



# **The University of Texas at Arlington Intercollegiate Athletics Student-Athlete Handbook 2022-2023**

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## IT'S A GREAT TIME TO BE A MAVERICK

August 2022

To all our incredible Maverick student-athletes!

Welcome back to another year of Maverick Athletics! On behalf of our entire athletics department, I am so excited to welcome each of you back to campus. This is truly a great time to be a UTA Maverick. We begin this fall with Dr. Jennifer Cowley as our new President. On July 1 we officially transitioned into the Western Athletic Conference, and I was thrilled to be chosen as your new Director of Athletics on August 1.

As we embark on the 2022-23 academic and athletics year, there are some things I would like you to remember. As a department, we continue to be focused on maximizing your academic, athletic, and personal development. We are here for you if you need us. If you need something, you can ask. Being a UTA Maverick is a privilege. You earned it through dedication, hard work and molding yourselves into elite students and athletes. You should be proud of your accomplishments. With that privilege, however, also comes responsibilities and expectations. Our department and I expect you to:

### **1. Be an integral part of campus**

What a fantastic opportunity you have, to be a part of engaging the entire student body. Athletics serves the entire campus as a rallying point, and source of pride. Thank you for taking part in that connection to campus!

### **2. Study hard**

This is obviously the primary reason you came to college, to learn and grow academically. Graduation is the obvious goal, but also take some time to explore how your education will translate into the workforce and the greater good of society.

### **3. Take care of each other**

Serve your team and the entire student-athlete body as a great teammate. Look after each other. Welcome differing points of view and be curious so that you can expand your perspective on life. Be welcoming of others and be on the lookout for your teammates in case they need assistance.

### **4. Embrace the challenges that come with being an elite athlete**

Being an athlete is hard (as you all know!). Embrace that challenge and the pain (physical, emotional, and personal) that it takes to excel in your sport. Compete hard! Winning is fun but not the only thing that matters. Learn from the wins as well as the losses. And most of all, be loud and proud members of the UTA Mavericks.

## **5. Make your impossible possible**

Strive every day to get better and do something you didn't think you could. That is what athletics, and college, is all about. Pass the class you didn't think you could. Jump higher, run faster, throw harder than you thought possible. This will prepare you for life and gives you a head start in adulthood that non-athlete students don't have. Be proud of the grind it takes to break through barriers.

## **6. Make memories**

At the end of your academic and athletics careers, the athletics department wants you to leave with memories that will last you a lifetime. The joys of winning, and yes, the pain of a few losses. The friends you make and people you meet. These memories will give you joy and strength as you embark on life after school and sports. They will be a source of pride and remind you every day that you are a MAVERICK FOR LIFE!

Thank you for choosing to make the University of Texas at Arlington your academic and athletics home. We are so happy you are here. It's a great time to be a UTA Maverick!

Mav Up!

Jon Fagg

Director of Athletics

# CHAPTER 1 - INTRODUCTION

## PURPOSE OF THIS MANUAL

This handbook has been prepared to help ease you into University life, as well as to serve as a resource guide for returning student-athletes. In providing you all the support necessary to succeed at UT Arlington, it is the Athletics Department's intention to adhere, both in principle and in fact, to the rules and regulations of the University, the Western Athletic Conference and the NCAA.

Take advantage of the information in the handbook. Use your Contact Directory and the University's resources. If you have any additional questions, the staff of the Department of Athletics is always willing to do their best to help with any academic, athletic, or personal problem.

## MISSION STATEMENT OF INSTITUTION

The University of Texas at Arlington is a comprehensive teaching, research and public service institution dedicated to the advancement of knowledge through scholarship and creative work.

The University is committed to providing access and ensuring student success, and to a culture of innovation, entrepreneurship, and commercialization of discoveries by our community of scholars.

The University promotes lifelong learning through its academic, continuing education and experiential learning programs. The faculty, staff and student community share diverse cultural values that foster inclusivity and cultivate mutual respect.

## VITAL SUPPORT

UTA makes a lot of things possible. We connect students with their careers. We empower our faculty to pursue their interests. And we supply the world with fresh ideas and determined talent. What makes all of those things possible is our strong central organization that operates with efficiency, clarity, and integrity.

## VALUES

**Access and Success.** Provide a supportive environment where students can flourish as scholars and citizens. Expand access to academic offerings, scholarship opportunities, and other vital resources that prepare students to succeed and graduate.

**Opportunity and Excellence.** Pursue the highest standards of excellence throughout every facet of the University. Provide all qualified students with opportunities to reap the benefits of the tremendous knowledge that exists at UTA.

**Inclusiveness and Diversity.** Foster an inclusive environment that supports a diverse community of faculty, staff, and students. Encourage the exploration and discovery of the unfamiliar and promote the understanding of all viewpoints.

**Mavericks and Innovators.** Ensure a culture of innovation, entrepreneurship, and creativity that strengthens our Maverick nature. Cultivate an atmosphere that rewards curiosity and challenges conventional thought.

**Collegiality and Collaboration.** Encourage a spirit of collegiality and camaraderie among all members of the UTA community. Champion partnerships and collaborative efforts that increase the University's impact on society.

## VISION STATEMENT

The University of Texas at Arlington is a pre-eminent urban research university that inspires bold solutions with global impact through creative scholarship, transformative access, and collaborative learning. To learn more about our vision and mission and our current strategic plan visit [www.uta.edu](http://www.uta.edu).

## **GETTING THE MOST OUT OF YOUR COLLEGE EDUCATION**

You have worked hard to get to college and to gain a spot in the Maverick Athletics program. We want you to enjoy your years at UT Arlington both in the classroom and in the playing arena. Above all, you want an education that will influence and benefit you throughout your future.

As a freshman, you will be responsible for learning on your own and for getting the most out of your classes, textbooks, study, university services, and activities. You will need to take full advantage of the organized academic study table and assistance available through various offices on campus. It will help to keep in close contact with your coaches in your weekly academic conferences and establish good rapport with the academic support staff in working out schedules, classroom and assignment problems, and study routines.

You need to keep your coach advised of your academic progress. Many demands will be placed upon you as student-athletes, and you will be forced to make choices and to have more discipline than ever before in order to take full advantage of the wonderful opportunities that are open to you. You will need to pace yourself to take each new experience and challenge in stride. You will need to budget your time as never before.

But trust yourself. You have made it to college; you have been selected to be a part of the Maverick Athletics Program - you have the capability to succeed. How well you carry out this success is up to you.

## **YOUR ATTITUDE TOWARD LEARNING IS A KEY FACTOR**

Most of your professors at UT Arlington will agree that you have the motivation, desire, and capacity to be successful. However, the extent to which you succeed will depend on your interest in acquiring knowledge and your willingness to study. You are responsible for your education, completing all requirements, and your success. Your athletics academic advisors are here to help guide you.

## **YOU ARE IN COLLEGE TO LEARN**

Set goals for yourself. Learn to study as effectively and efficiently as possible. Appraise your weaknesses and strengths in the classroom just as honestly as you do on the field. Use your strengths and improve your weak points. Learn how to channel your energy productively so that you get the most out of every experience.

Take the time to read this handbook and keep it with you throughout your four years. It will provide you with the information you need to enhance your ability to become a productive student-athlete during your time at UT Arlington.

## **MISSION/VISION STATEMENT OF ATHLETICS**

### **VISION**

UT Arlington Athletics Program will dare to be great. We are developing a program that embraces and attracts high-achieving student-athletes, coaches and staff centered on a culture of winning. We will continuously strive for success in academic achievement and compliance and operate with fiscal responsibility and integrity. We will provide competitive resources and first-class facilities for all of our sports.

### **MISSION**

UT Arlington Athletics Program will win. We will prepare student-athletes to be successful in all aspects of their lives, and help them accomplish their academic, athletic, personal and professional goals. We will build on the legacy of our predecessors and create a "college experience" for our current students. We will engage our various constituencies, which include our University, student body, alumni, and community for their input and support. The program is devoted to equity and diversity. We will effectively tell our story to enhance brand recognition and continually build our fan support for future generations.

## UT ARLINGTON ATHLETICS GOALS & OBJECTIVES

**GOAL** *Attract and retain the best people who exemplify our values —student-athletes, coaches, and staff. Maintain an environment that supports collaboration and welcomes innovation. Affiliate with institutions that share our values.*

### OBJECTIVES

- Establish and communicate expectations for success on the field, in the classroom, in the workplace, and in the community.
- Invest in coaching and staff talent, and provide opportunities for personal growth, career development, and innovation.
- Nurture and encourage everyone involved in UT Arlington Athletics to strive to be the best.
- Seek ways to promote innovative thinking and the willingness to bear reasonable risk among our employees.

**GOAL** *Demand and foster a culture of integrity.*

### OBJECTIVES

- Hire and retain people who exemplify our values.
- Recruit student-athletes who exemplify our values.
- Ensure that compliance programs are effective, efficient, and user-friendly.
- Ensure that student-athletes, coaches, and staff uphold the principles of amateur athletics.

**GOAL** *Provide the best and most efficient support systems, processes, and facilities to serve our student-athletes.*

### OBJECTIVES

- Build and maintain the best facilities for competition, training, sports medicine, and academic support.
- Ensure that student-athletes understand their enhanced public visibility and their responsibility as representatives of the University.
- Provide first-class housing and nutrition for all student-athletes.
- Ensure that our student-athletes understand all the resources available—inside and outside Athletics—to help them succeed.
- Continuously assess whether our physical environment supports the collaboration, communication, and decision-making that we need to succeed.
- Annually evaluate our programs that connect student-athletes to faculty, mentors, and non-athletics activities on the campus to review their effectiveness.

**GOAL** *Respect our traditions — Honor those traditions that support our values.*

### OBJECTIVES

- Create and embrace new traditions that strengthen and expand the Maverick family.
- Continuously communicate the vision, purpose, and values of UT Arlington Athletics to all student-athletes, coaches, and staff.
- Preserve traditions that promote winning, ethics, graduation, community service, leadership, pride, loyalty, and a sense of ownership — while upholding our values.
- Live up to the responsibility that comes with representing The University of Texas at Arlington and the Maverick tradition.
- Cultivate bonds for student-athletes and staff that last a lifetime — with UT Arlington Athletics and the University.



# EQUAL OPPORTUNITY AND AFFIRMATIVE ACTION POLICY

## MISSION STATEMENT

As a service to students, faculty, staff and visitors of The University of Texas at Arlington, the Office of Equal Opportunity Services is committed to developing and sustaining a learning and working environment that is diverse, inclusive and free of illegal discrimination and harassment in any form.

## VISION

### The Office of Equal Opportunity Services...

- Will be an engaged leader in supporting the educational mission and enriching the learning culture that support the students, faculty and staff at The University of Texas at Arlington.
- Will persistently strive to eliminate illegal discrimination and harassment in any form through education.
- Will support UT Arlington as an open university, in which all individuals can honor and celebrate cultural uniqueness, diversity of thought, and the human experience.

## What We Do

EOS actively promotes affirmative action, equal employment and educational opportunities for students, faculty, staff and visitors.

Our office provides these services:

- Investigates discrimination and sexual harassment cases;
- Faculty Recruitment of Tenure/Tenure Track;
- Processing of UT Arlington's H-1B temporary non-immigrant worker visas and the University's sponsorship of foreign national employees for permanent resident status;
- Title IX;
- Training;
- Administers the University's Affirmative Action Plan;
- Partners with other campus and community organizations;
- Information and Referral Service.

For more information regarding EOS, please visit <http://www.uta.edu/hr/eos/index.php>.

## WESTERN ATHLETIC CONFERENCE

The following universities are the members of the Western Athletic Conference:

Abilene Christian University  
California Baptist University  
Dixie State University  
Grand Canyon University  
University of Incarnate Word  
New Mexico State University  
Sam Houston State University  
Seattle University  
Southern Utah  
Stephen F. Austin University  
Tarleton University  
The University of Texas at Arlington  
The University of Texas at Rio Grande Valley  
Utah Valley University

This competitive conference regulates 14 intercollegiate men's and women's sports programs.

## **VARSITY TEAMS AT UT ARLINGTON**

### **WOMEN'S SPORTS:**

Basketball  
Cross Country  
Golf  
Softball  
Tennis  
Track & Field (Indoor & Outdoor)  
Volleyball

### **MEN'S SPORTS:**

Baseball  
Basketball  
Cross Country  
Golf  
Tennis  
Track & Field (Indoor & Outdoor)



# CHAPTER 2 - CONDUCT

## UT ARLINGTON CODE OF STUDENT CONDUCT

All students at the University of Texas at Arlington are expected to have read and understand The Regents' *Rules and Regulations*. The Office of Student Conduct is committed to educating students about The Regents' *Rules and Regulations* and aiding them in navigating this necessary information.

All students are expected and required to obey federal, state, and local laws, to comply with the Regents' *Rules and Regulations*, with The University of Texas System and institutional rules and regulations, with directives issued by an administrative official of the UT System or institution in the course of his or her authorized duties, and to observe standards of conduct appropriate for an academic institution.

The official copy of the Regents' *Rules and Regulations* is maintained by the Office of the Board of Regents. The *Rules and Regulations* of the Board of Regents of The University of Texas System for the Government of The University of Texas System were reissued on December 10, 2004.

## UT ARLINGTON STUDENT-ATHLETE CODE OF CONDUCT

Participation in intercollegiate athletics at The University of Texas at Arlington is a privilege and a unique opportunity. Along with this privilege come certain responsibilities. In addition to representing themselves, student-athletes represent The University of Texas at Arlington, the Athletic Department and their team at all times. Therefore, they are expected to conduct themselves in a courteous, conscientious manner that reflects positively on the University and their team.

All student-athletes are expected to comply with the policies and procedures of the following governing authorities.

### THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION

Student-athletes are subject to the rules and regulations of the NCAA, which govern unsportsmanlike behavior, non-therapeutic drug use, non-permissible awards, benefits and expenses, gambling and bribery, and other forms of misconduct. All such rules and regulations are found in the NCAA Manual and can be viewed on the NCAA website at [www.ncaa.org](http://www.ncaa.org).

### CONFERENCE

The University and Department of Athletics fully endorse the policies of the Western Athletic Conference as they relate to student-athlete conduct and conference championship play.

### THE UNIVERSITY OF TEXAS AT ARLINGTON

Student-Athletes are subject to University rules and regulations, specified in this handbook. Each student-athlete is expected to familiarize himself/herself with these policies and procedures. If a student-athlete has any questions about these policies and procedures, he/she should contact their coach, or an athletic department administrator for assistance.

## UT ARLINGTON CORE VALUES

A student-athlete is expected, in both attitude and behavior, to make a positive contribution to the University and team and abide by the UT Arlington Athletics core values (Integrity, Excellence, Teamwork, Diversity, Creativity, Accountability, Loyalty) and University core values (Learning, Discovery, Freedom, Leadership, Individual Opportunity, Responsibility).

## SPORTSMANSHIP & ETHICAL CONDUCT

Student-athletes, coaches, and all others associated with the UT Arlington Athletics Department must adhere to such fundamental core values listed in this section. Sportsmanship and ethical conduct mean more than the absence of negative actions in public. Each individual coach is responsible for providing conduct instruction to student-athletes by disseminating information on the following positive approaches when on the playing field:

- Techniques for communicating with officials and opponents on routine matters during athletic events;
- Techniques for maintaining control during emotionally charged situations, including assisting a teammate or colleague who appears to be losing control; and
- Techniques for reacting in a positive manner to an aggressive action by an individual or a group.

Instruction also should define actions that constitute inappropriate conduct and include techniques for avoiding such behavior. Actions viewed as inappropriate include:

- Physical abuse of officials, coaches, opponents, or spectators;
- Throwing of objects;
- Unauthorized seizure of equipment from officials or the news media;
- Inciting players or spectators to negative actions or to any behavior that insults or defiles an opponent's traditions;
- Use of obscene or otherwise inappropriate language or gestures;
- Making public statements that are negative, controversial, or outside the Athletics Department's media policy; and
- Participating in any action that violates the generally recognized ethical standards of intercollegiate athletics or of the University.

### CONDUCT AND CONSEQUENCES FOR ACTIONS DETRIMENTAL TO THE TEAM

1. **Disrespect.** At all times, student-athletes are required to conduct themselves in a manner respectful of themselves, their team, the University and its Athletics Department, game officials, opponents, and property. Student-athletes are to refrain from disrespectful conduct such as unsportsmanlike conduct; profane, abusive, demeaning, harassing, threatening or obscene expression; or deliberate damage to equipment or other property. Disrespectful conduct will be reviewed by the Head Coach and Athletics Director and may result in disciplinary action.
2. **Failure to Meet Team Obligations.** Student-athletes must complete training requirements; arrive promptly for team practices, meetings, and departures for away games and other team events; attend team functions; and otherwise fulfill their responsibilities as team members. Absences must be excused in advance by the Head Coach unless an unforeseeable emergency arises.
3. **Conduct Unbecoming a UT Arlington Student-Athlete.** UT Arlington student-athletes are expected to conduct themselves responsibly within the Athletics Department, campus, and larger community. Behavior that reflects negatively on themselves, their team, the Athletics Department, or the University may be grounds for disciplinary action.
4. **Prohibited Conduct.** Prohibited conduct includes violation of any of the standards established by the governing authorities identified in this handbook. By way of illustration, and without limitation of those prohibitions, student-athletes must not violate any of the policies described in this handbook (which are described in more detail in UT Arlington Student Code of Conduct and University Handbook of Operation Policy (HOP) STU and/ or the NCAA.
5. **Reporting Obligation.** Student-athletes are obligated to report their violations of this Code of Conduct to their Head Coach or to the Athletics Director or Senior Woman Administrator within 24 hours of such violation. This obligation is in effect year round, including semester and summer breaks.

## **TEAM TRAVEL**

Specific requirements for dress, individual conduct, curfews, and free time activities are some of the team conduct topics your Head Coach will discuss. When you are traveling as a team, you are representing the University and you are expected to conduct yourself appropriately. Prior to departure, you should reconfirm your absence with your professors. It is then your responsibility to make arrangements to make up missed course work that result from traveling with your team. At your place of lodging, the following services must be paid for by you: room service, laundry, phone calls, pay television, video rental fees, etc. (Please save us the time and paperwork involved by not charging incidentals to your room).

### **DRESS CODE**

Your Head Coach will let you know if he/she requires a specific dress code. However, you should always exercise good judgment concerning the appropriateness of your attire, taking into consideration the location or function you are attending.

## **ATTENDANCE AND PUNCTUALITY**

Attendance and punctuality at practice, weight and strength training sessions, team meetings, medical treatment, classes, and academic and administrative meetings are required.

## **CURFEWS**

The student-athlete must abide by established team curfews for preseason, traditional, and nontraditional seasons and other special times.

## **TOBACCO, DRUGS & ALCOHOL**

UT Arlington policy and NCAA rules prohibit the use of tobacco products in UT Arlington facilities or during practice or competition. UT Arlington is a tobacco free campus. The use of illegal drugs, including marijuana, is prohibited at all times. Alcohol is one of the most widely abused substances on college campuses. Alcohol consumption is prohibited for anyone under age 21. Consumption of alcohol is discouraged during the training year for any student-athlete of legal age and is not permitted on the road or in any situation where the student-athlete is representing The University of Texas at Arlington (e.g. recruiting visits, appearances, etc.).

