, athletically, or personally, may be discussed with the counselor. The counselor will meet with you on a confidential basis and aid you in deciding how you can best cope with your situation. When indicated, the counselor may arrange a referral to a professional outside the University. The University of North Alabama is committed to serving the campus community, and we are here for you! To reach a member of our team, please call 256-765-5215, Monday through Friday between the hours of 8 a.m. and 4:30 p.m. Student Counseling Services have counselors on-site who are available for students who are presenting with emergent needs during regular business hours. We ask that students call for a phone assessment and screening prior to visiting the office.

If this is an EMERGENCY after hours, call University Police by dialing 911 or go to the nearest emergency room for assistance.

Take care of yourself!!! For virtual coping strategies and inspirations, please see additional resources listed below and follow us on Instagram @una_scs and Twitter @unastudentcoun1

UNIVERSITY OF NORTH ALABAMA DEPARTMENT OF ATHLETICS
DRUG ABUSE PREVENTION PROGRAM

It is our goal to provide an environment for all student-athletes that allows them to develop their individual talents so they can reach their full potential as student-athletes and citizens. The UNA athletic staff further believes that this environment should include sound consideration of possible obstacles that a student-athlete could encounter in striving to reach his or her potential. It is our desire, therefore, to educate our student-athletes about the effects of drugs (both long and short term) on their performance and, much more importantly, on their lives.

Athletes are also expected to follow federal and state law, the University's Code of Conduct, and the Student-Athlete Code of Conduct. If a student-athlete violates the drug and/or alcohol abuse policy, they may be referred to Compliance and/or Student Conduct Offices. The University of North Alabama may impose sanctions on a student-athlete if they violate The University of North Alabama student code of conduct and/or student-athlete code of conduct. These sanctions may include, but are not limited to:

1. Referral to a drug or alcohol recovery program;
2. Probation, suspension, or expulsion of students;
3. Suspension or termination of employees;
4. Referral for prosecution;
5. Referral to drug and/or alcohol education program.

Beyond education, we are also committed to the concept of testing as a means to deter the use of drugs by student-athletes. To this end, the University reserves the right to conduct a year round (including summer) testing program involving the selective and random testing of student-athletes from all sports. Prior to the beginning of the school year, each student-athlete will sign a consent form, authorizing the administration of a drug test, if selected, through a random procedure. A signed consent form is a requirement for participation in the University athletic program. Additionally, the NCAA conducts a drug testing program in conjunction with its:

UNA Drug Testing Policy

Drugs Tested

Any or all of the published NCAA banned drugs.

General Program Guidelines

A positive test in the NCAA program is counted as a positive test in the UNA program; however, a positive test in the UNA program does not count as a positive test in the NCAA program. The suspension penalty of the NCAA program supersedes the suspension penalty of the UNA program (the suspensions are not placed in succession).

Based upon unique circumstances, the University holds the right to contract specific consequences outside of the general regulations provided within this document (i.e. a student-athlete tests positive for an NCAA test and serves a one-year suspension – the University may choose to mirror the NCAA policy which on a subsequent positive UNA test, the student-athlete is banned from competition at UNA).

Positive UNA Test One (minimal consequences)

- May return to practice and compete only if released medically to ensure safety and health
- Re-tests will occur – possibly throughout remainder of career
- Promptly complete assigned education and counseling
- Departmental decision on retention of student-athlete and/or retention of athletic aid

Positive UNA Test Two (minimal consequences)

- Suspended from competition for at a minimum of 50% of NCAA maximum allowable contests in all sports in which they compete – rollover into future year if applicable
- May return to practice only if released medically to ensure safety and health
- Re-test will occur prior to return to competition and throughout remainder of career
- Promptly complete assigned education and counseling
- Departmental decision on retention of student-athlete and/or retention of athletic aid

Positive UNA Test Three (minimal consequences)

- Dismissed from team and loss of athletic aid

Alcohol Consumption

Alcohol is a drug. As a drug, it has the potential for abuse by all those who use it. In our society, alcohol is highly visible, and its use heavily promoted. As a result, the dangers of alcohol consumption are often minimized and/or not fully understood.

Aside from the medical consequences of excessive alcohol consumption, there is always the impairment of judgment from even modest amounts of alcohol consumption. As a student-athlete, your ability to reason and make sound judgments is crucial to your success. Consumption of alcohol will affect your judgment and can create significant problems for you.

If you are under 21, it is illegal to consume or possess alcohol in the State of Alabama. Public intoxication, on or off the UNA campus, and the use or display of alcoholic beverages in any public areas of the residence halls and all other areas of campus are violations of the Student Code of Conduct. Student offenders will be subject to disciplinary action, including possible suspension and dismissal from the University, and process via the State court system.