Student-athletes found in violation of this guideline will be sanctioned according to the UT Arlington Code of Conduct.

## **SOCIAL MEDIA/INTERNET MISUSE**

As a visible member of UT Arlington and its Athletics Department, you are expected to display responsibility and maturity in your activities on social networking sites (e.g. Facebook, Twitter, Instagram, etc.). Information, pictures, and other content posted on these sites is available to the general public (e.g., administrators, classmates, media, employers, etc.) and may have implications for your personal safety and image, the image of your teammates and coaches, and the image of UT Arlington, as well as future career and professional opportunities. Any actions which are in violation of UT Arlington's policies for student conduct or that otherwise are deemed inappropriate and/or compromise the image of the student-athlete, UT Arlington Athletics or UT Arlington are unacceptable.

Please be aware that the Internet is widely accessible. Remember that you represent UT Arlington Athletics at all times. Thus, it is recommended that student-athletes not post information including photographs, text and/or join "groups" that do not promote positive behavior. Remember that the general public, including news reporters, also have access to social media (e.g. Facebook, Snapchat, Twitter, etc.). While the Athletics Department has not banned the use of these websites, please exercise caution if you are a member.

As a student-athlete you are highly visible and people are generally interested in you. It is highly recommended that you do not post any personal information including your address or phone number to any on-line site. Also, use discretion when posting pictures of yourself, your teammates, or friends to your website. Do not allow yourself to be photographed in a compromising position. A photo could be “tagged” to you leaving you little control over the content or usage of the photograph.

Inappropriate language, behavior, or on-line postings may result in suspension or dismissal from the UT Arlington Athletics program.

## **HAZING**

UT Arlington Athletics is committed to establishing a safe environment for team activity that fosters a sense of acceptance and does not tolerate hazing. Hazing is prohibited under state law. The University will initiate disciplinary action in response to hazing incidents that take place during official functions of the University, functions sponsored by registered student organizations or those with substantial connection to the interests of the University regardless of the location in which they occur.

## **FELONIES**

If you are arrested for any reason (examples include but are not limited to DUI, Shoplifting, Theft, Burglary, Possession or Distribution of Drugs, Assault, Battery, Domestic Disturbance, Disturbing the Peace, Minor in Possession of Alcohol, or Public Intoxication) you are required to report your arrest immediately (within 24 hours) to your Head Coach and the Executive Sr. Associate AD for Student Welfare. Failure to comply with this requirement may be grounds for dismissal from the athletics program and revocation of your athletics scholarship.

Should your misconduct be severe enough to warrant felony charges being brought against you, you will be immediately suspended from participation in intercollegiate athletics. Misdemeanor charges are also serious and may result in suspension. Once the charges have been fully resolved or at such time that there is a material change in circumstances, including but not limited to a reduction of the charged offense(s), decision of the governing public authority to not charge the offense, or plea agreement, based on all then available information, the Athletics Director may lift or modify, leave in place, extend, or make permanent the suspension, or take other disciplinary action he or she deems appropriate. Further action by the Athletics Department and the University, once a legal decision is reached, will be handled on a case-by-case basis. All student-athletes are also subject to the University Student Code of Conduct and associated sanctions.

## **KNOWLEDGE OF RULES AND GUIDELINES**

Each student-athlete is responsible for reading and following the rules and guidelines outlined in the Student-Athlete Handbook, UT Arlington Student Handbook of Operating Procedures (HOP-STU), UT Arlington Student Honor Code, and other information and educational materials distributed by UT Arlington Athletics or the University, including, but not limited to, individual team rules, policies, and procedures established by the coaching or administrative staff.

## **RULES VIOLATIONS**

A key responsibility of the Compliance Staff is to investigate potential NCAA rules violations when necessary. The reporting of violations can come in many forms. There are times when an anonymous phone call or letter will arrive. There are also times when a formal request for an investigation occurs either through the Western Athletic Conference or NCAA. A rules violation may also be self-reported through a University staff member, student-athlete or coach. In all instances, it is necessary to conduct some type of investigation to discover the extent to which a problem does or does not exist.

It is extremely important that you, as a student-athlete, report any issue that you think may be a rules violation. It is your duty to assist with maintaining NCAA regulations. NCAA Bylaw 10.1 requires that, as a student-athlete, you must fully cooperate with any investigation.

If it is determined that you have not cooperated fully, you will be declared ineligible and lose your privilege for athletic competition.

## REPORTING VIOLATIONS

The student-athlete is required to report any factual or potential NCAA, Western Athletic Conference or UT Arlington rules violations. Even if the student-athlete is unsure if a violation occurred, they should report anything that makes them question whether something is a rule violation. Student-athletes may not be retaliated against for reporting any factual or potential violations.

Student-athletes have the following options for reporting factual or potential violations or concerns:

### REPORTING ISSUES INTERNAL TO ATHLETICS

There are three options to report an issue internal to athletics:

1. Coaching Staff
2. Athletics Compliance Office

Phone: (817) 272-2261

Email: [utamavscompliance@uta.edu](mailto:utamavscompliance@uta.edu)

3. Athletics Director

Jon Fagg

Phone: (817) 272-2261

### REPORTING ISSUES EXTERNAL TO ATHLETICS

Although you are encouraged to raise issues first internally, there are four options to report an issue external to athletics.

1. Faculty Athletics Representative

Dr. David Gray

Phone: (817) 272-3387

Email: [gray@uta.edu](mailto:gray@uta.edu)

2. Office of Equal Opportunity Services

Report allegations of discrimination, including sexual harassment, sexual misconduct or abuse. NOTE: No one is required to raise concerns related to any of violations listed in this section internally (within athletics).

Website: [www.uta.edu/hr/eos/](http://www.uta.edu/hr/eos/)

Phone: (817)272-2106

3. University Compliance Services

Phone: 1-877-507-7314 (anonymous)

Website: [www.uta.edu/compliance](http://www.uta.edu/compliance) (may be anonymous)

Email: [Compliance@uta.edu](mailto:Compliance@uta.edu) (may be anonymous)

4. President's Office

Salma Adem, Chief of Staff and Associate Vice President

Phone: 817-272-2101

Email: [adem@uta.edu](mailto:adem@uta.edu)



## DISCIPLINARY PROCESS AND SANCTIONS

The Athletics Department's disciplinary process is independent of, and supplements, the University judicial process. Sanctions levied by the Athletics Department may occur over and above those levied by the Dean of Students/Office of Student Conduct. Sanctions will vary depending on the type and circumstances of the violation, but may, without limitation, include loss of athletics eligibility and/or scholarship.

When the Athletics Department becomes aware of an alleged violation of this Code of Conduct, the Athletics Director or his designee will take reasonable steps to verify the validity, reliability, and accuracy of the report. These steps may include interviews of students and employees, or of non-University persons having knowledge of relevant facts; examination of documents; and other steps necessary for the Athletics Director (or designee) to determine the merits of the report. A meeting with the student-athlete will ordinarily occur before any discipline is imposed; in extenuating circumstances, the Athletics Director may suspend the student-athlete prior to a meeting. The student-athlete may meet with the Athletics Director within ten (10) days of suspension to explain his/her actions.

Determination of responsibility will be based on a preponderance of evidence and information available. A first-time offense may be serious enough to warrant any of the possible sanctions.

A student-athlete's refusal to participate and cooperate in an Athletics Department or NCAA investigation of a possible violation of this Code of Conduct may itself constitute a basis for disciplinary action.

1. Violations of Team Rules. Head Coaches will establish team rules consistent with this Code of Conduct. Team rules shall be in writing and distributed to team members at the start of each academic year or the beginning of the playing season, whichever comes first. The Head Coach and the Athletics Director each has the authority to impose sanctions for the violation of team rules, provided that the Head Coach shall not impose the sanction of suspension or expulsion from the team without the approval of the Athletics Director, or designee.
2. Violation of Rules or Policies other than Team Rules. For violations of rules and policies other than team rules (e.g., violations of NCAA rules, Student Code of Conduct, etc.), the Head Coach may impose additional sanctions with the approval of the Athletics Director, or designee.
3. Violation of Criminal Law. When a student-athlete has engaged in conduct alleged to be in violation of criminal law, immediately upon receipt of notice of such possible violation, the Head Coach must report the information to the Athletics Director or Designee. A copy of the criminal offense will be forwarded to the Dean of Students within ten (10) days of receipt. Student-athletes arrested for, or charged with, violating criminal law will be placed on immediate administrative suspension from involvement in team activity pending further investigation. If a violation would constitute a misdemeanor, the Head Coach may in the exercise of his/her reasonable discretion lift the administrative suspension. If a violation of law would constitute a felony, the administrative suspension may be lifted only upon authorization of the Athletics Director. In all cases in which a student-athlete is arrested for or charged with illegal use of drugs, illegal gambling, or sexual misconduct or violence, the student-athlete will be immediately suspended, and the suspension may be lifted only by the Athletics Director. The Head Coach may, for violation of criminal law, impose team sanctions on the student-athlete apart from suspension with the approval of the Athletics Director.

Pattern of discipline in matters involving alleged violations of criminal law will be determined by the Office of Student Conduct.



## **STUDENT-ATHLETE GRIEVANCE PROCEDURE**

Student-athletes are expected to follow their Head Coach's instructions and team rules regarding practice, discipline, and team matters. The Head Coach may levy sanctions including suspension or dismissal from the team for a student-athlete's failure to comply.

### **GRIEVANCE APPEALS COMMITTEE**

A student-athlete who wishes to file a grievance against an athletics staff member or the Department of Intercollegiate Athletics shall be granted a hearing with the Grievance Appeals Committee. The Grievance Appeals Committee is comprised of the Faculty Athletics Representative who serves as the Chair, the Senior Woman Administrator, the Director of Athletics or his designee (not a coach), a representative from the Student Affairs Division and the chair of the Student-Athlete Advisory Committee. Grievances may pertain to verbal and/or physical abuse, violation of the Student-Athlete Code of Conduct or Sport Specific Team Rules, the ethical conduct of an athletics staff member, deference to individual sanctions or suspensions or any other matter which may not be addressed by any other appellate group.

## **UT ARLINGTON SEXUAL MISCONDUCT POLICY**

The University of Texas at Arlington is committed to maintaining a learning and working environment that is free from discrimination based on sex in accordance with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act (SaVE Act, Violence Against Women Act (VAWA), and Clery Act. Sexual Misconduct, as defined in this policy, is a form of sex discrimination and will not be tolerated. As stated in the definition, Sexual Misconduct, Retaliation, and other prohibited conduct under this Policy will not be tolerated and will be subject to disciplinary action.

### **HOW DOES THE UT ARLINGTON POLICY DEFINE DISCRIMINATION AND HARASSMENT?**

It is the policy of The University of Texas at Arlington to provide an educational and working environment that provides equal opportunity to all members of the university community. In accordance with federal and state law, the university prohibits unlawful discrimination on the basis of race, color, sex, religion, national origin, age, disability, citizenship, and veteran status. Sexual Misconduct and Sexual Harassment in any form will not be tolerated and individuals who engage in such conduct will be subject to disciplinary action. Discrimination on the basis of sexual orientation is also prohibited pursuant to university policy.

Discrimination, including harassment, is defined as conduct directed at a specific individual or a group of identifiable individuals that subjects the individual or group to treatment that adversely affects their employment or education on account of race, color, sex, religion, national origin, age, disability, citizenship, veteran status or sexual orientation.

Harassment, as a form of discrimination, is defined as verbal or physical conduct that is directed at an individual or group because of race, color, sex, religion, national origin, age, disability, citizenship, veteran status or sexual orientation when such conduct is sufficiently severe, pervasive or persistent so as to have the purpose or effect of interfering with an individual's or group's academic or work performance; or of creating a hostile academic or work environment. Constitutionally protected expression cannot be considered harassment under this policy.

To learn more, visit <https://www.uta.edu/cos-title-ix/equal-opportunity-services/discrimination-laws>

## **TITLE IX**

### **Title IX of the Education Amendments**

Title IX of the Education Amendments of 1972 is a federal law that prohibits sex discrimination in education. New regulations went into effect on August 14, 2020, addressing how schools must respond to reports of “sexual harassment,” as defined within the regulations. In addition, there are other federal and state laws that address reporting obligations and how institutions respond to reports of sexual misconduct.

#### **Reporting**

Reports of an incident(s) against a UTA student, visitor, staff or faculty member for gender discrimination, sexual harassment, sexual assault, stalking, dating violence, or domestic violence should be made to the Title IX Coordinator or Deputy Coordinators. Reports can be made by phone, email, online reporting form, or in person. Alleged victims of sexual assault should also consider contacting the UTA Police.

If you are in immediate crisis, call 911.

Anyone can report an incident(s) of sexual misconduct. However, only an alleged victim or Title IX Coordinator may file a Formal Complaint. Filing a Formal Complaint will initiate the Grievance Process related to the allegations that have been reported.

All employees, including student employees (except confidential employees) are mandatory reporters (“responsible employees”) and must report promptly to the Title IX Coordinator or a Deputy Coordinator all known information concerning an alleged incident of sexual misconduct. For information on filing a report see <https://www.uta.edu/eos-title-ix/title-ix>

#### **UTA’s Commitment**

“The University of Texas at Arlington (“UTA”) is dedicated to providing a learning, living and working environment that is free from discrimination based on gender and sexual harassment. Sexual harassment (including sexual violence, sexual assault, stalking, dating violence, domestic violence, sexual exploitation, and sexual misconduct in any forms are prohibited and will not be tolerated. Any individuals who engage in such conduct will be subject to disciplinary action. We are committed to providing a safe campus climate for the entire University community.”

Retaliation against persons who oppose a discriminatory practice, file a charge of discrimination, or testify for, assist in, or participate in an investigative proceeding relating to discrimination is prohibited.

#### **Advocacy and Counseling**

In addition to seeking medical and psychological care, a student who experiences a sexual assault may wish to seek advocacy or counseling services. The following organizations offer advocacy and counseling services to students who experience sexual assault.

#### **Relationship Violence and Sexual Assault Prevention (RVSP)**

- Provides support and referral services;
- Advocates for students affected by violence;
- Promotes education and awareness of sexual assaults, relationship violence and stalking.

The RVSP Program will allow the survivor to decide the course of action she/he would like to take. The RVSP Program Coordinator will retain a supportive role, will seek to empower the survivor, and will be courteous and respectful regarding the survivor’s decision.

To request an appointment, call (817) 272-3947 or email [rvsp@uta.edu](mailto:rvsp@uta.edu). For more information about RVSP, visit <https://www.uta.edu/rvsp/>.

## COUNSELING AND PSYCHOLOGICAL SERVICES

UT Arlington Counseling and Psychological Services (CAPS) is committed to helping students meet their full personal, academic, and career potential. Services are available to help students increase their understanding of personal issues address mental and behavioral health problems and make positive changes in their lives.

CAPS-Counseling and Psychological Services Include:

- Individual, couples, and group counseling;
- Psychological evaluation assessment and treatment;
- Psychological assessment of ADHD and learning disorders;
- Groups and workshops;
- Consultation to the campus community;
- Referral Services.

UT Arlington Counseling and Psychological Services may be reached at 817-272-3671.

## CLERY ACT

### WHAT IS THE CLERY ACT?

The federal Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act (Clery Act) requires that all colleges and universities (both public and private) that participate in federal aid programs must keep and disclose campus safety information. It also imposes certain basic requirements for handling incidents of sexual violence and emergency situations. Disclosures about crime statistics and summaries of security policies are made once a year in an Annual Security and Fire Safety Report (ASR), and information about specific crimes and emergencies is made publicly available on an ongoing basis throughout the year.

### CAMPUS SECURITY AUTHORITIES

The Report discloses crime statistics for *Clery Crimes* occurring in UTA's *Clery Geography* that have been reported to a UTA Campus Security Authority (CSA). The following are considered CSAs: (1) UTA's police and security departments and any other individual who has a responsibility for campus security; (2) individuals or departments UTA specifies in its campus security policies as individuals or departments to which students and employees should report crimes; and (3) UTA officials who have significant responsibility for student and campus activities.

The campus community is encouraged to report all crimes to the UTA Police Department. The annual report can be accessed here <https://police.uta.edu/public-info/annual-reports/index.php>.

## STUDENT-ATHLETE AND COACH RELATIONSHIP

Purpose: The purposes of this policy are: (1) to provide a safe and healthy environment for student-athletes so that they may reach their full potential as students and as athletes; and (2) to ensure that all coaches and other athletics department staff adhere to ethical practices and do not develop inappropriate relationships with student-athletes, regardless of their age or consent.

### DEFINITIONS

Coach: Any person serving as a head coach, assistant coach, graduate assistant coach, coaching intern, or volunteer coach in the athletics department.

Staff: Any employee or student serving in the athletics department in an administrative, management, or support capacity, or in any capacity in which they supervise student-athletes or have responsibility for the provision of services or other benefits to student-athletes. Supervisory control or authority: this includes any responsibility with the potential to affect the student-athlete's participation in the athletics program and includes the provision of direct services and benefits to the student-athlete, such as: training, health services, academic and student life program support, tutoring, counseling, eligibility determinations, program compliance, and control over the student-athlete's team.

Student-Athlete: Any student at the University who is a member of a varsity athletics team as defined by University and NCAA regulations.

Amorous Relationship: Any sexual, romantic, or dating relationship.

### SCOPE OF THE POLICY AND ITS REQUIREMENTS

Coaches: This policy strictly prohibits amorous relationships between any coach and any student-athlete. Every coach has an ethical obligation to maintain a professional relationship with student-athletes and to place the well-being of student-athletes ahead of the coach's personal interests. This responsibility includes the duty to provide a safe and healthy environment for the student-athlete to flourish, and to serve as a role model within the confines of a professional relationship. As a result, no amorous relationship between a coach and a student-athlete—regardless of the perception of consent by one or both participants—can exist without jeopardizing the professionalism of the coach-athlete relationship and creating a significant conflict of interest. The respect and trust the student-athlete places in a coach, and the vulnerability of the student-athlete in that relationship, make “consent” unreliable in this setting. Conflicts of interest are endemic to amorous relationships between coaches and student-athletes, and the costs to the athlete, the team, the athletics program, and the University, necessitate a strict prohibition on amorous relationships between coaches and student-athletes.

Even when the coach has no direct professional responsibility for that student-athlete, other student-athletes may perceive that the student-athlete who has a sexual relationship with a coach may receive preferential treatment from the coach or the coach's colleagues. Such relationships are incompatible with the ethical obligations of the coach and the integrity of the athletics program. Accordingly, this prohibition applies to relationships between all coaches and all student-athletes in the intercollegiate athletics program.

With respect to a coach and a student-athlete on that coach's team, the prohibition on amorous relationships shall remain in effect for two full years after the end of the final academic year in which the student-athlete was a participant on the team. With respect to a coach and a student-athlete not on that coach's team, the prohibition on amorous relationships shall remain in effect while that student-athlete is a participant in the intercollegiate athletics program.

Other (Non-Coaching) Staff: Amorous relationships between student-athletes and non-coaching staff are problematic when the staff member has supervisory control or authority over that student-athlete. For that reason, any amorous relationship between a student-athlete and a staff member with supervisory control or authority over that student-athlete must be disclosed to the Executive Senior Associate Athletics Director for Compliance and the Athletics Director. (If the relationship involves either of those persons, it must be disclosed to the Executive Director of the UT Arlington Affirmative Action/Equal Opportunity Office.) Once the relationship

is disclosed, the staff member must be recused, and their responsibility reassigned so that he or she no longer has supervisory control or authority over that student-athlete. Care must be taken to ensure that the recusal and reassignment of responsibility does not negatively affect the student-athlete's participation or benefits in the athletics or educational programs of the University.

## **ENFORCEMENT**

**Reporting a Violation:** Any person may allege a violation of this policy by contacting the Associate Athletics Director for Compliance or any other senior athletics department staff, or, if the person does not feel comfortable making the report to a person within the athletics department, to the Assistant Vice President & Director of Human Resources of UT Arlington. Any person receiving such a report must immediately notify the Athletics Director. Any coach or staff member with information suggesting a possible violation of the policy must promptly report it to the Athletics Director, and the failure to do so will be considered a violation of athletics department policy. (If the report or information implicates the Athletics Director in a violation of the policy, it should instead be directed to the UT Arlington Affirmative Action/Equal Opportunity Office.)

**Investigation:** Upon receiving such a report or information, the Athletics Director shall immediately notify the Assistant Vice President & Director of Human Resources of UT Arlington. Once on notice of a report or information of a possible violation of the policy, the Assistant Vice President & Director of HR shall promptly appoint an investigator outside of the athletics department to conduct a prompt and fair investigation into whether the policy was violated. Such an investigation shall include interviews with any coaches, staff, and student-athletes with relevant information, and shall provide any coach or staff member accused of violating the policy with an opportunity to respond to the allegations. In investigating a possible violation of the policy, the standard of proof to be used is whether it is more likely than not that the policy was violated (a "preponderance of the evidence" standard). Using this standard, the investigation will result in a determination of whether the policy was violated.

**Coordination Of Information Relating To Violations Of Other University Policy And/Or Criminal Law:** If the investigation leads to information suggesting that sexual harassment may have occurred, it shall be promptly forwarded to the appropriate university officials responsible for enforcing the University sexual harassment policy. If the investigation leads to information suggesting potential criminal conduct, it shall be immediately forwarded to the University general counsel, who will determine, consistent with State and local law, whether to notify appropriate law enforcement officials. However, the enforcement of this policy shall not be delayed pending the results of a criminal investigation.

**Disciplinary Action:** If an investigation determines that a coach or staff member has violated the policy, that coach or staff member shall be subject to disciplinary action, up to and including dismissal. The Athletics Director, in consultation with the Assistant Vice President & Director of Human Resources of UT Arlington, shall determine the disciplinary action to be imposed. Any disciplinary action shall be taken in accordance with applicable University policy.

**Confidentiality:** Complaints, reports, and information relating to possible violations of this policy shall be handled as confidentially as possible without jeopardizing the enforcement of the policy, the ability to conduct a fair investigation, or the safety of student-athletes and other persons connected with the athletics program. Information received in connection with a suspected violation of the policy shall be disseminated only on a "need to know" basis; that is, only when necessary to ensure compliance with the policy and/or to ensure the safety of student-athletes or others who come in contact with the athletics program.

**Retaliation:** Any retaliation for reporting a violation of this policy, or for participating in good faith in any investigation of a violation of this policy, is strictly prohibited. Any persons taking retaliatory action in violation of this policy shall themselves be subject to discipline, up to and including dismissal.

# CHAPTER 3 - NCAA RULES AND REGULATIONS

While you are a student-athlete at The University of Texas at Arlington, you are obligated to abide by NCAA, the Western Athletic Conference, and University rules. The Athletics Compliance Office (ACO) staff is ready to assist you in fulfilling this responsibility. The staff will conduct an annual rules education session with each team and provide periodic updates as needed during the academic year. Student-athletes are encouraged to ask questions and use the resources available in the ACO.

## ACADEMIC ELIGIBILITY AND COMPLIANCE

### 12-HOUR RULE

To be eligible for practice, competition, and financial aid, you must be enrolled in a minimum of 12 credit hours during the fall and spring semesters. If you have a diagnosed learning disability permitting you to have accommodations for less than 12 hours of enrollment, a waiver must be filed and granted by the NCAA in order for you to be eligible for practice and competition. If your college dean has certified that you need fewer than 12 credit hours to graduate, you may enroll in only these final hours and still be eligible for practice, competition, and financial aid. Graduate students who have eligibility remaining must be enrolled in at least nine credit hours to be considered full-time at The University of Texas at Arlington.

### MAINTAINING ELIGIBILITY/PROGRESS TOWARDS DEGREE

To maintain your eligibility, you must:

- 1) Complete 24 hours of academic credit prior to your second year of enrollment.
- 2) Earn 18 hours of academic credit during the traditional academic year (i.e., fall and spring, not including summer).
- 3) Earn six hours of academic credit in the previous regular academic term of full-time enrollment.
- 4) Declare a major no later than the beginning of your fifth semester or third year of enrollment. Once you declare a degree, all academic credit used to fulfill NCAA requirements must be degree applicable.
- 5) Complete 40%, 60%, and 80% of your degree requirements before the beginning of your third, fourth and fifth years of enrollment, respectively.
- 6) Maintain a minimum cumulative GPA that is 90% of minimum GPA required to graduate (at least 1.8) at the beginning of your second year, 95% of the minimum GPA (1.9) at the beginning of the third year and 100% of the minimum GPA (2.0) in both the fourth and fifth years.

### NCAA SIX-HOUR RULE

To be eligible to compete in a postseason event (e.g., conference tournament, bowl game, National Invitation Tournament, NCAA Championship) between regular academic terms (including summer) or in regular season competition in the next term, a student-athlete shall have satisfactorily completed six semester hours of academic credit the preceding regular academic term of full-time enrollment. The University of Texas at Arlington has 14 business days after the date of the last scheduled examination for the term that is ending to certify completion of the six semester hours of academic credit. If the postseason event occurs prior to the conclusion of the 14 business days, eligibility is determined by using grades from either the preceding regular academic term or from the most recent regular academic term for which grades have been posted.



## NCAA FIVE-YEAR RULE

The NCAA states that you have five calendar years in which to complete four seasons of competition in a sport. This five-year clock begins when you become a full-time student at any collegiate institution. These five years are continuous. If you are not enrolled in school at any time during these five years, you do not regain that time. In special cases, you may be granted an extension of the five-year eligibility clock.

### GRADUATE STUDENTS

Graduate students must maintain good academic standing in accordance with institutional and conference rules. Additionally, a graduate student must earn six credit hours per term to be eligible to compete and must be eligible to enroll the next term in order to be eligible to compete between terms.

### STUDENT-ATHLETE TRANSFER REQUEST PROCEDURE

1. You must immediately inform your coach of your interest in going elsewhere. Before you discuss any possibilities with a potential new school, the NCAA requires that The University of Texas Arlington adds your name to the NCAA Transfer Portal. If you or your parents contact a potential new school, and your name is not in the transfer portal database, that institution is obligated to let The University of Texas at Arlington know that you or your parents have contacted them. From the time you notify the Athletics Compliance Staff in writing of your desire to have your name added to the registry, the institution has two business days to do so. Your written request must include notification (which will first be verified by the athletics compliance office) that you have spoken to your head coach informing him/her that you are making the request. The Athletics Compliance Staff will request the completion of the NCAA Transfer Portal Signature Page Form, view the NCAA Transfer Educational Module and complete the Certificate of Completion. The Transfer Portal Signature Page form includes your phone number, email address and authorization to make your name and transfer request visible/not visible to other institutions. The educational module is designed to help student-athletes considering transfer make an informed decision. The two-business daytime period begins when all items have been completed by the student-athlete and verified by compliance staff. A letter or e-mail to the Executive Senior Associate Athletics Director (Debbie Garcia, [ranee@uta.edu](mailto:ranee@uta.edu)) or Assistant Athletics Director for Compliance (Angela Perry, [aperry13@uta.edu](mailto:aperry13@uta.edu)) constitutes a written request.
2. The following conditions are required for you to be immediately eligible when you transfer:
  - You have not previously transferred from a four-year college.
  - You are in good academic standing at The University of Texas at Arlington and would be eligible if you returned to UT Arlington.
3. Notification of a request to transfer may impact your athletics based financial aid. NCAA rules permit the institution to cancel or reduce aid at the conclusion of the term during which the transfer request is made. Other NCAA rules related to cancellation of aid during the period of the award also remain in effect (i.e. failure to meet academic eligibility requirements, severe misconduct, voluntary withdrawal from the program, etc.).
4. Notification of a request to transfer may impact your ability to access and receive support services that were previously available to you as a participating student-athlete at The University of Texas at Arlington. Potential changes to the services that may be available to you are reflected below:

### SERVICES AND BENEFITS FOR POTENTIAL TRANSFER STUDENT-ATHLETES FOLLOWING TRANSFER-RELATED REQUESTS

The services and benefits student-athletes receive following Notification of Transfer submission and/or One-Time Transfer Exception requests may be dependent on status with the respective team and may be reviewed on an individual case-by-case basis. Athletic Department representatives (e.g., coach, sport program administrator, compliance office staff) may require student-athlete to determine status with team (e.g., withdraw, cut, remain) prior to established deadlines. The following may serve as guidelines, but each case may be reviewed individually based on circumstances.

<b>Benefit</b>	<b>Student-Athlete Remains Active on Roster and Participates Fully With Team</b>	<b>Student-Athlete Voluntarily Withdraws From Team (e.g., quits)</b>	<b>Student-Athlete Removed From Active Roster (e.g., cut)</b>
Athletically Related Financial Aid (if applicable)	Continues pending decision to transfer and subject to all applicable NCAA, Western Athletic Conference, and Athletic Department regulations	Cancelled beginning with the next academic term and subject to all applicable NCAA, Western Athletic Conference, and Athletic Department regulations	Continues pending decision to transfer and subject to all applicable NCAA, Western Athletic Conference, and Athletic Department regulations
Academic Support Services (e.g., study hall, priority registration, counseling, etc.)	Continues until student-athlete withdraws or is otherwise removed from the active roster	<ul style="list-style-type: none"> <li>Support continues through current term if student-athlete receives athletically related financial aid</li> <li>All services cease following the end of the term during which the student-athlete voluntarily withdraws</li> </ul>	<ul style="list-style-type: none"> <li>Support continues through current term if student-athlete receives athletically related financial aid</li> <li>Services received in future terms reviewed on a case-by-case basis</li> </ul>
Athletic Training Services	Continues until student-athlete withdraws or is otherwise removed from the active roster	Treatment for existing injuries/illnesses may continue, but future access will be restricted	Services reviewed on a case-by-case basis
Nutrition Services (e.g., refueling station, snacks, etc.)	Continues until student-athlete withdraws or is otherwise removed from the active roster	No access	No access
Facility Use (e.g., locker room, weight room, etc.)	Continues until student-athlete withdraws or is otherwise removed from the active roster	No access	No access
Student Assistance Fund	Continues until student-athlete withdraws or is otherwise removed from the active roster	No access	No access
Team Activities (e.g., occasional meals, entertainment, recruiting activities, team travel, etc.)	Continues until student-athlete withdraws or is otherwise removed from the active roster	No access	No access
Apparel/Equipment	Continues until student-athlete withdraws or is otherwise removed from the active roster	Equipment must be returned	Equipment must be returned
Awards/Events	Continues until student-athlete withdraws or is otherwise removed from the active roster	No access	Case-by-case review



## ACADEMIC PROGRESS RATE (APR)

In intercollegiate athletics, teamwork takes place not only in competition but in the classroom as well. The Academic Performance Rate is a calculation used by the NCAA to assess how individual teams are performing academically. Each scholarship student-athlete can earn a maximum of two points per semester toward the team APR — one point for eligibility and one point for retention. For example, if you are on scholarship in the fall of 2022, and if you return and are eligible for competition for UT Arlington in the spring of 2023, you earn two-of-two (2/2) points for your team APR. If you return, but are not eligible for competition, you earn one-of-two points (1/2) for your team. Remember that your athletics based financial aid can be revoked at any time if you are academically ineligible for competition.

Your contribution to the APR is important. Teams will lose eligibility for postseason competition if their team's APR falls below a certain benchmark that has been set by the NCAA Committee on Academic Performance (CAP).

For more information on the APR, visit the NCAA's Web site ([www.ncaa.org](http://www.ncaa.org)) or speak with a member of the ACO staff if you have questions.

## FINANCIAL AID

### ATHLETICS SCHOLARSHIP

One form of financial assistance that is not need-based is an athletics scholarship. According to NCAA regulations, the number of athletics scholarships that may be appropriated to each sport is limited. A full scholarship, as defined by NCAA financial aid legislation, covers tuition and fees, room and board, and the use of required course-related books. Coaches in equivalency sports will often divide a number of full scholarships between several team members. An athletics scholarship is subject to renewal each year. An athletics scholarship may be reduced or canceled immediately for the following reasons:

- If the student-athlete is rendered ineligible for intercollegiate competition;
- If the student-athlete intentionally provides fraudulent information on an admission application, letter of intent, financial aid agreement, or eligibility questionnaire;
- If the student-athlete engages in serious misconduct warranting substantial disciplinary penalty;
- If the student-athlete voluntarily withdraws from a team.

### ATHLETICS SCHOLARSHIP APPEALS PROCEDURE

For the most part, the University of Texas at Arlington issues single year grants-in-aids. This means that your athletics based financial aid can be renewed, cancelled or reduced annually. Notifications of reduction or cancellation of athletics scholarships must be received by the student-athlete on or before July 1 of each year. Per NCAA rules, student-athletes must be provided an opportunity to appeal the cancellation or reduction of their scholarship. The student-athlete has ten calendar days to notify the Senior Woman Administrator (SWA) in writing of his/her intent to appeal. Any time an athletics scholarship is cancelled or reduced, the student-athlete will be notified of the right to appeal and the process to follow for such an appeal. The Scholarship Appeals Committee is comprised of the Faculty Athletic Representative who serves as Chair, a representative of the Office of Financial Aid, a representative from the Admissions Office, a representative from the Student Affairs Division and the Chair of the Student-Athlete Advisory Committee. The SWA will serve as a liaison and is present to assist the student-athlete and the committee with interpretive, policy or rules questions that may arise.

The Appeals Committee will have the opportunity to review other relevant information, including information from public authorities, court records, law enforcement officers, University officers and agencies, and other persons. This information may also include a statement from the student-athlete asserting their reason(s) for appealing the decision. The Head Coach may also submit a statement explaining the rationale behind the decision to cancel or reduce aid (which may include academic, conduct or performance-based criteria).

Having gathered information about the case, the Appeals Committee will meet privately to discuss the case. In reviewing the case for reinstatement, the Appeals Committee may consider all the circumstances, including the nature of the offense, any aggravating or mitigating circumstances, and any previous violations of the Student-Athlete Code of Conduct, the extent of the student cooperation and acceptance of responsibility, and the conduct of the student since the offense.

## **ATHLETICS SCHOLARSHIP DISBURSEMENT**

A student-athlete on full or partial scholarship may receive some or all of the following scholarship benefits:

***Tuition:*** Paid directly to the University

***Required Fees:*** Paid directly to the University

***Books:*** Required textbooks and materials are loaned to the student-athlete and must be returned at the end of the semester.

***Room and Board:*** On-campus housing is paid directly. Stipends for off-campus student-athletes for room and board are paid in nine installments.

## **UNIVERSITY CHARGES NOT COVERED BY ATHLETICS SCHOLARSHIPS**

The NCAA regulates fees that may be paid by The University of Texas at Arlington. Charges that may not be paid by your athletics scholarship include:

- University application fees or deposits;
- Library fines;
- Vehicle registration fee, parking fines, traffic fines;
- Fines for damage to University property, including your dorm room;
- Replacement of your student ID card;
- Replacement fees for a lost residence hall key;
- Replacement fees for loss of issued athletics equipment;
- Long-distance phone bills;
- “Consumable University charges,” which can be anything from lab fees for breakage to non-required field trips.

## **ATHLETICS SCHOLARSHIP FOR SUMMER SCHOOL**

Summer financial aid for student-athletes is a privilege and not a right. The primary intent of summer school is NOT to help a student-athlete retain eligibility but to assist the student-athlete to graduate. If a student-athlete needs summer school because he or she has failed or withdrawn from classes in which he/she has previously been enrolled, that student-athlete may be responsible for paying for summer classes and their athletics aid request can be denied. Consequently, decisions for the awarding of such aid will be based on available funds and previous academic performance. Student-athletes must be in good standing with the team relative to team rules and conduct to be eligible for summer athletics aid.

Summer aid, when available, is provided for tuition and fees only; room and board is provided at the discretion of the Head Coach and pending funding. Summer aid is limited to a maximum of two courses and can only be exceeded with approval of the Executive Senior Associate Athletics Director for Compliance.

To request Summer athletics scholarship:

- The student-athlete obtains the summer school application from the sport’s Academic Advisor.
- The student-athlete will submit a completed application with all necessary forms to the Senior Associate AD for Compliance prior to the end-of-April deadline. Final approval of summer athletics scholarship is granted or denied by the Executive Senior Associate AD for Compliance.
- The Athletics department will not pay for ANY course more than two times.

## **POST-ELIGIBILITY AID**

Your primary goal while at The University of Texas at Arlington is to receive a 4-year degree. The Athletics Department is committed to helping all student-athletes complete their degrees. If you have not graduated by the time you have completed your eligibility, The University of Texas at Arlington works to assist you with financing the remainder of your education in accordance with NCAA regulations. This assistance is not automatic. If, based on your record, the Athletics Director feels that you should continue to receive aid, The University of Texas at Arlington makes every effort to provide you with assistance. It can be renewed at the end of each term with the approval of the Senior Associate Athletics Director for Compliance. Consideration for post-eligibility funding for completion of a masters or second 4-year degree will be given on a case-by-case basis.

Fifth year aid is not given and is pending funding and a student-athlete should file application for other aid with the financial aid department.

The student-athlete must apply for fifth year aid prior to the end of the spring semester. The application may be obtained from the sport's Academic Advisor. Final approval of fifth year aid is granted or denied by the Executive Senior Associate AD for Compliance.

To be eligible for fifth year aid you must:

- Have exhausted your athletics eligibility;
- Have a minimum Cumulative GPA of 2.0;
- Have less than 30 hours remaining for degree completion;
- Be in good standing with the team relative to rules and conduct.

## **NCAA STUDENT ASSISTANCE FUND**

The NCAA provides a fund to assist student-athletes with special financial needs. You may be eligible to receive money from the NCAA Student Assistance Fund if you are:

- A student-athlete who has a demonstrated financial need.
- A foreign student-athlete who demonstrates a financial need.

If you are eligible to receive money from the NCAA Student Assistance Fund, you may use the funds for:

- Apparel
- Supplies for academic courses (general school supplies such as notebooks and pens) and rental of equipment (such as cameras) that are required for all students enrolled in a particular course.
- Medical and dental treatment not paid by other insurance coverage, such as premiums for optional medical insurance, hearing aids, vision therapy, or psychological counseling.
- Travel and other costs specifically due to family emergencies.

If you think you are eligible to receive this assistance, contact Debbie Garcia, Executive Senior Associate Athletics Director of Compliance, at (817)272-2047 or [rance@uta.edu](mailto:rance@uta.edu).