Athletes are also expected to follow federal and state law, the University's Code of Conduct, and the Student-Athlete Code of Conduct. If a student-athlete violates the drug and/or alcohol abuse policy, they may be referred to Compliance and/or Student Conduct Offices. The University of North Alabama may impose sanctions on a student-athlete if they violate The University of North Alabama student code of conduct and/or student-athlete code of conduct. These sanctions may include, but are not limited to:

1. Referral to a drug or alcohol recovery program;
2. Probation, suspension, or expulsion of students;
3. Suspension or termination of employees;
4. Referral for prosecution;
5. Referral to drug and/or alcohol education program.

It is in your best interest to refrain from alcohol consumption while a student-athlete at UNA. If you choose to consume alcohol, consider carefully the legal, medical, and psychological consequences which can result from its use. For further information, you are invited to discuss this with the UNA athletic training staff, your coach, or your family physician.

Tobacco Use

Tobacco is an addictive drug. Repeated studies have shown that nicotine, the major component in all forms of tobacco, can result in addiction just as with other drugs. Numerous other

studies also have confirmed the link between tobacco use and a whole range of medical problems, including a variety of cancers.

During the past few years, there has been a rise in the use of smokeless tobacco, particularly among young people. The medical dangers associated with smokeless tobacco also are widespread. In an attempt to discourage the use of this product by student-athletes and other associated with collegiate athletics, the NCAA has prohibited its use by all personnel during practice (inclusive of team meetings) and competition. Players, coaches, managers, trainers, etc. observed using smokeless tobacco products before or during competition will be immediately ejected from that contest, in accordance with ASUN Conference.

If you value your health, you will refrain from the use of any and all tobacco products.

PUBLIC SERVICE

UNA student-athletes are prominent and popular on campus and in the community. Because of the attention they receive, many local and regional companies want to be affiliated with UNA student-athletes. It is important that you check with the Director of Athletics or Compliance Coordinator before establishing any agreement with an individual or representative from any company or outside organization. Involvement may be restricted by the NCAA and UNA.

If you are approached by a business to advertise or promote a commercial product, it will be your responsibility to report this immediately to your head coach or compliance.

There are times when a student-athlete is permitted to work for a nonprofit, charitable, or educational organization. For instance, if the Big Brother/Big Sister organization wishes to have you speak to the group, this may be permissible. However, the following must be met:

- **Written permission:** The student-athlete must receive from the Director of Athletics written permission to participate.
- **Commercial involvement:** Commercial involvement may be restricted by NCAA rules and UNA. Student-athletes must notify compliance of NIL deals with commercial involvement immediately and follow NCAA and UNA regulations commercial involvement.

- **No payment to student-athlete except for normal expenses:** All monies derived from the activity or project goes directly to UNA or the charitable or educational agency, but the student-athlete may accept normal and legitimate expenses.
- **Policy for the solicitation and generation of external funds:** Due to the increased need to raise external funding it is very important that all solicitation of funds by members of the athletic program be coordinated. Therefore, the following is the policy for the solicitation and generation of external funds by student-athletes at UNA:

1. All requests for external funds by either individual student-athletes or teams must receive prior approval from the Director of Athletics.
2. Examples of requests for funding which must receive approval, include, but are not limited to:

Olympic tryouts • Amateur women’s volleyball • Cheerleader bus trips • Calendar sales
Raffles • Jog-a-thons

It is important to note that graduated student-athletes, in particular those who have just completed their eligibility, also are requested to inform the Athletic Director of requests for their participation in the solicitation and/or generation of external funds.

Name, Image, Likeness

Purpose This document is intended to provide guidance and structure and to serve as a protocol to University of North Alabama (UNA) student-athletes* seeking to earn compensation for the use of their name, image, or likeness (NIL) while enrolled at UNA. The University of North Alabama is committed to supporting its student-athletes in their NIL activities while preserving UNA’s relationship with its valued partners and ensuring compliance with NCAA requirements. UNA student-athletes may earn compensation for use of their NIL. In doing so, student-athletes must comply with this protocol and other applicable North Alabama policies and rules, NCAA rules and requirements, and applicable laws. For purposes of this protocol, “compensation” is anything of value, monetary or otherwise, provided to a student-athlete, or to a third party at the student-

athlete's direction, in exchange for the student-athlete's performance of a contract. Compensation does not include a scholarship or stipend awarded to a student athlete by The University of North Alabama. Student-athletes who receive compensation for performing NIL activities but do not actually perform those activities may jeopardize their eligibility.

The following restrictions apply to NIL activities involving North Alabama student-athletes:

- The University of North Alabama nor its supporting foundations may compensate UNA student athletes for use of their NIL.
- NIL payments to student-athletes must not constitute pay-for-play, impermissible extra benefits, or an improper recruiting inducement.
- Student-athletes must comply with the NIL contract disclosure requirements
 - Student-athletes may use North Alabama trademarks, logos, and other intellectual property and facilities only after receiving permission
 - Student-athletes must not engage in NIL activities prohibited by this potocol

Protocol I.