Student-athletes who show unmet financial need may qualify for funds from the NCAA Special Assistance Fund.

## **FEDERAL PELL GRANT**

The Federal Pell Grant program is made available by the federal government with cooperation between the University and the U.S. Department of Education. Eligibility is determined with the filing of the Free Application for Federal Student Aid (FAFSA). An applicant must be a U.S. citizen or permanent resident. A student-athlete may receive a full Pell Grant in combination with other sources of financial aid that are awarded.

## **GRANT-IN-AID WORK COMMITMENT**

An athletic grant-in-aid carries with it the obligation that the recipient is assigned a campus work activity during the entire academic year, not to exceed 20 hours a week. This requirement will be waived as long as the recipient is a member in good standing of an athletic squad and able to practice or compete. A student on academic probation is able to continue practicing and, therefore, will not have a work assignment. Student-athletes who have requested and accepted summer aid, degree completion or medical hardship aid should expect to be assigned a work requirement. Every effort will be made to provide an assignment which is related to the recipient's career interests.

## **ADDITIONAL FINANCIAL AID**

Various kinds of financial aid opportunities are available for students, both from within the University and from outside sources. The Office of Financial Aid can help outline what federal and University aid programs may be available and can suggest possible outside sources of education funding.

All outside and institutional funding must comply with the Western Athletic Conference and NCAA rules and regulations. Any additional financial assistance you receive may be required to count towards team scholarship limitations as established by the NCAA, so be sure to contact the Assistant Athletics Director for Eligibility and Certification.

## **NON-SCHOLARSHIP STUDENT-ATHLETES**

Once enrolled at UT Arlington and after receiving permission to try out for the team, you must complete all required NCAA/Western Athletic Conference paperwork. Non-scholarship student-athletes must meet the same academic, athletic, and behavioral standards as scholarship student-athletes.

Before participating in any practice or competition, you must also undergo a physical evaluation and receive academic clearance. Your medical history is compiled and reviewed at this time. If you are an invited walk-on, the Department pays for your pre-participatory physical exam. Non-recruited walk-ons are responsible for paying for their own physical exam.

## OTHER NCAA RULES

### RECRUITING

While you were recruited by The University of Texas at Arlington (or anyone else), you should not have received cash or any other items of value from anyone associated with The University. In addition, you should not have received promises listed in this section. You should not have received correspondence or phone calls about The University from anyone other than the UT Arlington athletics staff or faculty. Your family should not have been promised or given any items of value or received job promotions or new jobs based upon your decision to attend The University of Texas Arlington. Neither you nor your family should have received “free” tickets to any events other than your permissible complimentary tickets through a pass list for home athletics events held on The University of Texas at Arlington campus. If any of these have occurred, or if you are uneasy about something that happened during your recruitment, you should contact the Compliance department immediately at (817)272-2261.

### UNETHICAL CONDUCT (NCAA BYLAW 10.1)

As a student-athlete, you must abide by University, the Western Athletic Conference and NCAA regulations, including NCAA Bylaw 10.1 covering unethical conduct. Unethical conduct may include, but is not limited to the following:

- a) Refusing to provide information relevant to an investigation of a possible violation of a University, the Western Athletic Conference, or NCAA regulation when requested to do so;
- b) Knowingly being involved in arranging for fraudulent academic credit or false transcripts for a prospective or an enrolled student-athlete;
- c) Knowingly being involved in offering or providing a prospective or enrolled student-athlete an improper extra benefit or improper financial aid;
- d) Knowingly furnishing or knowingly influencing others to furnish the NCAA or the individual's institution false or misleading information concerning an individual's involvement in or knowledge of matters relevant to a possible violation of an NCAA regulation;
- e) Receiving benefits for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor, or a representative of an agent or advisor (e.g. “runner”);
- f) Knowing involvement in providing a banned substance or impermissible supplement to student-athletes, or knowingly providing medications to student-athletes contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state and federal law;
- g) Failure to provide complete and accurate information to the NCAA or institution's admissions office regarding an individual's academic record (e.g., schools attended, completion of coursework, grades, and test scores);
- h) Fraudulence or misconduct in connection with entrance or placement examinations;
- i) Engaging in any athletics competition under an assumed name or with intent to otherwise deceive;
- j) Failure to provide complete and accurate information to the NCAA or the individual's institution regarding your amateur status.

#### What NCAA Bylaw 10.1 Means:

- When UT Arlington staff interviews you about your possible involvement in a violation of NCAA rules, you are required to provide complete and truthful information, to the best of your ability, in response to all questions from UT Arlington staff.
- Refusing to answer questions or asking other student-athletes, students, staff, or other people to provide false or misleading information to UT Arlington staff members are also considered violations of NCAA Bylaw 10.1.

### Penalty for NCAA Bylaw 10.1 Violations:

- The NCAA penalties for NCAA Bylaw 10.1 violations range from a minimum loss of eligibility for 50% of a season to permanent loss of eligibility.
- The most common penalty is withholding from one calendar year of competition and being charged a season of competition for that year.
- Additional penalties could be implemented by UT Arlington, The Western Athletic Conference or the NCAA.

**EXAMPLE:** *A student-athlete provides false information and withholds some information when interviewed on multiple occasions by UT Arlington staff about a potential violation. The student-athlete will likely have to sit out all UT Arlington competitions for one calendar year [364 days from date student-athlete was ruled ineligible]. The student-athlete would also be charged with one season of competition.*

### **GAMBLING**

NCAA rules prohibit sports wagering. Sports wagering includes placing, accepting, or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur, or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; internet sports wagering; auctions in which bids are placed on teams, individuals, or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value.

Prospective or enrolled student-athletes found in violation of the provisions of this regulation shall be ineligible for further intercollegiate competition.

Student-athletes may not engage in any sports wagering activities on any sport (regardless of whether that sport is sponsored by UT Arlington Athletics).

The NCAA opposes all forms of legal and illegal sports wagering, which has the potential to undermine the integrity of sports contests and jeopardizes the welfare of student-athletes.

The NCAA has established specific guidelines (NCAA Bylaw 10.3) stating no athletics staff members, non-departmental staff with responsibility within the athletics department, conference staff or student-athletes shall knowingly participate in sports wagering activities or provide information to individuals associated with any type of sports wagering activities concerning intercollegiate, amateur, or professional athletics competition.

The following sanctions for violation of NCAA Bylaw 10.3 apply:

- a) A student-athlete who engages in activities designed to influence the outcome of a competition or who participates in any sports wagering activity involving UT Arlington shall permanently lose all remaining regular-season and post-season eligibility in all sports.
- b) A student-athlete who engages in any sports wagering activity through the Internet, a bookmaker, or parlay card shall be ineligible for all regular-season and post-season competition for a minimum of one year from the date that UT Arlington determines that a violation occurred and shall lose a season of eligibility.

In order to educate the student-athlete regarding illegal organized gambling, the University and the Athletics Department will instruct the student-athlete on the nature and prevalence of intercollegiate gambling and bribery, as well as the risk involved for the individual and for the entire University. The following policies will be followed in accordance with these guidelines:

1. At the start of each season, the Compliance Coordinator is responsible for educating all student-athletes on the nature and prevalence of gambling and bribery in intercollegiate sports. Student awareness of the problem should be maintained through the season, particularly prior to major competitive events.

2. Students are required to report any solicitations that they might receive that ask them to be a party to sports bribery. Failure to do so, if determined after due process, results in expulsion as recommended by the NCAA.
3. The Athletics Department is committed to taking an active stance against gambling and bribery. Institutional rules in this area apply equally to student-athletes, staff, and the general student body.
4. No Professional or College Office Pool.

As recommended by the NCAA, students found guilty of handling bets, distributing handicap information, or otherwise serving as an agent of the gambling industry are subject to immediate expulsion.

## **AMATEURISM**

As you probably know, the NCAA has strict rules regarding amateurism. You will lose your amateur status and eligibility if you:

- Use your athletics skill (directly or indirectly) for pay in any form in that sport;
- Accept a promise of pay (even if the pay is to be received after you finish your eligibility);
- Agree orally or in writing to be represented now (or in the future) by an agent;
- Accept any benefit from an agent;
- Sign a contract or commitment to play professional athletics;
- Receive (directly or indirectly) a salary, reimbursement of expenses, or any other form of financial assistance from a professional sport organization;
- Compete on any professional athletics team, even if no pay or remuneration for expenses is received (except for tennis, golf, beach volleyball, or synchronized diving teams); or enter into a professional draft; or
- If you are offered expenses (beyond actual competition expenses), a stipend, or prize money from a club team, national team, or any outside organization, please come and talk to the ACO immediately. It is possible that this is permissible, but Athletics Compliance must check it out thoroughly.

## **AGENTS**

### Purpose

This policy outlines the Student-Athlete/Agent Policy at The University of Texas at Arlington. This policy is required to comply with NCAA Bylaw 12.3 (Use of Agents) and Texas state laws.

### Philosophy

This policy is designed to meet the laws governing the state of Texas and provide both student-athletes and agents with specific guidelines to ensure that UT Arlington protects the NCAA eligibility of its student-athletes. Further, these policies and procedures are in place to serve the needs of student-athletes and the agents who seek to represent them once their collegiate eligibility is completed.

### Applicability

This policy is applicable to all student-athletes at The University of Texas at Arlington and to all agents who want to interview UT Arlington student-athletes, in accordance with state law.

### *Who is an Agent?*

The NCAA's definition of an agent is anyone 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. An agent may include, but is not limited to, a certified contract advisor, financial advisor, marketing representative, brand manager, or anyone who is employed or associated with such persons.



## Use of Agents

**General Rule:** An individual shall be ineligible for participation in an intercollegiate sport if he or she ever agrees (orally or in writing) to be represented by an agent for the purpose of marketing his or her athletic ability or reputation in that sport. Further, any contract, not specifically limited in writing to a sport or particular sports, shall be deemed applicable to all sports, and the individual shall be ineligible to participate in any sport.

**Representation for Future Negotiations:** An individual shall be ineligible if he or she enters into a verbal or written agreement with an agent for representation in future professional sports negotiations that are to take place after the individual completes his or her eligibility in that sport.

**Benefits from Agents:** An individual shall be ineligible if he or she (or his or her relatives or friends) accepts transportation or other benefits from any person who represents an individual in the marketing of his or her athletic ability. The receipt of such expenses constitutes compensation based on athletic skill and is an extra benefit not available to the student body in general.

**Legal Counsel:** Securing advice from a lawyer concerning a proposed professional sports contract shall not be considered contracting for representation by an agent unless the lawyer also represents the student-athlete in negotiations for such a contract.

**Presence of a Lawyer at Negotiations:** A lawyer may not be present during discussions of a contract offer with a professional organization or have any direct contact (i.e., in person, by telephone or by mail) with a professional sports organization on behalf of the student-athlete. A lawyer's presence during such discussions is considered representation by an agent.

### ***Testing the Waters – Men's Basketball Only***

Any college player who is contemplating entering the NBA Draft as an early entrant and simultaneously wishes to preserve the possibility of returning to play college basketball should consult directly with the Athletics Compliance office to ensure a full and accurate understanding of all applicable NCAA rules.

## Student/Agent Interviews

Texas state law requires that each institution designate at least five but no more than 30 consecutive business days to schedule student-athlete/agent interviews. The interviews must be held during the off-season training period prior to the student-athlete's final season of eligibility.

The ACO will designate a five-day period in both the fall and summer terms for student-athlete/agent interviews. Agent interviews for men's and women's basketball, men's and women's cross country and volleyball are held in the summer. Agent interviews for all other sports are conducted in the fall.

### The Athletics Compliance Office (ACO)

The ACO will post interview dates to the athletics website. Interviews are conducted on campus and will be coordinated by the ACO.

The ACO staff organizes and supervises the student-athlete/agent interview policy to ensure compliance with the State of Texas Athlete Agents Act and any rules adopted under the Act.

It is not permissible to be represented by an agent for the purpose of marketing your athletic ability. The NCAA's definition of an "agent" can include many individuals which at first glance might not be viewed by you as an agent including financial advisors, sports marketers, contract advisors, former student-athletes working as "contacts or runners" for agents and many other individuals. You will be ineligible if you (or your family and friends) accept **any** benefits from prospective agents such as transportation, meals, lodging, a loan, a car, or anything else, no matter how small. If someone is trying to "give" you something not generally available to all students or their families, remember that there is always a consequence. You will lose your eligibility.

There are only 3 things you can do with an agent:

- 1) Talk to an agent
  - 2) Accept a business card from an agent, and
  - 3) Accept a general brochure from an agent that outlines their services.
- Anything more will likely affect your eligibility.



## EXTRA BENEFITS

Accepting extra benefits, knowingly or not, is a serious violation of NCAA rules. You could lose your eligibility, your scholarship, and your right to compete in intercollegiate athletics if you accept extra benefits from any source.

Examples of extra benefits include but are not limited to:

- Gifts or loans of clothing, audio or video equipment, food, and beverages;
- Transportation;
- Use of an automobile or cellular phone;
- Low interest or interest-free loans, telephone cards, credit cards, charge accounts, etc.;
- Exceeding the allotted number of complimentary admissions;
- Cash, tangible items, free/discounted services in exchange for selling complimentary admissions, awards, or equipment that you received from UT Arlington;
- Special discounts on products or services;
- Special payment arrangements on personal purchases;
- Material benefits that are not available to the general student body.

Student-athletes are only allowed to receive benefits that also are offered to the general student population. Be extremely careful of “free” or “special” benefits that you may be offered. Even a small benefit can put your eligibility in jeopardy. If any of these items or services have been offered to you by someone other than a family member, notify the compliance department immediately. If you have any questions about whether something might be considered an extra benefit, ask your coach or the compliance department.

An “extra benefit” is any special arrangement to provide you or your relatives or friends with a benefit not authorized by the NCAA rules. The NCAA allows UT Arlington to provide student-athletes with scholarships to cover tuition, fees, room, board and books. UT Arlington may also provide complimentary admissions to UT Arlington athletic events, practice or competition-related apparel, equipment, meals, travel, academic support services, and medical treatment. It is a violation of NCAA rules for you to receive any other benefit unless the same benefit is available to all UT Arlington students or members of the general public. This prohibition on receiving extra benefits also applies to parents/guardians and relatives. An extra benefit to a parent or relative is considered an indirect extra benefit to you and will affect your eligibility.

Examples of extra benefits include but are not limited to:

- Gifts, loans or use of personal properties (e.g. computer, boats, summer home, cars, stereo, audio or video equipment, clothing, food, and beverages);
- Transportation;
- Use of an automobile (including the use of rental cars or coaching staff personal vehicle) or cellular phone;
- Low interest or interest-free loans, telephone cards, credit cards, charge accounts, etc.;
- Exceeding the allotted number of complimentary admissions;
- Cash, tangible items, free/discounted services in exchange for selling complimentary admissions, awards, or equipment that you received from UT Arlington;
- Special discounts, payments, arrangements, or credit on purchases or services (e.g., airline tickets, clothing);
- Material benefits that are not available to the general student body;
- Arrangements for employment of relatives or friends of enrolled student-athlete;
- Free or reduced rates for services from an establishment owned by a representative of athletics interests (e.g., movie tickets, dinners, tickets to professional team events, other entertainment);
- Christmas or birthday presents.

Some exceptions to the extra benefit rule:

- An authorized occasional home meal at a staff member's or a booster's home;
- Reasonable local transportation on an occasional basis;
- Disabling injury insurance;
- Student-Athlete Special Assistance Fund; and
- Transportation in the event of a serious injury, illness or death of a family member

## **COMPLIMENTARY ADMISSIONS**

### Student-Athlete's Own Sport

The University of Texas at Arlington offers its student-athlete's complimentary admissions to competitions in accordance with NCAA rules and regulations. These regulations allow a maximum of **four** complimentary admissions per student-athlete for each event (home or away) in his/her sport. Whether or not a specific sport program provides the maximum allowable complimentary admissions or some lesser number of complimentary admissions is left to the discretion of each sport program, but should be the same for all student-athletes on that team. All tickets are issued via a pass list and each student-athlete must complete their assignment of guests.

### In Other Sports

Generally, an institution may provide admission for each student-athlete to all of the institution's regular-season home intercollegiate athletics events in sports other than that in which the student-athlete is a participant, via a printed student-athlete pass or gate list. Proof of identity is required upon admission.

### Important Rules

Q: *Who should I NOT put on my complimentary admission list?*

A: Agents or agent runners; Representatives of Athletics Interests (Boosters, Student-Athletes Employers, Professors, Donors, Athletics Committee Members); Prospects/Recruits; Family, friends or requests of UT Arlington coaches; media; public officials; Athletics Department staff members.

Q: *May I sell my complimentary tickets?*

A: No. A student-athlete may not receive payment from any source for his or her complimentary admissions and may not exchange or assign them for any item of value.

Q: *May a student-athlete purchase extra tickets and sell them for a profit?*

A: No. A student-athlete may not purchase tickets for an athletics contest from the institution and then sell the tickets at a price greater than their face value.

Q: *What happens if I give my complimentary tickets to a third party and that person sells the tickets?*

A: This is a violation. Individuals designated by the student-athlete to receive complimentary admissions are not permitted to receive any type of payment for these admissions or to exchange or assign them for any item of value. Sale of complimentary tickets by such designated individuals is prohibited and considered an extra benefit not available to the general student body, which would render the student-athlete ineligible for participation in intercollegiate athletics.

## **OCCASIONAL MEALS**

If a booster of The University of Texas at Arlington or any individual other than a family member wishes to provide you with a free meal, you must contact the ACO for prior approval before attending the meal. Failing to do so could result in a violation and impact your eligibility.

## **SALE OF ATHLETIC ITEMS**

The student-athlete is not permitted to sell, trade, or offer in exchange for other benefits or services, any items obtained as a privilege for being a student-athlete. This includes, but is not limited to, memorabilia, awards, apparel, equipment, complimentary tickets, etc. Such action violates NCAA regulations and will jeopardize the student-athlete's eligibility.

## **STUDENT-ATHLETE APPEARANCES**

In order to avoid the exploitation of an institution's student-athletes, the NCAA limits the contexts in which a student-athlete may promote, or be used to promote, products or organizations. The student-athlete and the institution are required to abide by all NCAA and institutional rules when participating in any promotional activities. It is crucial that staff members and student-athletes are aware of all promotional activities involving student-athletes.

### Procedures:

Obtain a Student-Athlete Institutional/Charitable/Educational/Non-Profit Promotional Waiver ("Promotional Waiver") from the ACO. Fill it out completely and return the form to the ACO.

## **STUDENT-ATHLETE EMPLOYMENT**

It is extremely important that the conditions of any employment you have while you are a student-athlete comply with NCAA bylaws. Infractions could jeopardize not only your own athletics eligibility, but that of your team.

- You obtained the employment through established hiring protocol available to other applicants;
- You are compensated only for work you have actually performed;
- Your rate of pay is the normal rate of pay for the duties performed and job qualifications;
- You are only paid for hours you have actually worked;
- If you are provided with transportation to work or any other benefit (e.g., meals, merchandise discounts), such benefits are available to all employees

At all times during your athletics eligibility, your employment must comply with The University of Texas at Arlington, UT Arlington Athletics, the Western Athletic Conference, and NCAA rules and regulations. Student-Athlete employment must be disclosed to the ACO through completion of the Student-Athlete Employment Form in JumpForward.