NCAA Policy In July 2021, the NCAA adopted an interim NIL Policy that permits student-athletes to earn compensation from NIL activities, without offending amateurism and eligibility principles, so long as those activities comply with NCAA rules, relevant institutional protocols and applicable laws. 2 In particular, NCAA rules continue to prohibit student-athlete from receiving (!) pay-for-play compensation; (2) extra benefits; or (3) improper recruiting inducements.

II. NIL EDUCATION AND OTHER SUPPORT

The University of North Alabama is committed to helping its student-athlete capitalize on their NIL Potential while complying with this protocol, NCAA policies and rules, and other applicable requirements regarding NIL. To ensure that compliance, UNA will continue to provide educational materials, updates, and information regarding NIL to student-athletes and their representatives. The information and educational materials provided by North Alabama Athletics will not constitute legal advice concerning NIL compensation arrangements. NIL offers both exciting opportunities and complex legal and financial challenges. Student-athletes are encouraged to seek reputable outside counsel to assist in the process.

III. DISCLOSURE

Student-athletes must disclose to UNA the following types of proposed contracts or agreement terms:

- Contracts with the student-athlete involving NIL compensation, including both written contracts and the terms of verbal agreements.
- Contracts between the student-athlete and agents, lawyers, or other representatives retained for

the purpose of consulting on NIL activities.

These disclosures must occur before the contract is signed or otherwise agreed to.

Student athletes may not receive NIL compensation in connection with a contract until after that contract is disclosed to The University of North Alabama. Student-athletes must disclose these contracts in the manner prescribed by UNA. North Alabama is currently using NILGo.com. for disclosure purposes. This must be done within five business days of execution of the NIL contract or otherwise agreement to the contract or payment terms. Failure to do so may lead to penalties, including the loss of your NCAA eligibility.

IV. NORTH ALABAMA LOGOS, MARKS, AND FACILITY USE A student-athlete may not receive or contract for NIL compensation where the arrangement also involves use of North Alabama uniforms, marks, logos, verbiage, or designs, unless North Alabama has provided the student-athlete with written permission to do so prior to contract execution. If permission is granted, North Alabama may require compensation consistent with market rates and prior practice. For any North Alabama “Marks” or “Logos”, the entity must be an approved North Alabama Corporate Partner or an approved License vendor. Student-athletes and their representatives and partners are not allowed to use North Alabama facilities for NIL activities unless North Alabama has approved the arrangement in advance. Such arrangements typically will require payment of standard facility fees.

V. PROHIBITED CATEGORIES A student-athlete may not enter into an endorsement contract with, or otherwise receive compensation from, any of the following categories of brands or companies:

- a. A tobacco company or brand, including any tobacco product, alternative nicotine product, electronic nicotine delivery system, or any electronic nicotine delivery system retailer, or any specialty retailer of electronic nicotine delivery systems or tobacco specialty store.
- b. Any alcoholic beverage company or brand.
- c. Any seller or dispensary of a controlled substance, including, but not limited to, marijuana.
- d. Any adult entertainment business.
- e. Any casino or entities that sponsor or promote gambling activities.
- f. Any entity or individual that, in UNA’s reasonable and good faith judgment, negatively impacts or reflects adversely on UNA or its Athletics Department, including, but not limited to, bringing about public disrepute, contempt, embarrassment, scandal, ridicule, or otherwise negatively impacting the reputation or the moral or ethical standards of UNA or its Athletics Department.
- g. Any such reason or purpose that would constitute a violation of NCAA/Conference rules and regulations, UNA policy and/or local, state or federal law.

VI. PROFESSIONAL SERVICES PROVIDERS Student-athletes may retain professional services providers, including agents and lawyers, to assist them in connection with their NIL activities.

Student-athletes must disclose their agreements with NIL-related professional services providers

VII. FINANCIAL AID Student-athletes' compensation for use of NIL may affect their financial aid. UNA offers several state and federal financial aid grants based on financial need. Student-athletes with questions about need-based financial aid are encouraged to reach out to the Office of Student Financial Services. Student-athletes should seek professional tax advice regarding their NIL compensation. Student-athletes should note that taxable compensation might include any tangible and intangible items given in exchange for use of the student-athletes NIL.

VIII. INTERNATIONAL STUDENT-ATHLETES Opportunities for international students to earn NIL compensation may be limited by their student-visa requirements. Prior to engaging in any NIL activities, international student-athletes should consult with the University of North Alabama Office of International Affairs.