Whether or not you are on athletics scholarship, please contact the ACO to obtain approval paperwork prior to beginning and/or accepting any employment.

## STUDENT-ATHLETE NAME, IMAGE AND LIKENESS (NIL)

NCAA student-athletes now have the opportunity to benefit from their name, image and likeness. The NCAA adopted a uniform, interim policy suspending NCAA name, image and likeness rules for all incoming and current student-athletes in all sports on July 1, 2021.

The policy provides the following guidance to NCAA member schools, college athletes and their families:

- Individuals can engage in NIL activities that are consistent with the law of the state where the school is located. Colleges and universities may be a resource for state law questions.
- Individuals can use a professional services provider for NIL activities.
- College athletes who attend a school in a state without an NIL law can engage in this type of activity without violating NCAA rules related to name, image and likeness. Texas does have state laws governing NIL activities.
- Student-athletes should report NIL activities consistent with state law or school and conference requirements to their school.

Most importantly, a Student-Athlete **MUST** disclose their NIL activities to the Athletics Compliance Office. This is considered “work” or “employment” & must be monitored. A student-athlete must submit an NIL Disclosure Form to Debbie Garcia via email **BEFORE** he/she enters into an agreement with a company or sponsor. This is an extremely important step and failing to do so may affect the student-athlete’s eligibility.

UTA will have a robust program to educate student-athletes in how to maximize the use of their NIL for compensation, as well as understanding associated issues (e.g., financial literacy, branding, time management).

NIL legislation will allow student-athletes to make money from using their name, image, or likeness. This may come in the form of partnerships with businesses (e.g., promotions on TikTok or tv commercials), running a sports camp, or creating a business. New NCAA policy for NIL opens up many possibilities and allows student-athletes to be treated like “regular” students.

UTA’s marks, logos or other institutional property **CANNOT** be used in a proposed NIL-contract with a UTA student-athlete (e.g., student-athlete filming endorsement ad while wearing a UTA hat or shirt). Texas state law prohibits student-athletes from earning NIL-compensation in exchange for property owned by UTA.

Student-athletes **CANNOT** receive compensation in exchange for an endorsement of Alcohol, Tobacco products, e-cigarettes, or any other type of nicotine delivery device, Anabolic Steroids, Sports Betting or Casino Gambling, a firearm the student-athlete cannot legally purchase, or a sexually oriented business.

International Student-Athletes in the US on an F1 Visa may **NOT** be employed within the US. Therefore, international student-athletes cannot take advantage of NIL in the US. Consequences include having F1 Visa status cancelled and having to return to their home country.

The implementation of the new NCAA NIL policy is fluid and it is important for student-athletes to work directly with the Athletics Compliance Office concerning all NIL related opportunities. For additional information and access to educational documents, visit the [UTA Compliance Webpage](https://utamavs.com/sports/2018/5/23/compliance.aspx) or visit <https://utamavs.com/sports/2018/5/23/compliance.aspx>

## **OFFICIAL/UNOFFICIAL VISITS – STUDENT-ATHLETES HOSTING A RECRUIT**

**YOU CAN MAKE A DIFFERENCE** when a recruit is deciding whether to attend The University of Texas at Arlington. The coaches spend many hours getting to know recruits and their families and educating them on the merits of our great institution. The goals of the recruiting visit are to help the prospect and UT Arlington determine whether or not UT Arlington is the right fit both academically and athletically, and for you and the coaching staff to feel the same way. You can most effectively show prospects all that UT Arlington has to offer and help them determine that UT Arlington is the right place for their intercollegiate career.

There are some rules you must adhere to in your involvement with recruiting visits that will ensure you are representing UT Arlington as expected. As a student-athlete at UT Arlington, you are to obey and conduct yourself in accordance with the penal and civil statutes of the local, state, and federal government, rules and regulations of the Board of Regents, University regulations, The Western Athletic Conference rules, and NCAA rules and regulations. Below is an outline of the rules and regulations you, as a student-athlete, are expected to follow at all times and especially during the course of recruiting visits to our University. You will be required to sign a Prospective Student-Athlete Official Visitation Form each time you have been requested by your coach to be a student-athlete host.

### **General:**

- First impressions are crucial. Make the prospect and his/her guests feel welcome.
- Read information about the recruit and his/her interests so you are prepared to talk with him/her. Ask questions and find something in common to talk about.
- Carefully review the student-host instructions form that you are required to sign prior to hosting each and every official visit prospect and ask your coach or the ACO in advance if you have any questions to avoid any NCAA violations.
- Carry a cell phone when possible. Call the coaching staff immediately if there are any problems with a prospect.
- Have a plan for entertaining the recruit and review it with your coaches. If there are any changes to the plan, please advise the coaches ahead of time.
- Be on time to all scheduled activities.
- Have fun!

### **Transportation:**

- Institutions may provide local transportation for a prospect and the prospect's parents, legal guardians and/or spouse around campus, within a 30-mile radius of campus, and from/to the local airport only in an institutional or personal vehicle with no special accessories.
- A coach, staff member or booster may not provide a student-athlete or prospect with the use of a vehicle for purposes of transporting a prospect during his/her official visit. The host is expected to use his/her own vehicle or a teammate's for entertaining the prospect.

### **Meals:**

- Institutions may provide only one student-athlete host per prospect with a meal and only if that student-athlete is accompanying the prospect on the meal. Other student-athletes may attend the meal but must pay the cost of their own meals.
- You should not invite other individuals or The University of Texas at Arlington students that are not current student-athletes to assist in the recruitment of a prospect (e.g., eat a meal with you and the prospect, hang out with you in the prospect's hotel room, etc.).

## **Entertainment:**

- NCAA rules permit The University of Texas at Arlington to provide a host with a maximum of \$70 for each day of the official visit to cover the actual costs of entertaining the prospect (and the prospect's parents, legal guardian or spouse) excluding the cost of meals and admission to campus athletics events. If several students host a prospect, the entertainment money may be utilized to cover the actual and necessary expenses incurred by the prospect and all hosts.
- The student-athlete host must sign a student-host form prior to receiving host funds and prior to hosting any prospect.
- Cash may not be provided to a prospect.
- These funds may not be used for the purchase of any material items (e.g., souvenirs such as T-shirts or other mementos, etc.)
- The following activities are prohibited during official visits and may not be engaged in or paid for with host funds: gambling, use of escort services, exotic dance club, consumption of alcoholic beverages (even by those over 21) or drugs, or any activity contrary to University policy or state and/or federal law.
- The institution may not arrange for a prospect to engage in any game-day simulations during the prospect's visit (e.g., police escorts to stadium, band/cheerleaders lined up as prospect runs onto the field, etc.).
- The prospect may be present in the locker room prior to or after a competition and must be seated in the regular seating areas during the course of the contest.
- The institution may provide reasonable entertainment within 30 miles of the institution's campus to the prospect, their parents or legal guardians, and spouse only.
- This entertainment may not be excessive (e.g. limousine, hiring of a band, etc.) and the cost must be taken from the student-host entertainment funds.

## **Complimentary Admissions:**

- Institutions may provide complimentary admissions to a prospect and the prospect's guests to the institution's home athletic events during the visit which may not include any special seating (e.g. sidelines, bench, suites, etc.) during the course of the contest. The institution may provide up to three complimentary admissions for a prospect on an Unofficial Visit and up to six complimentary admissions for a prospect on an Official Visit. Contact your coach or the ACO if you think that this is an issue for a prospect you are hosting.
- The student host may be provided a complimentary admission to accompany the prospect to an institution's home athletic contest.
- Both the student-host and the prospect must show identification and sign the pass list at the designated pass gate for the athletic contest they are attending.

## **Conduct:**

- NCAA rules must be abided by all persons in all situations. If at any time a student-athlete is uncertain of NCAA rules, they contact the coaching staff or the ACO immediately.
- If you are aware of or believe a violation of NCAA or University rules occurred, you should report that information to the ACO immediately.
- Individuals involved in the recruiting visit (including the prospect) are expected to act in a responsible manner and to abide by the law.
- A prospect is never to be left alone or with a non-team member or to be arranged a date or other encounter that could lead to inappropriate behavior (e.g., sexual misconduct, use of alcohol, drugs, etc.).
- You must follow any additional rules set by your coach (e.g., curfew, team policies, etc.).

It is important to note that you may be disciplined by the University according to HOP Chapter STU 2: Student Conduct and Discipline for violating these standards of conduct both on and off campus when the incident occurs in connection with an institution-oriented activity, or has a substantial connection to the interests of the University, or when the behavior is prohibited by University policy regardless of where it occurs, even if you are or may be penalized by civil authorities for the same act.

## OUTSIDE SPORTS COMPETITION

The Athletics Department encourages student-athletes to participate on U.S. national teams that compete internationally. The Department is committed to funding tryouts for such teams as permissible. However, there may be NCAA restrictions that limit the use of institutional funds for outside competition. Check with the ACO whenever you intend to compete with or try out for an outside team event or tournament to ensure you maintain your eligibility. You must fill out the outside competition form and receive approval from the ACO to participate in outside competition (not representing UT Arlington) during the school year or summer.

In individual sports only, during the summer and outside of your playing season you may accept prize money based on your place finish in an open event. The prize money may not exceed your actual and necessary expenses to participate in the event and may only be provided by the sponsor of the event. Your calculation of expenses cannot include expenses or fees of anyone other than you (e.g., coach's fees or parent's expenses). You are strongly encouraged to work with the ACO staff prior to accepting any prize money to ensure your eligibility is not jeopardized.

## COUNTABLE OR REQUIRED ATHLETICALLY-RELATED ACTIVITIES/PLAY PRACTICE RESTRICTIONS

The NCAA states that during the declared playing season, your participation in countable athletically related activities (see list below) must be limited to four hours per day, 20 hours per week, and one day off, which may be a travel day.

Outside of the declared playing season but during the academic year, your participation in countable athletically related activities is limited to eight hours per week. In those eight hours per week, you may participate only in activities #2 and #3 below. Outside the playing season, any athletically related activities in the week prior to finals through your last final are prohibited. During the summer vacation period (if not in-season), all athletically-related activity must be voluntary. The only exception is basketball, which permits eight hours per week of countable activities for up to eight weeks in the summer. Basketball student-athletes must meet academic benchmarks to participate in the required activities or be enrolled in summer term(s) at the time the countable athletically-related activities take place. Countable athletically related activities are:

1. Required practice\* and competition;
2. Required weight training and conditioning;
3. Up to four hours of individual/team skills instruction from the coach;
4. Participation in a departmental physical fitness class or individual workout;
5. Departmental review of athletics practice or contest films/videos;
6. Required camp, clinic, or workshop participation;
7. Athletics-related meetings;
8. Requested on-court/on-field activities.

You may be responsible for acknowledging your practice activities on a regular basis during the academic year through JumpForward. In the case of an inconsistency or if you are required to participate in more than the designated weekly limitations, please contact the Sr. Associate Athletics Director for Compliance or Assistant Athletics Director for Compliance.

If you have any questions about these regulations concerning limits on countable athletically related activities, ask your coach or the ACO.

**\*Practice:** *A practice is any meeting, activity, or instruction involving sports-related information and having an athletic purpose, which is held at the direction of, or supervised by, any member of The University of Texas at Arlington coaching staff. Therefore, a team meeting to discuss only the drug-testing program, for example, would not be considered a practice.*



## **VOLUNTARY WORKOUTS**

Throughout the academic year and summer term, coaching staffs may inform their student-athletes of voluntary workout availability. Please keep in mind the following regulations must be followed in order to consider the activity “voluntary” in nature.

1. You cannot be required to report back to a coach or other Athletics Department staff member any information related to the activity.
2. The activity must be initiated and requested solely at your discretion.
3. Your participation (or lack thereof) may not be recorded for the purpose of reporting such information to your coaching staff.
4. You cannot be subject to penalty for not participating in voluntary activities. In addition, you may not receive recognition nor incentive (e.g., awards) based on your attendance or performance in such activities.

**Safety Exception:** In the following sports a coach may be present during voluntary workouts to provide safety instruction **ONLY**:

- Track and Field (field events, jumping hurdles and jumping element of the steeplechase)

**NOTE:** Disciplinary activities (e.g., “penalty runs”) are not considered voluntary activity and must be counted toward your practice hour limitations.

## **STUDENT-ATHLETE AWARDS**

WAC academic awards – Academic All-Conference, Academic Excellence, Academic Honor Roll, Commissioner’s Cup – are based on the most recently completed academic year and will be awarded next academic year.

### **WAC ACADEMIC ALL-CONFERENCE AWARD**

The academic all-conference award shall be given to student-athletes who have completed one academic year at the member institution, have a 3.2 or better cumulative grade point average, have participated in at least fifty (50) percent of the team’s contests, with the exception of all baseball and softball pitchers who shall have participated in at least twenty (20) percent of the team’s contests.

### **WAC ACADEMIC EXCELLENCE AWARD**

The Academic Excellence Award shall be provided annually to a Conference institution. The institution that performs the best in the following areas will receive the award: (1) average grade-point-average (GPA) for each institution’s undergraduate student-athletes; (2) average grade-point-average of an institution’s overall undergraduate student-body vs. the average grade-point-average of an institution’s undergraduate student-athletes; and (3) most recent two-year average of institutional Academic Progress Rate scores.

### **WAC ACADEMIC HONOR ROLL**

Student-athletes who have completed two semesters or three quarters at the certifying institution, have a 3.2 or better cumulative grade point average, or 3.2 grade point average for the past two semesters or three quarters, shall receive the honor roll award.

### **WAC COMMISSIONER’S CUP**

The Commissioner’s Cup is awarded to the institution with the most points at the end of the academic year. Schools count its top 15 finishes out of a possible 20 WAC-sponsored sports.



## HEAD COACH CONTROL

The NCAA holds your head coach accountable for promoting an atmosphere of compliance and monitoring the activities for all assistant coaches, administrators and student-athletes within the program. Not only can your actions impact your own eligibility, but the NCAA's accountability on head coaches means that your actions could also result in the suspension of your head coach.

## EXIT INTERVIEWS

The NCAA requires member schools to conduct exit interviews with student-athletes following completion of their athletic eligibility. At UT Arlington, these interviews assist the administration in evaluating the student-athlete experience on an annual basis and serve as another opportunity for exchange between student-athletes and the athletics administration. The athletics administration and Faculty Athletics Representative conduct exit interviews annually.

Near the conclusion of your final season of competition you may be contacted by SWA to schedule an interview. In order to respect confidentiality during the interview specific student-athlete comments will not be provided directly to coaches. However, the information shared during the exit interview is provided to the Athletics Director for review and follow up as needed.



# CHAPTER 4 - ACADEMICS

## ACADEMIC RESPONSIBILITIES AND GUIDELINES

### RESPONSIBILITIES OF STUDENT-ATHLETES

- When you accepted your athletics scholarship and made the decision to attend The University of Texas at Arlington, you agreed to take on the responsibility of handling the time and effort required to be both a scholar and an NCAA Division I athlete.
- At no time shall your participation in athletics be considered an extenuating circumstance upon which to base a request for an incomplete grade, late administration of an examination, or late submission of required work.
- Never ask a coach to contact any member of the faculty for the purpose of discussing your academic performance. If it should ever become necessary for the Athletics Department to contact your instructor, your academic advisor or a member of the Athletics Compliance Staff must initiate the contact. Keep in mind that the Athletics Department must never request "special consideration" for a student-athlete regarding grades.
- As a student-athlete, you are expected at all times to exhibit self-discipline in study habits and to attend all classes except when traveling and competing.
- At the beginning of each semester, you must contact the instructor of any class that you will miss due to athletic competition and give them an Excused Absence Memorandum prepared by the Academic and Compliance Staff with the Athletics Department. You should ask your instructor for his/her permission to be excused from class for the purpose of athletic program participation, and submit required work or take scheduled examinations early if the scheduled date of such activities conflicts with athletic participation. If, because of examinations, important class meetings, and/or academic difficulty, you are placed at an academic disadvantage by missing such class meetings, your coach may make special travel arrangements for you if possible.

### CLASS ATTENDANCE

The heart of education at UT Arlington is the teaching/learning interaction between you as a student and your instructors. Student-athletes are expected to attend class on a regular and punctual basis.

UT Arlington's policy concerning absence from class accords to the student's professor the discretion to accept the excuse and permit make-up work. Course instructors establish specific attendance policies that must be adhered to by student-athletes. Thus, the course instructor is responsible for handling any excuses for absences from his or her class. The written procedures for students notifying faculty of excused absences can be found in the University Catalog/Academic Regulations. The three exceptions to the policy are personal illness, death in the immediate family, and duties performed for the University.

Arrangements for taking any examination or completing work assignments affected by team travel are the student-athlete's responsibility. Instructors are aware of the problems involved in scheduling athletic competitions and usually are willing to provide some flexibility if the student-athlete requests consideration in advance.

#### Scheduled Excused Student Absences

- a) At least one week prior to the proposed absences, the student-athlete must acquire the Notification of Scheduled Excused Absence Memorandum, which is completed by the Athletics Department.
- b) The completed Notification of Excused Absence Memorandum shall be delivered by the student personally to the instructor of each class.

The Athletics Department provides additional oversight for student-athletes regarding missed class-time. The Athletics Academic Advisor routinely checks the class attendance of student-athletes. The Athletics Academic Advisor may also send an email to each student-athlete's instructors requesting information on the student-athlete's attendance, performance, and additional concerns regarding the student-athlete's academic performance. When an instructor informs the Athletics Academic Advisor that a student-athlete has unexcused missed classes, the Athletics Academic Advisor forwards the information to the head coach and/or the assistant coach of the student-athlete.

### Student-Athlete Responsibilities

The UT Arlington Athletics Department and the University Administration have implemented the following attendance policy and expectations for all student-athletes:

1. Must complete all assignments and exams on time;
2. Must exhibit appropriate behavior in class, which allows for learning by student-athlete and by peers;
3. Must provide class excused absence memorandum forms to faculty members at least 7 days in advance of absence. It is required by the Athletics Department that each student-athlete should notify faculty members of class absences due to competitions in the first week of classes. It is the responsibility of the student-athlete to communicate with the faculty members regarding absences due to competition;
4. Must comply with the attendance policy regardless of grade point average; attendance policy is in effect during all terms (Fall, Spring and Summer sessions); and,
5. It is an NCAA violation to miss class for any practice, including practice prior to trip departure, fundraiser, scrimmage, team pictures, or other related activities.

### **COMPETITION SCHEDULE OR GUIDELINES FOR AWAY COMPETITION**

- In keeping with the Athletics Department's philosophy that academics are a primary commitment, every effort is made to minimize your absences from class and exams in scheduling athletic competitions.
- When practice schedules conflict with class schedules, you are required to attend class. It is against NCAA rules for a student-athlete to miss class to attend practice.
- Competition will be scheduled to minimize your number of class absences. The number of contests scheduled on weekdays and immediately preceding and following official vacation periods will be as minimal as possible.
- Every attempt will be made to schedule weekday departure times for away events as late in the day as possible so that the majority of student-athletes will have completed their classes. In addition, game times for weekday home events will be scheduled as late in the day as possible so that the majority of student-athletes will have completed their classes.
- Student-athletes traveling to away competitions will be notified of their travel schedules at the beginning of each semester and must notify their instructors accordingly. At the start of each semester, you will be provided with an Excused Absence Memorandum to present to your instructors. Please use the Excused Absence Memorandum as an opportunity to introduce yourself to your professor and engage them in conversation about the letter and the days you will miss to make sure there is an agreed-upon plan to make up missed assignments.
- You are expected to make up missed assignments prior to your departures for competitions, unless your professor has other preferences.
- Your coaches are asked to make every effort to adjust travel plans for both individual athletes and teams to avoid additional absences caused by participation in postseason competition, such as regional and national championships.

## **ACADEMIC INTEGRITY/ACADEMIC HONESTY**

The academic community at UT Arlington relies upon a high standard of integrity. One of the most important aspects of academic integrity concerns the just measure of each student's academic accomplishments. Academic honesty is demanded of all students, and the Honor Code is a working part of the student's life in and out of the classroom at UT Arlington. Students must be aware that giving or receiving unauthorized aid on an examination, assignment, paper, or lab report is not the only kind of violation. Any kind of dishonesty related to academics is a violation. Other examples of academic dishonesty—apart from giving or receiving unauthorized aid precisely as defined by the teacher in each course—include, but are not limited to, listing false reasons for taking a make-up examination, resubmitting work as an original piece, and falsifying data. Failure to take responsible action is also a violation. Unintentional plagiarism is as punishable as intentional plagiarism.

For questions concerning what is or is not an academic Honor Code violation, please contact the appropriate professor or academic advisor.

All reported instances of academic misconduct will be reported to and adjudicated by the Office of Community Standards.

## **ACADEMIC SUPPORT AND SERVICES**

### **OBJECTIVES**

The Academics and Compliance Staff within the Athletics Department monitor the progress of UT Arlington student-athletes. From the recruiting stage through graduation, the office provides counseling, guidance, and tutoring to more than 250 student-athletes each year.

The University makes a sincere commitment to all student-athletes for their education and graduation. If it involves academics for the UT Arlington student-athlete, it involves the Academics and Compliance Staff. That means that everything from University admission, registration for courses, class problems, mentoring, and tutoring needs goes through Academics and Compliance Staff offices. No matter what the issue, the Academics and Compliance Staff is available to help in a confidential and receptive way.

To fulfill this promise, the Academics and Compliance Staff have four major objectives:

- To assist every student-athlete in graduating in four years;
- To protect the academic integrity of the University;
- To comply with all rules, regulations, and procedures of the University and the NCAA;
- To promote the athletic eligibility of all student-athletes.

### **COMPLIANCE/TEAM ORIENTATION**

Each year the Athletics Department schedules a Student-Athlete Orientation program before classes begin in the fall. This gives our students a chance to settle into the University environment and to take care of administrative details. Student-athletes are required to attend their scheduled team Orientation session prior to the start of school. During the scheduled team orientation, each team will get comprehensive education in the following areas:

- |                          |                             |
|--------------------------|-----------------------------|
| • Academic Integrity     | • Career Service            |
| • Student Services       | • Career Development        |
| • Compliance             | • Media Relations           |
| • Sports Medicine        | • Alcohol Education         |
| • Leadership Development | • Sexual Health & Education |

## THE ACADEMIC CENTER FOR STUDENT-ATHLETES

The Academic Center for Student-Athletes is comprised of a team that includes services in Academic Advisement and Student Affairs. The purpose is to provide an all-inclusive student-centered support structure for all student-athletes from matriculation through graduation and life beyond. The team acts as a liaison between the athletic and academic communities and ensures that student-athletes comply with academic rules established by the University, the NCAA, and the Western Athletic Conference.

The Follet Academic Center gives UT Arlington student-athletes access to the latest technology, stimulating their intellectual curiosity through developmental programming, and by cultivating skills to navigate UT Arlington and life beyond.

The Academic Staff actively collaborates with Academic Affairs and Student Life to develop a comprehensive program that contributes to the total development of all student-athletes while increasing retention numbers and improving graduation rates. The Staff also engages in collaborative programming with various constituents from across campus to address the needs of our student-athletes.

The Academic Staff is located downstairs in the Follet Academic Center, upstairs in the Athletics Suite and on the west side of campus in the Gilstrap Building. The Follet Center also has private study rooms, group study rooms, meeting space, and the Computer Lab, which has the latest technology to meet the student-athletes' computer-related needs. The facility creates a relaxing quiet area conducive to learning.

## ACADEMIC ADVISORS/ACADEMIC MONITORING

Every student-athlete works individually with one of our academic advisors who are educational specialists here to help you with your academic needs. Your Academic Advisor plays an important role in your life as a UT Arlington student-athlete.

Your academic advisor will help you:

- Enroll at the University of Texas at Arlington;
- Register for classes and add/drop courses;
- Interpret and clarify eligibility rules;
- Set goals and establish an academic major;
- Monitor your academic progress;
- Acclimatize to University life;
- Overcome academic barriers;
- Reinforce progress towards Graduation;
- Learn to use University resources;
- Arrange for tutors;
- Help ensure access with online programs needed for classroom success;
- And much, much more.

A few of the responsibilities of the student-athlete are:

- Actively seeking out and using University resources;
- Setting academic goals and completing class work to achieve those goals;
- Developing time-management skills;
- Developing effective study skills;
- Meeting each semester with your major academic advisor;
- Meeting each semester with your athletics academic advisor;
- Understanding major requirements and progress toward a degree; and
- Returning books at the end of the semester (grant-in-aid students only).

## ACADEMIC PLANNING AND RECORD-KEEPING

Student-athletes meet with their advisors on a regular basis for academic reviews. Advisors in Academic Services work with student-athletes to provide:

- Careful monitoring of each student's classes and tutorials;
- Individual assistance in time management, study skills, and writing skills;
- General academic monitoring and encouragement.

The office maintains a complete academic profile on every student-athlete, which includes high-school information, transcripts, and a detailed chart that shows each student's progress toward a UT Arlington degree and NCAA eligibility requirements. Each chart is customized to the requirements of each college and is reviewed periodically during each semester. In addition, all student-athletes are instructed to request *official* academic audits from their respective dean's office to ensure that requirements have been met.

## STUDY HALL

Study Hall is available for those students who require structured study time. Study Hall hours are posted outside of each study lab. Student-athletes must attend study hall as directed by their coach and academic staff. Study hall is meant to be a beneficial tool for academic achievement and rules are in place to ensure a proper environment. Student-Athletes who fail to meet their required study hall hours each week may be suspended from team activities and competition. These rules include but are not limited to:

- Students are **required** to have their UTA Student ID to sign in for Study Hall.
- No loud talking.
- No **food or drink** in any Computer Lab. Food/drink allowed in study rooms only.
- No sleeping.
- No magazines, newspapers, recreational reading, etc.
- Use computers for academic purposes only. No sending personal e-mails, playing games, checking social networking sites or any recreational use of the computers or internet is allowed.
- No cell phones. These should be turned off before you enter the study hall room.
- Group work is permissible if space is available; contact your sport's academic advisor or Courtney Burken to check space availability. Group studies should be cleared through your academic advisor.
- Be sure to always bring study material with you.
- Always be respectful of the study hall monitor. Anyone who is rude or disrespectful to the monitor will be asked to leave study hall and will be reported to their coach.
- Always check in with the monitor and check out when you leave. The monitor is not responsible for accounting for student-athletes who don't have both a sign in and sign out time.
- Once you have signed out, you need to leave the room to avoid distracting others.
- UTA Computer Labs, Study Rooms and other Study Spaces within UTA athletic facilities are designated for student-athletes and Athletics Staff only. If group work or study with a non-student-athlete is required, contact Courtney Burken to check space availability or reserve a study room.

Be aware that failure to adhere to these policies will result in your dismissal from study hall and notification will be made to your coaching staff for appropriate action.

## TUTORIAL SUPPORT/TUTORING SERVICES

All student-athletes at UT Arlington are eligible to receive tutoring assistance which is paid for by the Athletics Department. Visit with your academic advisor to determine what assistance is necessary for increased academic success. Student-Athletes have access to Athletic Departmental Tutors as well as University Tutorial Service tutors. All tutoring sessions are scheduled on Tutortrac. Other forms of assistance, aside from one-on-one tutoring, that are available include:

- Writing center assistance in the Central Library
- Math clinic
- Supplemental Instruction

### UT Arlington Athletics Tutoring Guidelines:

- 1) Student athletes may receive tutoring assistance for any class.
  - a. Students can schedule appointments through Tutor Trac or by contacting their Academic Advisor. If there is a problem, students should contact their academic advisor for assistance.
  - b. Student-athletes may cancel scheduled tutoring sessions 12 hours before the session.
    - i. **Missing the session or cancelling less than 12 hours before the session will result in the student athlete being charged for the session. Charges for missed/unexcused/cancelled appointments will be made directly to the student-athletes MyMav account.**
    - ii. **Missed or cancelled sessions unrelated to rescheduled team commitments may result in the student athlete not receiving tutoring or charged for missed appointment.**
- 2) Student-athletes are expected to arrive on time for tutoring with syllabus, class notes, homework, paper prompts, textbook, and questions about the material.
  - a. Student-athletes are expected to be active participants in the session. There should be questions, feedback, explanations, teach the tutor, etc.
- 3) Tutors are expected to supplement the student-athlete's learning, not to reteach the course material or help with every piece of homework.
  - a. Tutors will look at homework problems, come up with similar problems, and ensure that the student-athlete knows the concept and how to solve the problem as well as not correct or teach the exact material on a homework assignment.  
**Tutors can't answer graded homework problems.**
  - b. Tutors will aid in editing papers and written work. Tutors will suggest modifications and work with you to identify area of improvement. Tutors will not write on your paper. Tutors will also help you develop strategies for proofreading and editing your own papers.
  - c. Tutors will treat regular sessions similarly to supplemental instruction. If the student-athlete does not have specific questions, the tutor will use designed activities and questions to ensure content understanding.
- 4) Tutors will maintain confidentiality. They will share information with only you and the Athletic Academic Advisors.

## COLLEGE ADJUSTMENT COURSE

### UNIV 1131 – College Adjustment course

Each fall semester, incoming freshman student-athletes are required to enroll in UNIV 1131 a college adjustment course that is tailored to meet the needs of today's NCAA students. This course will provide the groundwork needed to adjust to university academics and Division I athletics participation. Special topics such as study skills, test preparation and life after sports will be discussed.



## UNIVERSITY LIBRARIES

The University Libraries are committed to equipping scholars. There are several library locations on campus. The University Libraries have a collection of sources, resources, and services that are available to students, all of which can be accessed at the library on the UT Arlington Library website at [www.uta.edu/library](http://www.uta.edu/library). Visit website for specific library and its operating hours.

## DISABILITY SERVICES

The Student Access and Resource Center (SAR) provides academic accommodations to students with all types of disabilities. Counselors provide assistance and guidance to students in personal, academic, and career matters. The Adaptive Resource Center provides testing locations for testing accommodations and a range of assistive technology.

SAR is committed to the full inclusion of students with disabilities in the University community. SAR demonstrates commitment to diversity and accessibility as well as informed and active citizenship by employing exemplary practices in disability counseling, assistive technology, alternative media, reasonable accommodations and the sharing of disability related information.

The general definition of a student with a disability is any person who has “a physical or mental impairment which substantially limits one or more of such person’s major life activities,” and any person who has “a history of, or is regarded as having, such an impairment.” Reasonable academic and physical accommodations include but are not limited to: extended time on examinations; advance notice regarding booklists for visually impaired and some learning disabled students; use of academic aides in the classroom such as note-takers and sign language interpreters; accessibility for students who use wheelchairs and those with mobility impairments; and need for special classroom furniture or special equipment in the classroom.

The Adaptive Resource Center (ARC) provides services to students who are registered through SAR. All students must complete the SAR registration process before receiving services.

### Procedures for Obtaining Accommodations

Students with disabilities are encouraged to work with their Athletics Academic Advisor and contact SAR prior to or during the first week of class attendance or as early in the semester as possible. SAR counselors provide assistance and guidance to students in personal, academic, and career matters. It is the student’s responsibility to provide documentation verifying disability in a timely way.

## CAREER SERVICES

The Career Development Center is committed to supporting you from your first year and helping you make the transition from student to professional!

The Career Development Center provides services designed to prepare you for lifelong career success by:

- Helping you discover and prepare for possible career paths,
- Connecting you with employers and career opportunities,
- Preparing you to present yourself well in order to compete for the opportunities you seek, and
- Helping you develop the skills that will allow you to succeed in your professional goals now and in the future.

Visit the Career Development Center located in the University Center or contact the Career Development Center to learn how we can assist you, no matter where you are on your career path. To schedule an appointment with a career consultant, call 817-272-2932.

## **COURSE REGISTRATION PROCEDURES**

When registering for courses each semester, you must work directly with your Athletics Academic Advisor:

- Take courses applicable to your major.
- Go through the major department's preregistration advising procedures.
- Incoming freshmen will be preregistered and advised by the Athletics Academic Advisors and the University College.
- New transfers are advised by the departmental advisors, who coordinate with Athletics Department academic advisors.
- Talk to your coaches about the upcoming semester's workout and travel schedule so that your classes and study time may be arranged accordingly.
- Personal debts (i.e. parking fees, emergency loans, and academic computing fees) result in Financial Holds. These are not covered by your athletics scholarship and must be paid during the preregistration period or your registration will be delayed.
- You must never drop or add courses without the permission of your Academic Advisor; doing so may have eligibility ramifications.

Your Academic Advisor is always available for consultation and advice regarding registration and preregistration. See your Academic Advisor immediately if you have any questions regarding academic issues or if you are thinking about major or degree program changes.

## **INCOMPLETE GRADES**

Academic work that is of passing quality but which, because of circumstances beyond the student's control (i.e., illness or some other emergency) is not complete, may be marked "I" (i.e., incomplete). "I" grades are given only if the instructor receives authorization from the Dean of that student's college. If the work is not completed during the next regular semester in which the student is in residence in the UT Arlington system, prior to the deadline for adding courses for credit, the grade automatically becomes "F."

## **TEXTBOOK POLICY**

As allowed by the NCAA, the Athletics Department furnishes required course-related textbooks to designated scholarship student-athletes for the courses in which they are enrolled. If a student-athlete is to receive textbooks as part of his/her scholarship aid, then his/her name appears on the UT Arlington Scholarship List.

Each student-athlete on book scholarship is required to bring his/her class schedule to the UT Arlington Bookstore at 400 South Pecan Street. The books are on loan and must be returned as directed by the Academic Advisor at the end of the semester before leaving campus.

Books are to be used only by the individual to whom they are issued. Failure to return the textbooks results in a student-athlete being charged for the current value of the textbooks. In the event a textbook is lost or stolen, student-athletes are not provided with replacement books. Student-athletes who have not cleared their textbook account will not be permitted to pick up books for the next term until they have either returned books or paid for them.

## **FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT**

The Family Educational Rights and Privacy Act (FERPA), 20 U.S.C. 1232g and 34 CFR Part 99, also known as the Buckley Amendment, are federal laws and regulations that provide students with the following rights with respect to their education records:

- To inspect and review the student's education records;
- To consent to disclosure of the student's education records to third parties, except to the extent that FERPA authorizes disclosure without consent;
- To request amendment of the student's education records to ensure that they are not inaccurate or misleading, or otherwise in violation of the student's privacy rights under FERPA;
- To be notified of the student's privacy rights under FERPA; and
- To file a complaint with the U.S. Department of Education concerning alleged failures by the University to comply with the requirements of FERPA.

It is the policy of The University of Texas at Arlington to protect the privacy and records access rights of its current and former students.

UT Arlington's official FERPA policy statement is available in the Handbook of Operating Procedures (<https://www.uta.edu/policy/hop/13-1100>).

### **STUDENT RIGHTS UNDER FERPA**

At UT Arlington, FERPA rights apply to a student. A student is a person who has been admitted and is registered, regardless of the person's age.

The University will not disclose education records or personally identifiable information from an education record without prior consent of the student to a third party, except as authorized by FERPA and its policies.

The University provides an Annual Notice to each enrolled student of his or her rights under FERPA, as well as the procedures for exercising these rights, information about the Directory Information Exception, and the process by which a student may elect to opt out of the release of the student's directory information.

### **DIRECTORY INFORMATION**

The following information about a student has been designated by the University as Directory Information:

- Name
- Local and permanent postal addresses
- Email address
- Telephone number
- Place of birth
- Field of study
- Dates of attendance
- Enrollment status
- Student classification (example: freshman, graduate student, etc.)
- Degrees awarded
- Certificates and awards (including scholarships) received
- Photographs
- Participation in officially recognized activities and sports
- Weight and height of members of athletic teams
- Most recent previous educational agency or institution attended

The University may publish or publicly disclose directory information without the student's consent, unless the student, using MyMav, has notified the University that s/he wishes to opt out of such disclosures. If no elections are made, UT Arlington will allow release of the student's directory information.

Any restriction will remain in effect until it is revoked. UT Arlington allows former students to make changes to the disclosure status in effect at the time of their last term of attendance.

# CHAPTER 5 – HEALTH AND WELFARE

## ATHLETIC TRAINING ROOM POLICIES FOR STUDENT-ATHLETES

### Dress Code:

- Fully dressed when entering ATR (shirt and shorts)
- No shoes on treatment tables
- Sports bras of any kind are not acceptable form of upper body clothing/no white spandex
- It is unacceptable to wear clothing that supports other NCAA universities, high schools, clothing that contains profanity, or degrading commentary/graphics.

### Personal Belongings/Cell Phones/Head Phones:

- Personal equipment, bags, shoes, etc. get placed in shelves provided by the door or locker room
- All cell phones must be in silent mode while in ATR
- Head phones are NOT permissible during rehabs

### Loitering:

- There is no loitering. The ATR is for evaluations, treatments, and rehabs. If you are not there for any of those reasons, do not hang around.

### Liability Issues:

- All student-athletes must be on their official sport roster. All NCAA Eligibility Center and UT-Arlington standards must be met before any evaluations and treatments can begin. No friends or roommates!
- All athletes must be medically cleared by the UT-Arlington athletic training staff before any activity will be allowed.
- No student-athlete is allowed to utilize athletic training modalities without supervision from an athletic trainer.
- Any pre-existing injuries must be made known to the UT-Arlington athletic training and medical staff.
- Always be on time for your treatments, late is NOT an option.
- If you are ever injured during a workout/practice, notify athletic trainers and coaches immediately.

### Food:

- Help keep your facilities clean and organized by picking up after yourself and others.
- ATR is a nut free zone due to athletes with allergies.

### MISC:

- No student athletes are allowed in the staff offices unless invited.
- Student athletes are not allowed to use the staff telephones or computers.
- All alumni (in good standing) and staff may use the athletic training room facility at a designated time that will not interfere with current athletes times – must be scheduled ahead of time.
- RINSE off before entering any of the whirlpools.

**UNIVERSITY OF TEXAS AT ARLINGTON**  
**ATHLETIC TRAINING**  
**STUDENT-ATHLETE HEALTH CARE POLICIES**

- 1) The physical well-being and health care of each of our student athletes is one of the main priorities of the athletic department at UTA. It is the direct responsibility of the athletic trainer with guidance from the team physician and other consulted physicians to provide the best in health care for student athletes at UTA.