4 IX. SCOPE This protocol applies to all UNA student-athletes. The University reserves the right to revise this document as the NIL environment evolves to provide the institution with the ability to adjust these requirements in order to maintain appropriate monitoring ability as required and/or expected by state or federal law, NCAA/conference rules and regulations and/or UNA policy. For specific questions, please contact UNA Athletics Compliance, Tdvardaman@una.edu

ATHLETIC AWARDS AVAILABLE TO STUDENT-ATHLETES AT THE UNIVERSITY OF NORTH ALABAMA

NCAA Awards

As a member of the NCAA, the University of North Alabama competes for Division I national team championships in football, volleyball, men's basketball, women's basketball, baseball, softball, women's soccer, men's tennis, women's tennis, golf, men's cross country and women's cross country. Each official member of a team winning an NCAA championship may receive an award that will be designed specifically for the sport. The award must be approved by the appropriate Director of Athletics and within NCAA rules and regulations.

The NCAA also awards individual championships in cross country, women's men's cross country, and golf. An individual NCAA champion may receive an award that is designed specifically for that sport. The award must be approved by the appropriate Director of Athletics and within NCAA rules and regulations.

The NCAA awards individual statistical championships in football, men's basketball, women's basketball, baseball, and softball. An individual NCAA statistical champion may receive an award that is designed specifically for that sport. The award must be approved by the appropriate Director of Athletics and within NCAA rules and regulations.

All-America Awards

All-America teams are selected by different coaching and media organizations in the various intercollegiate sports.

Football — the American Football Coaches Association, the Associated Press, and the Football Gazette

Volleyball — the American Volleyball Coaches Association

Basketball — the National Association of Basketball Coaches

Women's Basketball — the Women's Basketball Coaches Association

Baseball — the American Baseball Coaches Association

All-America teams in men's cross country, women's cross country, men's tennis, women's tennis and golf are determined by the student-athletes' finish in the national championship tournament.

Academic All-America Awards

The College Sports Information Directors of America select Academic All-District and Academic All-America teams in each sport during the fall and spring. To be eligible for nomination, a student-athlete must have a minimum 3.30 cumulative grade point average and have played a significant role in the success of their respective team. Cannot be a freshman or in your first season at UNA. Nominations are submitted by the sports information director.

ASUN All-Conference Awards

All-Conference awards will be provided by the conference office in all conference championship sports. First Team awards will be plaques or other approved award. Certificates shall be awarded to all honorees.

All-Freshman Team

An All-Freshman Team shall be determined in each sport. The number of honorees shall be capped at (but may not necessarily reach) the number of First Team honorees in that sport. In team sports and in tennis, voting will be done by the head coaches and honorees must be named on a minimum

of two ballots. In cross country, the top five freshman finishers in the conference meet shall be declared All-Freshman Honorees. In golf, the top 10 freshman finishers in the Golf Stat rankings shall be nominated, from which five All-Freshman Honorees will be selected by the coaches.

Player-of-the-Year

In each conference sport one Player-of-the-Year will be selected. This selection will be voted on the same ballot as the All-Conference Teams, with the following exceptions: in cross country the male and female Runner-of-the-Year recipients will be the winners of the Conference Meet; for indoor and outdoor track & field, the coaches shall vote for a Most Outstanding Track Performer and a Most Outstanding Field Performer based on the Championship Meets; in golf the coaches shall vote for the Player-of-the-Year.

Freshman-of-the-Year

In each conference sport, one Freshman-of-the-Year will be selected. This selection will be voted on the same ballot as the All-Conference Teams, with the following exceptions: in cross country the male and female Freshman-of-the-Year recipients will be the top freshman finisher in the conference meet; in track & field the coaches shall vote for a Most Outstanding Freshman Performer based on the conference championship meet; in golf the coaches shall vote for the Freshman-of-the-Year. A freshman shall be defined as a player who is participating in his/her freshman year of eligibility.

Male and Female Student-Athlete-of-the-Year

One male and one female student-athlete shall be honored as ASUN Conference Student-Athlete-of-the-Year. Awards will be provided by the conference office. Each school may nominate one male and one female for consideration. Nominees must: a. be listed on the final squad list for his or her sport (except that those individuals appearing on the Final Squad List whose eligibility has been exhausted shall be excluded), and b. be at least a junior in academic standing, and c. have attended the school for one full year prior to his or her current season of competition, and d. have competed for the institution nominating him or her during the academic year for which he or she would be honored as the Student-Athlete-of-the-Year, and e. have a cumulative GPA of 3.2 or better on a 4.0 scale. Voting will be done by Faculty Athletics Representatives. A voter may not vote for a student-athlete from his/her school.

Woman of the Year

One female student-athlete shall be honored as ASUN Conference nominee for the NCAA Woman of the Year. Each school may nominate one female for consideration.

University of North Alabama Athletic Awards

Sports Awards — The University presents numerous athletic awards to individual student-athletes in its various sports. The awards vary by sport and include such honors as team captain, most valuable player, most improved player, etc.