To the best of our ability, the athletic trainers will provide each UTA student athlete with opportunities for immediate first aid care and follow up therapy or treatment for ALL INJURIES SUSTAINED AT SCHEDULED PRACTICES OR GAMES. Necessary referrals to appropriate physicians or medical services will be made as approved by the athletic trainer. Immediate communications to parents in regard to any type of serious injury is also an important responsibility of the athletic trainer.

- 2) Comprehensive physical examinations are required for all student athletes each year. All physical exams are set up and approved through the Director of Sports Medicine. No student athlete will be allowed to participate in any practice/game supervised by our coaching staff until that student athlete has successfully passed their physical exam and has been released for athletic participation by one of our team physicians. THERE WILL BE NO EXCEPTIONS TO THIS RULE.
- 3) Prior to the physical exam a complete medical history will be gathered on each student athlete with notations made of each athlete's previous injuries, illnesses, and surgeries. The medical history along with the comprehensive physical exam will give the team physician knowledge of the exact health condition of the student athlete prior to his/her initial participation in the UTA athletic program. THE UNIVERSITY OF TEXAS AT ARLINGTON WILL NOT BE HELD RESPONSIBLE FOR ANY MEDICAL EXPENSES THAT ARE INCURRED BY A STUDENT ATHLETE FOR AN INJURY THAT WAS ORIGINALLY SUSTAINED PRIOR TO THEIR PARTICIPATION IN UTA ATHLETICS.
- 4) It is an NCAA policy that all student-athletes are tested for the Sick Cell Trait and that those results are on file with the athletic training staff prior to any level of participation.
- 5) The Athletic Department will purchase athletic insurance to cover athletic injuries. This is an "excess coverage plan" which means that it PAYS ONLY THOSE EXPENSES NOT COVERED by other primary insurance. Further details of the insurance plan are included in this packet.
- 6) The UTA Athletic Department and its athletic insurance policy cannot cover the expenses of any injury or illness unless it occurs during participation in a scheduled UTA athletic practice or game. For example, injuries sustained in the dormitory, intramurals, or on-campus activities are not covered by our department or athletic insurance. An illness must be directly related to or caused by an injury sustained during a scheduled athletic event before the UTA Athletic Department and its insurance policy will be responsible for medical services rendered for care of the illness. During the team's competition season, basic general medical conditions (sinus infection, flu, allergic reactions, etc.) will be covered by the department.
- 7) University of Texas-Arlington will not be financially responsible for women's wellness exams. Any student athlete who is experiencing menstrual dysfunction should contact her athletic trainer or the team doctor. Dysfunction that can be attributed to training will be investigated by the athletic training staff and appropriately taken care of. Forms of birth control will be prescribed and covered only if the team physician deems that a student athlete requires the method to participate.

- 8) Any expenses incurred from the diagnosis of any sexually transmitted infection (STI) will be at the student-athlete's expense. UTA does not cover the diagnosis of any STI or maintenance medications. Prescriptions for these medications can; however, be written by the team physician. Any STI that poses a threat of transmission to other student athletes, or a possible limitation of athletic participation must be disclosed to either the team physician or the athletic trainer. The athlete must sign a release of information from the health center in order for results to be given to the athletic trainer and team physician. A diagnosis of a STI does not immediately disqualify a student athlete from participating.
- 9) It is the responsibility of each student athlete to report an athletic injury to the athletic trainer. Also, coaches should send any athlete to the athletic trainer if they feel medical attention is needed. Except for emergencies, all medical referrals will be made by the athletic trainer. The Athletic Department is NOT RESPONSIBLE for medical costs incurred by athletes who seek medical attention without prior authorization by the athletic trainer. Prior authorization consists of the issuance of a UTA referral form by the athletic trainer to be used as admittance for a scheduled appointment with one of the team physicians and/or necessary medical services. All second opinion medical services and/or subsequent surgeries will be the direct financial responsibility of the individual athlete and/or their parents.
- 10) Athletic training room hours will be posted and student athletes must be at the athletic training room during those assigned hours.
- 11) ALL student-athletes of all sports will be treated equally in all matters of health care, treatment of injuries, and access to the athletic training room.
- 12) The team physician will make decisions concerning the availability of student athletes for practice and game competition. No coach may play or practice an injured student athlete against the advice of the team physician or athletic trainer.
- 13) It is a University admissions requirement for each student athlete to have their immunization record on file at the UTA Student Health Center.

### **MISSING CLASS FOR INJURY/ILLNESS**

In the event that a student-athlete feels he/she must miss a class due to injury or illness, he/she must report to the training room **prior to the class period** for evaluation. At this time, it will be at the discretion of the Staff Athletic Trainer as to whether the condition warrants a class excuse.

### **INSURANCE**

Our athletic accident policy provides insurance for your son or daughter for injuries occurring while participating in the play or practice of intercollegiate sports in "EXCESS" or "SECONDARY" to any other collectible group insurance benefits. This means that any claim for benefits must first be filed with the group insurance company providing coverage. After they have paid all available benefits, our athletic insurance company will consider remaining amounts based on USUAL and CUSTOMARY charges.

# UNIVERSITY OF TEXAS AT ARLINGTON ATHLETICS

## DEPARTMENT DRUG EDUCATION AND TESTING PROGRAM

### I. Purpose of Policy

The intent of this policy is to prevent and deter the use and abuse of prohibited substances by student-athletes through education, testing, and professional guidance. Drug testing is required to ensure the health, safety and welfare of The University of Texas at Arlington (“UTA” or “University”) student-athletes, to promote fair competition in intercollegiate athletics, to affirm compliance with applicable rules and regulations governing drug use, to maintain an athletics environment free of drug abuse consistent with the high standards of the University and to identify student-athletes who are improperly using drugs and assist them before they harm themselves or others. The University maintains a program of drug testing in operation in all its intercollegiate sports programs. Signed University consent and notification forms shall be considered confirmation of the student-athlete’s agreement to the terms and conditions contained in this policy and shall be a contractual obligation of the student-athlete.

### II. Prohibited Use of Banned Substances

UTA’s Drug Testing Program is separate and distinct from the NCAA Drug Testing Program. All student-athletes enrolled at the University are prohibited from using any illegal substances, any prescription medication without an authorized physician’s approval, and any substance belonging to any of the classes of banned substances published by the NCAA, as updated from time to time. Classes of banned substances include, but are not limited to, “street drugs” such as amphetamines, cannabinoids, (substances contained in marijuana), heroin, cocaine, amphetamines barbiturates, benzodiazepines, metabolites, methadone, opiates (morphine, meperidine, Demerol, codeine, dilaudid, phencyclidine, PCP, LSD, propoxyphene, and other controlled substances, anabolic steroids, stimulants, anabolic, diuretics (masking agents), and peptide hormones and analogues (e.g., human growth hormones and erythropoietin (EPO)). The University may test for any substance contained or not contained on the NCAA’s list of banned substances, including unlisted compounds that are related to specific drugs listed by the NCAA (i.e., substances that are included in a class of drugs by their pharmacological action and/or chemical structure). In addition, the University’s drug testing program may use different cut-off levels than the NCAA to determine a positive result. The student-athlete is responsible for everything that goes into his or her body; student-athletes use all drugs and nutritional or dietary supplements at their own risk. Before taking any drug or supplement, student-athletes should consult with their team trainer or physician.

Additionally, any actions in violation of this policy may be referred to the Office of Student Conduct in the case of a violation of the Student Code of Conduct.

### III. Participants in the Drug Testing Program

The drug-testing program is intended for all student-athletes participating in any of the NCAA affiliated intercollegiate sports at the University. Student-athletes may be selected for participation regardless of whether or not they are receiving any athletic-related financial aid (scholarship). Student-athletes are subject to unannounced, random, reasonable suspicion, team, pre-season, post-season, and follow-up drug testing.

### IV. Program Administrators

The team physicians, acting in a physician/patient relationship with and will receive a written copy of this program document and a Consent and Authorization Agreement on which the student-athlete, by his or her signature, acknowledges receipt, indicates understanding of the program and provides voluntary consent to the urinalyses involved and to the release of the testing results to a limited and predetermined number of individuals.

Signing of the Consent and Authorization Agreement by each student-athlete is a **pre-condition of participation** in the UTA intercollegiate athletic program.



## VI. Method of Testing

Urine samples will be provided by the student-athlete under the direct observation of the representatives the independent drug testing company contracted by the University to perform its student-athlete drug testing. Upon being collected by the representatives, the specimens will be handled appropriately, strictly adhering to all chain of custody procedures. The results will be returned within 48 hours to the **Drug Testing Coordinator or the Team Physician** who will review the results to determine which, if any, are positive (i.e. result indicating the presence in the urine of one or more banned substances at a detectable level).

All urine samples shall be divided into two parts, Sample A and Sample B. If the student-athlete's sample A tests positive for a prohibited substance, it will be deemed conclusive proof that the student violated this policy, unless the student requests an appeal from the positive test, in the manner required by this policy.

Every possible step will be taken to ensure the integrity of the testing procedures and to assume and maintain the accuracy and confidentiality of the test results, including the maintenance of a documented chain of custody for each specimen.

## VII. Consequences Of Failing to Participate In Or Cooperate With The Drug Testing Program.

All student-athletes are required to comply fully with the drug-testing program created by this policy. A failure to execute the drug testing consent form; an un-excused absence from a drug test; or a refusal to provide a sample or the tampering with or manipulation of a sample will be treated as a positive result. A failure to provide an adequate sample within a reasonable period of time may result in a suspension of eligibility until the student provides an appropriate sample under circumstances set by the University. If, based upon the written report of the sample collector, the failure to provide a urine sample occurs under circumstances that amount to a refusal to provide the sample, the failure will be treated as a positive result. All urine samples actually provided by a student may be tested.

## VIII. Consequences of Violating the Student Code of Conduct

It shall also be considered a violation of this policy and a positive test result for a student-athlete to be found responsible by the Office of Student Conduct for violating the Student Code of Conduct for the illegal use, manufacture, possession, sale, or distribution of any substance that is a controlled substance under federal or state law or regulation, or the use of any substance (e.g., nitrous oxide, glue, paint, etc.) in a manner other than prescribed or directed with the intent to alter a student's mental state.

## IX. Consequences of a Positive Test

- a. **First Positive Test Result.** Following confirmation of a first positive test result, the Director of Sports Medicine will inform the student-athlete of the test results and discuss the medical implications of the findings with that student-athlete. The Senior Associate Athletics Director for Sports Medicine will in turn notify the Director of Athletics, the Team Physician, Executive Senior Associate Director of Athletics for Compliance/SWA, FAR and University Attorney of the student's identity, the test results and their consultation with the student-athlete. The Senior Associate Athletics Director for Sports Medicine or the Director of Athletics will immediately inform the student-athlete's Head Coach, the student-athlete's parent(s), guardian(s), or spouse of the nature of the substances discovered by the tests.

The Head Coach may enforce additional sanctions in a manner that is consistent with other first time positive test violations for that sport. Any sanction recommended by the Head Coach must be submitted to the Executive Senior Associate Director of Athletics for Compliance/SWA using a student-athlete incident report for approval prior to being provided to the student-athlete in writing.

The student-athlete will be required to complete twenty (20) hours of community service within ninety (90) days of being notified of the failed test. Community service requirements will be administered by the Executive Senior Associate Director of Athletics for Compliance/SWA and Senior Associate Athletics Director for Sports Medicine. The student will be educated on illicit drug use and abuse by the Athletic Department.

The student-athlete shall be required to undergo subsequent regular testing until such time as the screenings, in the opinion of the Team Physician, are no longer necessary. Follow-up tests will be administered after an interval of time sufficient for the previously found substance to be eliminated from the body if no intervening drug use has occurred. The Senior Associate Athletics Director for Sports Medicine may at his discretion and through consultation with the Team Physician determine the validity of the follow-up test and whether or not it constitutes a second positive test. After a first positive test result for banned substances, the sanctions shall include participation in a drug education program and subsequent regular testing under the supervision of the Team Physician.

Failure to submit to subsequent required testing or participate in the prescribed drug education programs will be considered another positive test. For a first occurrence, the Team Physician, the Director of Athletics, the Head Athletic Trainer or the Head Coach may not disclose the matter of a student-athlete's testing results to any other person without the student-athletes written consent.

- b. Second Positive Test Result. After a second positive test result for a banned substance, the Senior Associate Athletics Director for Sports Medicine will immediately discuss that student-athlete's test results with the student-athlete, the Team Physician, the Director of Athletics, the Executive Senior Associate Director of Athletics for Compliance/SWA, the FAR and University Attorney. The Senior Associate Athletics Director for Sports Medicine and the Director of Athletics will immediately inform the student-athlete's Head Coach, the student-athlete's parent(s), guardian(s), or spouse of the nature of the substances discovered by the tests. The student-athlete will be suspended from all athletic competitions for the consecutive period set forth in **Schedule A**, attached hereto. This suspension will be effective immediately upon notification of the second positive test result. However, the student-athlete may still attend practices, team meetings, and functions, at the discretion of the Head Coach. The Head Coach may enforce additional sanctions including permanent suspension from the team. This sanction recommended by the Head Coach must be submitted to the Executive Senior Associate Director of Athletics for Compliance/SWA using a student-athlete incident report for approval prior to being provided to the student-athlete in writing.

For a second positive test result, the student-athlete will be required to complete forty (40) hours of community service within one hundred twenty (120) days of being notified of the failed test. In addition, the student-athlete shall be required to undergo a counseling program for illicit drug use and abuse, the content and duration of which shall be determined by the Team Physician. Outside sources for such a program may be recommended to the student. However, unlike the situation where a student-athlete is injured while participating in his or her sport, the University cannot assume responsibility for continuing treatment and rehabilitation of students with drug usage or dependency problems. NCAA regulations permit a university to pay medical costs, either directly or through insurance, only for injuries or conditions which relate to a student-athlete's participation in intercollegiate athletics. The University will encourage and be supportive of a student-athlete's participation in appropriate drug treatment and rehabilitation programs but cannot assume any responsibility for such programs or for any physical, mental or emotional damage or disability suffered by any student-athlete related to alcohol or illegal drug usage.

- c. Third Positive Test Result. After a third positive test the student-athlete will immediately be removed from his/her team and will have a non-renewal of his/her athletics scholarship.

## **X. Drug Testing Appeals Committee**

The student-athlete may request an appeal in writing within five days of the notice to the student that his/her "A sample" tested positive for a banned substance. The appeal must be addressed to the Director of Athletics and contain the basis for the appeal. If the student requests an appeal, his or her "B sample" will be tested to confirm the presence of a banned substance. In case of an appeal the student-athlete will be given the opportunity for a hearing before a five-member appeals committee to challenge the accuracy of the test result and otherwise present his or her defense. This committee shall consist of the Director of Athletics, the Team Physician, the Associate Athletics Director for Sports Medicine the Faculty Athletic Representative and a representative from Student Affairs. If the Drug Testing Appeals Committee rules in favor of the student-athlete by a majority vote, a record of the challenged test results will be maintained by the University, but no future action of the University will be based upon the test result.

On appeal, the student will have the burden of establishing his or her defense by a preponderance of the evidence.

The sanctions authorized by this policy shall proceed regardless of any appeal and shall continue in effect: (a) until the hearing committee has decided any appeal by the student and ruled in favor of the student; or (b) the sanction(s) expire of its own accord.

## **XI. Confidentiality**

Except as discussed in this "Drug Education and Testing Program" and authorized by the student-athlete in the "Consent Agreement" signed before testing begins, the disclosure of test results to any persons within or outside the University is prohibited.

## **XII. Oversight Committee**

The President may appoint a committee to oversee the program established by this policy. The committee shall be chaired by the Faculty Athletic Representative (FAR) and consist of employees outside the Athletics Department. The head athletic trainer shall be a liaison for the committee. The oversight committee will be responsible for determining the appropriate drug screening test to use, the frequency of tests, and the selection process for unannounced testing. The committee also will be responsible for evaluating the adequacy of all drug educational programs established for student-athletes. Finally, the committee will be responsible for making an annual report to the President and Athletic Director concerning implementation of this policy. The report shall include any recommendations for modification of the policy, drug educational programs, or sanctions for violating the policy.

## SCHEDULE A

Sport	# of Contests*	25%	25%+1**
Baseball	56	14	15
Men's Basketball	29	7.25	8
Women's Basketball	29	7.25	8
Men's Track and Field	18	4.5	5
Women's Track and Field	18	4.5	5
Men's Cross Country	6	1.5	2
Women's Cross Country	6	1.5	2
Softball	56	14	15
Men's Golf	10	2.5	3
Men's Tennis	21	5.25	6
Women's Tennis	21	5.25	6
Volleyball	28	7	8

\* Number of contests will represent the actual number of games or matches played by a team for a given year.

\*\* The suspension is rounded down to the nearest whole number.

### CONCUSSION MANAGEMENT PLAN

The following information details the concussion management plan for the student-athletes at the University of Texas at Arlington.

#### Pre-Season Education

All University of Texas at Arlington student-athletes, coaches, team physicians, certified athletic training staff, other personnel involved in student-athlete health and safety as well as directors of athletics will be provided a copy of the NCAA concussion fact sheets at either the beginning of the academic year or upon their arrival to the University of Texas at Arlington campus, including the requirement to notify an athletic trainer as soon as a student-athlete develops signs and/or symptoms of a concussion. Each party will be required to sign a document acknowledging the receipt of the concussion material after an opportunity to discuss the aspects of the information provided. (See Attachment #1)

#### Pre-Participation Baseline Assessment

All student-athletes participating in an NCAA sport sponsored by the University of Texas at Arlington must receive a preseason baseline assessment before competing in team activities at the beginning of each new academic year or upon arriving on campus if transferring in the middle of the academic year. A NCAA student-athlete with documented concussion, or those with complicated or multiple concussion history, will receive a new baseline concussion assessment six months post injury. The assessment will consist of a brain injury and concussion history, a current concussion symptom evaluation, a computerized neuropsychological test (IMPACT Test), as well as a SWAY APP balance assessment. The printed results of each baseline assessment will be placed in the student-athlete file. The team physician will review any abnormal findings and determine the need for additional testing or consultation.

## Recognition and Diagnosis of Concussion

- Medical staff with training in the diagnosis, treatment and initial management of acute concussion will be “present” at all NCAA varsity competitions in the following contact/collision sports: men’s and women’s basketball and pole vault, as well as volleyball, baseball, softball, men’s and women’s tennis and cross country/track and field. To be present means to be on site at the campus or arena site of the competition. Medical personnel may be from either team or may be independently contracted for the event.
- Medical staff with training in the diagnosis, treatment and initial management of acute concussion will be “available” at all NCAA varsity practices in the following contact/collision sports: basketball and pole vault, as well as volleyball, baseball, softball, men’s and women’s tennis and cross country/track and field. To be available means that, at a minimum, medical staff will be accessible at any time during the practice via telephone, messaging, email, or other immediate communication means to discuss any concussion issues and make immediate arrangements can be made for the student-athlete to be evaluated.
- A NCAA student-athlete exhibiting signs/symptoms/behaviors consistent with a concussion will be removed from practice or competition for evaluation.
- **NONCAA STUDENT-ATHLETE** suspected of having a concussion is permitted to return to play during practice or competitions on the same day of the suspected concussion, and **NONCAA STUDENT-ATHLETE** is permitted to return to play in practice or competitions while symptomatic following a concussion. More serious injuries such as cervical spine trauma, skull fracture or intracranial bleed, will be made at the time of presentation and a determination of further care for these injuries will be assessed.