Harlon Hill Scholarship — Graduating senior student-athletes who have achieved both athletic and academic success are eligible for this scholarship. The recipient receives monies for tuition costs while attending graduate school.

Male and Female Athletes of the Year — The University presents a Male and Female Athlete of the Year each spring at the University Honors Program. The award winners are nominated by the head coach in their respective sports and are then selected by a panel of athletic department personnel. The criteria for selection include both athletic and academic achievement.

Athletic Hall of Fame — Any athlete who has competed at the University of North Alabama is eligible for nomination to the University's Athletic Hall of Fame, but may not be nominated until ten years after having completed eligibility. Nominations for the Hall of Fame are submitted to the sports information director, who compiles biographic information and the ballot for the ten-member selection committee. Hall of Fame inductions are made each year at Homecoming.

Other Awards

***State Small College Athlete of the Year** — The Alabama Sports Writers Association presents a Small College Athlete of the Year award each summer. Any athlete at a state college or university competing in the NCAA Division II or II or NAIA level is eligible for nomination. Nominations are submitted by the sports information director.

***State Amateur Athlete of the Year** — The Alabama Sports Writers Association presents a state Amateur Athlete of the Year award each summer. Any athlete competing on the amateur level is eligible for nomination.

MEDIA GUIDELINES FOR STUDENT-ATHLETES

The University of North Alabama Sports Information Office is the publicity and media relations office for the University's 14-sport intercollegiate athletic program and is located in Self Field House. The telephone number is (256) 765-4595.

The goals of the Sports Information Office are to effectively communicate to the media and other interested groups information about the UNA athletic program. The office produces media guides, game programs, schedule cards, and news releases as part of its daily activities. This information is then distributed to all local and regional media, media covering UNA's opponents, and the media in each athlete's home region, as well as national media. It is also responsible for responding to news media inquiries and arranging all media interviews. The other principal duty of the office is serving as the University's liaison to various athletic governing bodies such as the NCAA and the ASUN and UAC.

Interviews - How They Work

- Almost all requests for interviews with student-athletes come through the sports information office.
- The only exception is that coaches and student-athletes are routinely expected to make themselves available for interviews within a reasonable period of time following the conclusion of games or practices. These requests will be handled by the head coach.
- Any time the sports information office receives a request, it will contact the student-athlete either directly or through the coach, working around the academic and athletic schedules as best it can to arrange interviews and to accommodate the media.

Many requests for interviews come from out-of-town media, probably some from your hometown area, hoping to contact you via telephone. It may involve asking you to return a call collect or providing a phone number and time when media can reach you. In any event, the department will not release your telephone number unless you ask that this be done in the course of making arrangements, and **at no time should you agree to an interview unless it comes through the sports information office or the head coach, according to NCAA Media Guidelines.** This is for your protection, to prevent members of the media from constantly contacting you at your dorm room or apartment or other places where they would be a disruption to your daily activities.

Relax and Enjoy It

There's no reason to look upon an interview as drudgery. Ninety-nine times out of a hundred, media people simply want to ask you what you think about how you are playing, how your team is doing, or what you think about an upcoming game or opponent. It's not brain surgery. You don't have to become best friends with the members of the media, but there's no reason you can't develop a quick rapport, whether the interview lasts five minutes or an hour. Remain calm, look at the interviewer, speak slowly—and think before you answer a question.

It Is Your Responsibility

You have a responsibility to the University of North Alabama, your coaches, and teammates as well as yourself to cooperate with the media. You are public role models and public figures by virtue of your participation in the University's athletic program. What you do is of interest to the fans of the University of North Alabama teams and to the people in your home region who are interested in intercollegiate athletics.

You Are Our Spokesperson

Always remember that the public's acceptance of an individual, the team, and the University is developed by the impressions made through the interview process, the resulting stories, and your personal appearance and cooperation. When you are being interviewed, you are representing the team, your coaches, and your University. How effectively you deal with the news media reflects directly on how they feel about you and your team.

Be On Time

Always, always be on time for a scheduled interview. If you can't, call ahead to the sports information office at 765-4595. Many of the media will be from local outlets, but many more will be from Huntsville, Decatur, Birmingham, etc. Nothing is more distressing and embarrassing than for someone to travel to Florence to interview you—then have you not show up.

You Can Say No

Most of your interviews will come about because of success, either personal, for your team, or for both. On occasion, you may be asked about a situation that is delicate or controversial. If you are asked about a situation that may reflect negatively on you, your team, or your University, **remember that you have a right not to discuss a particular subject.** Be polite but firm. Say, "I'd rather not discuss that subject." Contact the sports information office if interviewers' questions make you uncomfortable.

What To Say

Be human. Answer the question honestly and try to expound on your answers instead of just giving a "yes" or "no." Try to avoid clichés. Be confident, not cocky. You can develop a reputation as a good interviewer by being creative and quotable without being controversial and outrageous.

Be positive wherever possible when talking about your teammates, coaches, and team. Praise your teammates. Every great back needs a good offensive line. Every good scorer needs teammates who pass the ball, etc. Avoid the negatives. Remember that what you say will be heard by your friends, coaches, teammates, family, and OPPONENTS.

When Will It Be Used

Always ask the reporter when and where the interview will be used. Often, they will send you a copy of the paper, or the sports information office can try to obtain one for you. This gives you a chance to alert family, friends, etc. if you are going to be on television or in a feature story.

ACADEMICS

Academic Affairs.....	Dr. Brien Smith	Cramer Way	4258
College of Arts & Sciences.....	Dr. Ryan Zyac.....	Wesleyan Hall 128.....	4288
College of Business.....	Dr. Doug Barrett.....	Keller Hall 110.....	4401
College of Education.....	Dr. Katie Kinney	Stevens Hall 549.....	4252
College of Nursing.....	Dr. Tera R. Kirkman.....	Stevens Hall 228.....	6301

STUDENT SERVICES

Academic Advising Center.....	Sherry Kennemer...Self Field House.	4694
Academic Technology.....	Mr. John McGee.....	Stevens Hall.....4454
Add/Drop Class.....	Athletic Academic Advisor.....Self-Field House...	4618
Admissions.....	Mrs. Julie Taylor.....	Coby Hall..... 4608
Athletic Academic Enhancement.....	Sherry Kennemer....Self Field House ...	4694
Career Planning.....	Ms. Erin Froman	Guillot Center 107..... 4903
Class Scheduling.....	Kennemer, Culver, Vardaman, Patterson	Self-Field House 4134
Drug Testing.....	Mr. Josh Penny.....	Self Field House..... 4563
Eligibility/Certification.....	Anna Hovater	Self Field House..... 5268
University Police.....	Mr. Les Jackson.....	Basement Keller Hall.... 4357
Registrar (Athletic Certifying Officer)	Corrie Dalrymple	Bibb Graves 119.....4316
Student Affairs.....	Dr. K.C. White	Guillot Center 201..... 4223

Student Financial Services.....	Laurie Holder.....	316 Commons.....	5795
Telecommunications.....	Mr. Kris Robertson.....	Computer Center.....	4836
University Housing	Jennifer Sutton.....	Rice Hall.....	5558
University Center.....	Jayne Jackson.....	Guillot Center 107.....	4645
University Health Service.....	Ms. Sheena B. Burgreen.....	Bennett Health Center...	4328

GOVERNING BODIES OF INTERCOLLEGIATE ATHLETICS

The University of North Alabama is a member of the National Collegiate Athletic Association and the ASUN and UAC Conference.

National Collegiate Athletic Association (NCAA): A basic purpose of the NCAA is to maintain intercollegiate athletics as an integral part of the educational program and the student-athlete as an integral part of the student body. UNA is a member of NCAA Division One.

University of North Alabama Athletic Committee

A. Structure (Thirteen Committee Members):

1. Vice President for Fiscal Affairs
2. Vice President for Student Affairs
3. Director of Athletics
4. Director of Student Financial Services or Designee
5. Registrar
6. Senior Woman Administrator
7. Four (4) Faculty Members, including the Faculty Athletic Representative and recommended to the Shared Governance Committee by the Faculty Senate
8. Three (3) student representatives, recommended to the Shared Governance Committee by the SGA

B. Charge of the Committee:

1. Insure the proper role of athletics within the overall mission of the University.
2. Insure the integrity of the athletics program with regard to NCAA, ASUN and Big South, state and federal law compliance, gender equity and support for the principles presented by the Knight Foundation's Commission on Intercollegiate Athletics.
3. Review and monitor (as necessary assist in developing) all compliance procedures and to recommend institutional procedural changes based upon changes in NCAA Rules.
4. Assign and document responsibilities for compliance tasks.
5. Work to maintain the proper perspective of athletic competition within the university life of student-athletes.
6. Monitor the academic performance and progress made by student-athletes.

7. Oversee all programs designed to insure the academic success, personal development and personal welfare of student-athletes.

C. This Committee Reports to the President

Academics

You are a student who also happens to be an athlete. Your main goal should be to graduate.

Class Attendance: You are expected to attend classes and to complete all assignments on time. This is critical if you are to be successful academically. It is your responsibility to obtain and understand each professor's attendance policy. If you are unable to attend class because of competition, the professor will provide an opportunity for you to make up any missed assignment. However, completing class assignments and tests prior to your absences is more favorable than afterward. If you choose to miss class for reasons other than competition, the professor is under no obligation to provide an opportunity to make up assignments or tests. NCAA rules prohibit missing classes in order to attend practice. Student-Athletes must report any such actions to the Director of Athletics.

Advisement: Procedures for advisement are as follows:

1. All student-athletes, including freshman and transfers, will be assigned an academic advisor.
2. Additional academic advising will be provided by Sherry Kennemer, and Ms. Anna Milwee Athletic Academic Advisor. This is to ensure that student-athletes meet NCAA satisfactory progress.

Before student-athletes can pre-register for classes, they MUST see both their academic and athletic advisors. Student-Athletes will not be able to finish the registration process until both the academic and athletic advisors have released their advisor(s) hold.

The Athletic Committee will serve as a link to better ensure contact between the student-athlete and faculty for advisement purposes.

Declaration of a Major: You must declare a major by the beginning of your third year (fifth semester) and make satisfactory progress toward that specific degree. This applies to students who enter UNA as freshmen and also to transfer students. NCAA regulations require that student-athletes declare a major by the beginning of their third year (fifth semester). This procedure is achieved through completion of a check sheet request form in the athletic academic advisor's office. Student-

Athletes also are required to make satisfactory progress toward that specific degree (see Eligibility). This applies to students who enter UNA as a freshman or as a transfer student and remains in place until potential athletics participation eligibility is exhausted.

Changing Your Major: Prior to initiating a change in major, report to both your academic and athletic advisors.

Changing Your Schedule: Before changing your schedule, you should meet with your assigned academic advisor. Schedule changes should also be discussed with the athletic academic advisor. Because it is often difficult to add a desired course, it is recommended that you follow the recommendations of your academic advisor, the athletic academic advisor, pre-register, and do well in your classes. Drop/Add deadlines are published each semester in the registration schedule.

Academic Support Services: The Student Athlete Success Center (Self-Field House) provides study skills seminars and free tutoring in several academic areas. Educational Enhancement counseling emphasizing goal setting and time management also is offered in the

Academic Dishonesty: Students are expected to be honorable and observe standards of conduct appropriate to a community of scholars. Additionally, students are expected to behave in an ethical manner. Individuals who disregard the core values of truth and honesty bring disrespect to themselves and the University. A University community that allows academic dishonesty will suffer harm to the reputation of students, faculty, and graduates.

It is in the best interest of the entire University community to sanction any individual who chooses not to accept the principles of academic honesty by committing acts such as cheating, plagiarism, or misrepresentation. Offenses are reported to the Vice President for Academic Affairs and Provost for referral to the University Student Conduct System for disposition.

Students at the University academic community are expected to adhere to commonly accepted standards of academic honesty. Allegations of academic dishonesty can reflect poorly on the scholarly reputation of the University, including students, faculty, and graduates. Individuals who elect to commit acts of academic dishonesty such as cheating, plagiarism, or misrepresentation will be subject to appropriate disciplinary action in accordance with university policy.

- Academic fraud is an offense that could cause a student-athlete to be suspended from the university and can be an NCAA violation that could affect a student-athlete's eligibility:
 - Examples of situations constituting academic fraud for purposes of NCAA rules include:
 - Any time an institutional staff member (e.g., coach, professor, tutor, student manager, student trainer, etc.) is knowingly involved in arranging for fraudulent academic credit or false transcripts for a prospective student-athlete or an enrolled student-athlete, regardless of whether the institutional staff member acted alone or in concert with the prospective or enrolled student-athlete.
 - Any time a student-athlete, acting alone or in concert with others, knowingly becomes involved in arranging fraudulent academic credit

- or false transcripts, regardless of whether such conduct results in the student-athlete erroneously being declared eligible.
- Plagiarism is defined as borrowing another writer’s published works and ideas without direct quotation and without crediting the source – is the most serious academic offense, since it is not only morally and intellectually reprehensible but illegal as well (especially if the stolen material is published). This includes use of other student’s papers already submitted for grade and information taken specifically from the internet.
 - Stated very simply, reference materials, whether quoted precisely, restated in different words, or presented in summarized form, must not be submitted as the student’s own.

Dean’s List: To be considered for the Dean’s List, you must complete a minimum of 12 hours and have no grade of F, I, WP or WF during that semester, earn a 3.70 GPA or better, and be in the top ten percent of the full-time students enrolled in your respective college.

Probation and Suspension: You will be placed on academic probation at the end of any term in which your cumulative (overall) GPA falls below the following:

Cumulative Hours Earned	Minimum Cumulative GPA
0-31	1.60
32-63	1.85
64-95	1.95
96 or above	2.00

You will be suspended from the University for one semester if you are on academic probation and you earn below a 2.00 GPA for any semester. After readmission following your suspension, if you again earn below a 2.00 for any semester, you will be dismissed for one academic year. If you are suspended, you lose your athletic scholarship. The above University academic standards will apply beginning with your initial enrollment in the institution. For further information, please review the University Catalog.

Eligibility:

Chart Summarizing Progress Toward Degree Requirements

1ST YEAR IN ACADEMIC RESIDENCE	AT THE START OF FALL 2018 MUST HAVE:	AT THE START OF FALL 2019 MUST HAVE:	AT THE START OF FALL 2020 MUST HAVE:	AT THE START OF FALL 2020 MUST HAVE:	AT THE START OF FALL 2020 MUST HAVE:
FRESHMAN 2022	80% PTD 2.00	_____	_____	_____	_____

FRESHMAN 2016	60% PTD 2.00	80% PTD 2.00	_____	_____	_____
FRESHMAN 2023	40% PTD 1.90	60% PTD 2.00	80% PTD 2.00	_____	_____
FRESHMAN 2024	24 HRS 1.80	40% PTD 1.90	60% PTD 2.00	80% PTD 2.00	_____
FRESHMAN 2025	INITIAL ELIGIBILITY	24 HRS 1.80	40% PTD 1.90	60% PTD 2.00	80% PTD 2.00

STANDARD CURRICULUM TOTALS	NCAA REQUIREMENTS PERCENTAGE & EQUIVALENT CREDITS		
	40%	60%	80%
120 HOURS	48	72	96
121 HOURS	49	73	97
122 HOURS	49	74	98
123 HOURS	50	74	99
124 HOURS	50	75	100
125 HOURS	50	75	100
126 HOURS	51	76	101
127 HOURS	51	77	102
128 HOURS	52	77	103
129 HOURS	52	78	104
130 HOURS	52	78	104
131 HOURS	53	79	105
132 HOURS	53	80	106
133 HOURS	54	80	107
134 HOURS	54	81	108
135 HOURS	54	81	108
136 HOURS	55	82	109

Transient Work: Transient work includes classes that you want to take at another institution and transfer back for course credit at UNA. Before you take classes at another institution (this includes summer school), you must visit an Academic Dean here at UNA. The Dean must approve of the course you want to take elsewhere. When he/she approves, they will complete a Transient Approval Form stating what the class will count as credit for here at UNA. You must bring a copy of the Transient Approval Form (or ask the Dean's Office to fax it) to the Office of Admissions.

SUMMARY

This publication hopefully has helped you to better understand some of the important things surrounding your academic and athletic success. It and other publications, such as the University Catalog, will be valuable references throughout your stay at UNA. The directory of support personnel in the handbook is an important reference guide. Please contact these people when you need them. Always remember that everyone at UNA wants to help you succeed and enjoy your college experience. Good luck!

This handbook is provided to assist you as you compete as an athlete and as you matriculate as a student. This handbook is for informational purposes and the University reserves the right to change it as may be appropriate.

NONDISCRIMINATION POLICY

The Department of Athletics believes in the fair treatment of all student-athletes and department personnel. Policies have been incorporated into daily practices that ensure the equitable treatment of each individual, regardless of race, gender, national origin or sexual orientation. These policies affect issues including, but not limited to, personnel, student-athletes, teams, travel, competition, facilities and grants-in-aid. The Department of Athletics believes in policies and operating procedures that are free of discriminatory practices, and the Department stands on a commitment to equity. The Department is particularly sensitive to the need for proper role models in coaching and administrative positions. Therefore, the department actively seeks female and minority candidates for any personnel vacancy. Every effort will be taken to conduct a search consistent with the Department's and University's commitment to providing an equal opportunity for each applicant.

Lion Athletics ... Graduating Champions***

These principles are essential to the quality of the Lion Athletic Department. They serve as a foundational belief system for our staff, our student-athletes, our alumni and our supporters. All our actions grow from these guiding principles and shape who we are and what we strive to achieve.

WE GRADUATE

The primary expectation of all student-athletes is to earn their undergraduate degree. The student-athlete must display the initiative required to graduate. Coaches and staff members play vital roles in directing and nurturing the student-athlete's path to graduation. Graduation, above all else, is the common goal of everyone – it is why student-athletes attend college and why coaches and staff members have chosen a career as educators in higher education.

WE SERVE OUR COMMUNITY

Staff members and student-athletes gain a sense of value for service to our community. As a state and student funded department, we strive to connect with and serve those people within and around the campus community. The concept of service learning is something we value and instill into our student-athletes.

WE LIVE BY THE RULES

Staff members, student-athletes and supporters of Lion Athletics adhere to team, departmental, University, Gulf South Conference, National Collegiate Athletic Association and the State of Alabama rules and regulations. We take pride in competing the right way!!!

WE WIN CHAMPIONSHIPS

We expect to excel and compete for a championship...it is not a hope or a wish – it is an expectation. We aspire to be good people and great teams who compete for and win championships.