## Post-Concussion Assessment

A NCAA student-athlete sustaining a concussion will follow the protocol listed below.

1. The attending athletic trainer or team physician will perform a clinical evaluation of the physical and neurological symptoms of the injured student-athlete by administering a graded symptom checklist using the Sport Concussion Assessment Tool (SCAT5) and a SWAY Balance App test.
2. A student-athlete will be transported to the nearest hospital in accordance with the Emergency Action Plan for the facility that the athlete is occupying if any of following signs and symptoms are present: Glasgow Coma score less than 13 or less than 15 at 2 hours or more post initial assessment; prolonged period of loss of consciousness (longer than 1 minute); focal neurological deficit; repetitive emesis; persistently diminished or worsening mental status or other neurological signs or symptoms; and potential spine injury, skull fracture, intracranial bleeding, and catastrophic injury. In the event the facility does not have an Emergency Action Plan the attending medical staff will call an ambulance to transport the student-athlete to the nearest hospital.
3. A follow-up symptom check will be performed by the attending athletic trainer or team physician 1-3 hours post injury and a determination for referral for more testing and evaluation will be made at that time.
4. Upon the completion of the follow-up symptom check an individualized treatment plan will be established. Initial management of a sport-related concussion will be based on individual serial clinical assessments, taking concussion history, modifying factors and specific needs of the student-athlete into consideration.
5. Upon discharge from initial medical care, both oral and written instructions for home care will be given to the student-athlete and to a responsible adult (e.g., parent or roommate) who will continue to monitor and supervise the student-athlete during the acute phase of sport-related concussion (Attachment #2)

6. Provided the student-athlete is not hospitalized the day after the injury a follow-up clinical evaluation that would including an IMPACT retake and symptom checklist will be performed by the attending athletic trainer or team physician. In addition, a follow up SWAY App balance assessment will be performed as well. Daily follow-ups will continue until it is determined by the attending team physician that the injured student-athlete is asymptomatic and has attained appropriate IMPACT performance levels, and therefore, is ready to begin a graduated return to play.
7. The athletic trainer and attending team physician will remain alert to the signs and symptoms of depression and other emotional responses to the head injury that can be particularly challenging following concussive injury. A student-athlete's health status will be reevaluated instead of assuming that the student-athlete has prolonged concussion symptoms. Best management options for these other medical conditions will be assessed should it be warranted by additional diagnosis warrant this. These conditions include but are not limited to post-concussion syndrome, sleep dysfunction, and migraine or other headache and mood disorders.
8. Student-athletes exhibiting prolonged concussion symptoms or atypical presentation of symptoms will be reevaluated by the team physician once other medical conditions detailed in #7 above have been eliminated. The team physician in collaboration with the team athletic trainer will make any necessary adjustments to the individualized treatment plan for best management options and potential of referral for other diagnoses.
9. Vestibular therapies that target deficits in gaze stability, proprioception, vestibular ocular reflex, postural control and dynamic gait may be prescribed by the team physician for athletes with prolonged concussion symptoms involving a vestibular profile.
10. Vision therapies that target deficits such as accommodative and convergence insufficiencies, impaired version eye movements and ocular misalignments may be prescribed by the team physician for treating athletes with vision and ocular motor clinical profiles

### **Graduated Return to Sport**

The following steps for a return back to sport will be adhered to when returning a student-athlete that has sustained a concussion once the NCAA student-athlete has met the criteria of being asymptomatic and has attained appropriate IMPACT and SWAY App performance levels, and has been cleared to unrestricted return to sport by the team physician or medically qualified physician designee. An injured student-athlete that remains asymptomatic during and after the exertion, while being supervised by the team athletic trainer will be advanced to the next step. If the student-athlete exhibits signs of a concussion symptoms (headache, nausea, vomiting, etc.), the activity level will be stopped and not resumed until the next day at the same level by the supervising athletic trainer.

### **Symptom-limited activity**

- Exertion Step 1:** Light aerobic activity with rest ex: 20 minute stationary bike (10-14 MPH)
- Exertion Step 2:** Interval bike ride: 30 second sprint(18-20 MPH/10-14 MPH)/30 second recovery \* 10. Body weight squats, push-ups and sit-ups \*20 second \*3
- Exertion Step 3:** 60 yard shuttle run \*10 (40 second rest between); 10 vertical jumps \*3; non-contact, sport-specific drills for approximately 15 minutes.
- Exertion Step 4:** Controlled return to full-contact practice
- Exertion Step 5:** Unrestricted return-to-sport that will not occur prior to unrestricted **return-to learn** if the NCAA student-athlete is enrolled in coursework

It is typical that each progression will be greater than or equal to 24 hours.



## Return to Learn

1. **NO STUDENT-ATHLETE** suspected of having a concussion will be required to attend classes on the same day.
2. The sport supervising athletic trainer will coordinate and ensure that the individualized academic return to learn plan is being followed that includes return to classroom/studying as tolerated. Adjustments to schedule modifications/academic accommodations are made when complications arise during recovery for a period of up to 2 weeks.
3. The UTA medical staff will collaborate with the University of Texas at Arlington UTA athletic academic advisors, coaches, course instructors, and applicable administrators to create an individualized plan for a **gradual** return to normal classroom activities that will be based upon the injured student-athlete's resolution of concussion symptoms and academic challenges that arise during recovery.
4. Student-athletes with prolonged symptoms lasting longer than 2 weeks will be reevaluated by the team physician or designee and the medical staff in order to determine if an adjustment in the level of classroom involvement is necessary. These cases may employ the collaboration of the team physician, team athletic trainer, academic advisor, faculty athletics representative, course instructor, coaches, the University Disability Services office to ensure the best possible outcome for the injured student athlete.
5. For concussion cases that cannot be managed by schedule modifications and academic accommodations, the UTA medical staff will also enlist the assistance of learning specialists, the university office of learning disabilities, personnel who provide accommodations under the Americans with Disabilities Amendment Act (ADAAA) through athletic department academic advisors.
6. Any accommodations that are made on behalf of the injured student-athlete will be in accordance to the ADAAA. This includes the use of academic tutors and the University of Texas at Arlington's office of disability services.
7. Part of the student-athlete's individualized plan may include remaining at home/on campus housing because of light sensitivity.

## Limiting the Exposure to Head Trauma

The University of Texas at Arlington will take the following measures in order to reduce the limiting of exposure to head trauma consistent with the *Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes*

1. Education for coaches and student-athletes education regarding concussion including risks and activities that relate to higher concussion occurrences.
2. All practices and competitions will adhere to existing ethical standards.
3. Maintaining the medical autonomy of medical staff from coaches and athletics administration in the daily medical practices and decision making with student-athletes in accordance with Independent Medical Care for College Student-Athletes Best Practices.
4. All playing and protective equipment (including helmets), as applicable will meet relevant equipment safety standards and related certification requirements.
5. In all practices and competitions, deliberate infliction of injury to another player is strictly prohibited.
6. The use of protective equipment (including helmets) as a weapon is prohibited during all practices and competitions.
7. Prioritizing the student-athletes welfare at the forefront in daily athletics operations by employing a safety-first approach in practices and games.
8. Yearly review of current practices regarding care and prevention of concussion injuries and making adjustments as necessary to stay current and compliant in the care of these injuries.



## **LIGHTNING POLICY**

### **Lightning Facts**

1. #2 cause of death by weather
2. If you can't get inside – avoid large trees, flagpoles/light poles, hills, metal bleachers, standing water/pools
3. Find ditch/ravine, curl into ball

### **What is Thorguard?**

This system is designed to predict a lightning strike within a defined geographical region. Using sensors connected to a computer, this system is able to measure and analyze the electrostatic field in the atmosphere. It is in this field that lightning originates. Once pre-established detection limits are reached, the system activates a series of horns and strobe lights to warn those working outside to seek shelter. Since this system is automated it can provide warning even when there appears to be no evidence of lightning.

### **Thorguard Protocol**

1. When the conditions for a lightning strike exist, the system will give a 15-second blast on the horn cluster.
2. At the same time, a yellow strobe will activate and stay on until the danger has passed or at least 10 minutes after the last detection of lightning.
3. Once the potential for a lightning strike has passed, the system will activate the horns for an all-clear signal -- three short blasts -- and the strobe light will go off.

\*In the event that the Thorguard system is not operational, the Flash/Bang 30/30 rule will take effect with the use of handheld lightning detectors.

### 30/30 Rule

- Estimation of how far away lightning really is:
  - Time lightning is sighted, count number of seconds until bang is heard, divide by 5=miles away the storm is
- 30 count (6 miles) = inherent danger, leave field immediately, seek shelter
- 30 minutes should pass from last lightning strike before returning

## **HIPAA NOTICE OF PRIVACY PRACTICES**

THIS NOTICE DESCRIBES HOW MEDICAL INFORMATION ABOUT YOU MAY BE USED AND DISCLOSED AND HOW YOU CAN GET ACCESS TO THIS INFORMATION. PLEASE REVIEW IT CAREFULLY.

### HIPAA PRIVACY RULES REQUIRE THAT WE FURNISH YOU WITH THIS NOTICE.

- I. *Purpose:* The Division of Athletic Training/Sports Medicine of Intercollegiate Athletics at The University of Texas at Arlington and its professional staff, employees, and volunteers follow the privacy practices described in this Notice. The Sports Medicine Division maintains your medical records in a confidential manner, as required by law. However, the Sports Medicine Division must use and disclose your medical information to the extent necessary to provide you with quality health care. To do this, the Sports Medicine Division must share your medical information as necessary for treatment, payment, and health care operations.
- II. *What Are Treatment, Payment, and Health Care Operations?* Treatment includes sharing information among health care providers involved in your care. For example, your treatment provider may share information about your condition with other treatment providers in the Sports Medicine Division in order to make a diagnosis. The Sports Medicine Division may use your medical information as required by your insurer to obtain payment for your treatment. We also may use and disclose your medical information to improve the quality of care, e.g., for review and training purposes.

### III. *What Are Other Ways the Sport Medicine Division May Use Your Medical Information?*

Your medical information may be used, unless you ask for restrictions on a specific use of disclosure, for the following purposes:

- Appointment reminders.
- To inform you of treatment alternatives or benefits or services related to your health. (You will have an opportunity to refuse to receive this information.)
- To carry out health care treatment, payment, and operations functions through business associates, e.g., to install a new computer system.
- Alcohol and drug abuse information has special privacy protections. The Sports Medicine Division will not disclose any information identifying an individual as being a student-athlete or provide any medical information relating to a student-athlete's substance abuse treatment unless: (i) the student-athlete consents in writing; (ii) a court order requires disclosure of the information; (iii) medical personnel need the information to meet a medical emergency; (iv) qualified personnel use this information for the purpose of conducting scientific research, management audits, financial audits, or program evaluation; or (v) it is necessary to report a crime or a threat to commit a crime, or to report abuse or neglect as required by law.
- Worker's Compensation. (Your medical information regarding benefits for work-related illnesses may be released as appropriate.)
- Health oversight activities, e.g., audits, inspections, investigations, and licensure.
- Certain research projects.
- To prevent a serious threat to health or safety.
- Law enforcement (e.g., in response to a court order or other legal process; to identify or locate an individual being sought by authorities; about the victim of a crime under restricted circumstances; about a death that may be the result of criminal conduct; circumstances relating to reporting information about a crime).
- Disaster relief agency if injured in a disaster.
- National security and intelligence activities.
- Protection of the President or other authorized persons for foreign heads of state, or to conduct special investigations.
- Lawsuits and disputes. (We will attempt to provide you advance notice of a subpoena before disclosing the information.)
- As required by law.

IV. *Your Authorization Is Required for Other Disclosures.* Except as described in this section, we will not use or disclose your medical information unless you authorize the Sports Medicine Division in writing to disclose your information. You may revoke your permission, which will be effective only after the date of your written revocation.

V. *You Have Rights Regarding Your Medical Information.* You have the following rights regarding your medical information, provided that you make a written request to invoke the right.

- Right to request restrictions. You may request limitations on your medical information we use or disclose for health care treatment, payment, or operations (e.g., you may ask us not to disclose that you have had a particular treatment), but we are not required to agree to your request. If we agree, we will comply with your request unless the information is needed to provide you with emergency services.
- Right to confidential communications. You may request communication in a certain way or at a certain location, but you must specify how or where you wish be contacted.
- Right to inspect and request a copy. You have the right to inspect and request a copy of your medical information regarding decisions about your care. We charge a fee for copying, mailing, and supplies. Under limited circumstances, your request may be denied; in that instance you may request review of the denial by another licensed health care professional chosen by the Sports Medicine Division. The Sports Medicine Division will comply with the outcome of the review.

- Right to request amendment. If you believe that the medical information we have about you is incorrect or incomplete, you may request an amendment, which requires certain specific information. The Sports Medicine Division is not required to accept the amendment.
- Right to accounting disclosures. You may request a list of the disclosures of your medical information that have been made to persons or entities other than for health care treatment, payment, or operations in the past six years, but not prior to April 14, 2003. After the first request, there will be a charge.
- Right to a copy of this Notice. You may request a copy of this Notice at any time, even if you have been provided with an electronic copy.

*VI. Requirements Regarding This Notice.* The Sports Medicine Division is required by law to provide you with this Notice. We will be governed by this Notice for as long as it is in effect. The Sports Medicine Division may change this Notice and these changes will be effective for medical information we have about you as well as any information we receive in the future. Each time you register with the Sports Medicine Division for health care services, you may receive a copy of the Notice in effect at the time.

*VII. Complaints.* If you believe your privacy rights have been violated, you may file a complaint with the Sports Medicine Division, with The University's Privacy Officer through the Office of Institutional Compliance, or with the Secretary of the United States Department of Health and Human Services. You will not be penalized or retaliated against in any way for making a complaint to the Sports Medicine Division or the Department of Health and Human Services.

#### NCAA Banned Medications:

The NCAA list of banned drug classes is composed of substances that are generally reported to be performance enhancing. The NCAA bans performance enhancing drugs to protect student-athlete health and safety and ensure a level playing field, and it also recognizes that some of these substances may be legitimately used as medications to treat student-athletes with learning disabilities and other medical conditions. Accordingly, the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. The benefit of a medical exception procedure is that in most cases the student-athlete's eligibility remains intact during the process.

In all cases, a student-athlete, in conjunction with his or her physician, must document that other non-banned alternatives have been considered prior to requesting the medical exception for the use of a medication containing a banned substance. It is the responsibility of the institution to educate student-athletes about this policy, and to follow-up with any student-athlete who identifies the use of a banned medication to determine if standard non-banned medications have been pursued and documented. In order for a student-athlete to be granted a medical exception for the use of a medication that contains a banned substance, the student-athlete must: 1) have declared the use of the substance to his or her athletics administrator responsible for keeping medical records prior to practice or competition; 2) present documentation of the diagnosis or condition, and 3) provide documentation from the prescribing physician explaining the course of treatment and the current prescription.

In order for a medical exception to be granted for the use of these stimulant medications, the student-athlete must show that he or she has undergone standard assessments to identify ADHD. Frequently a student-athlete may find that the demands of college present difficult learning challenges. They may realize that some of their teammates are benefiting from the use of these medications and figure they should ask their team physician or family doctor to prescribe the same for them. If they do not undergo standard assessments to diagnose ADHD, they have not met the requirements for an NCAA medical exception. Please see your Athletic Trainer to direct you to the proper personnel to assist.

## NUTRITION PROGRAM OVERVIEW

Nutritional services are available to all student-athletes. Services include but are not limited to team and individual counseling sessions and educational seminars. If weight loss or gain is a performance-related concern of yours, do not hesitate to request referral to our nutritionists. Referrals are handled through the Athletic Training staff. Any team rule, regulation, or request that involves weight loss or weight gain must be developed according to the requirements of UT Arlington Athletics protocol for dealing with weight as a performance factor. If you have any questions on the specifics of this protocol, refer to the staff athletic trainer for additional information.

### SUPPLEMENTS

Nutritional supplements include “designer” protein and carbohydrate supplements, amino acids and enzyme formulations, vitamins, minerals and herbal extracts. NCAA guidelines permit institutions to provide nutritional supplements for additional calories and electrolytes, provided they do not contain any banned substances. Permissible supplements for distribution are carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals. The distribution of muscle-building supplements by institutions is limited. There is continued dispute regarding the safety of these products, and most over-the-counter nutritional supplements are not regulated by the U.S. Food and Drug Administration. Some may contain untested or inaccurate ingredients and impurities which could cause health problems or cause you to test positive for NCAA banned substances, resulting in a loss of eligibility. If you are taking any supplements at this time or are entertaining thoughts of taking such products, you are required to consult with the Athletic Training/Sports Medicine staff for product clearance. Refer to the NCAA fast facts on nutritional supplements (see below) for additional information.

Supplements taken by athletes can generally be divided into two categories. The first category is food supplements and may include such items as GatorLode, fruits, peanut butter sandwiches, and pure vitamins.

The second group of supplements are those purchased at health food stores with claims to improve performance, burn fat, build muscle, etc.

The first type of supplements are permissible and encouraged. The second type is not. There is no government regulatory agency that monitors the contents of supplements sold by health food stores or salespeople from vitamin companies. Therefore, there is no assurance that the contents of the bottles, packages, or powders are legitimate. It is estimated that 50 percent of supplements sold over the counter do not contain the chemicals they advertise, or, in an even worse case, contain chemicals that are banned.

Be advised that the NCAA has expressly forbidden Athletics Departments from providing creatine to athletes. There are medical studies indicating that creatine is harmful even when taken as directed, and there are medical studies that support the efficacy of creatine in improving strength gains by about six percent. Please contact a member of the athletic training or strength conditioning staff before taking an “over-the-counter” supplement.

## NCAA FAST FACTS: NUTRITIONAL SUPPLEMENTS

<p><b>Overview</b></p> <p>Every student-athlete knows the phrase “No pain, no gain” by heart. But the underlying message, “bigger is better,” helps justify both the pain and the gain. It also has created a huge market for nutritional supplements.</p> <p>Promising almost everything from increased muscle mass to shorter recovery time from injuries, nutritional supplements also are promoted to prevent muscle cramps and fatigue.</p> <p>Sorting through promotional claims and hype can be confusing enough.</p> <p>But choosing the wrong supplement can take you out of the game before you even have a chance to step on the field.</p>	<p><b>Actions/Effects</b></p> <p>Supplements purport to use the body’s own mechanisms to build muscle, burn fat, and convert stored calories to usable energy, but data supporting such claims is usually hard to come by. Often, though, the success of a particular supplement may only be in an athlete’s head. By believing a supplement works, he or she may train harder, which only demonstrates a placebo effect. For any student-athlete, a balanced diet of complex carbohydrates, fruits and vegetables, low-fat dairy products, protein, and whole grains is still best for reaching peak performance, decreasing fatigue, and maintaining endurance and body/weight composition.</p>	<p><b>Risks</b></p> <p>As a result of the Dietary Supplement and Health Education Act of 1994, many over-the-counter substances marketed as nutritional supplements are no longer regulated by the U.S. Food and Drug Administration. Some may contain un- tested or inaccurate ingredients and impurities which <i>could cause health problems or cause a student-athlete to test positive for NCAA banned substances, resulting in a loss of eligibility.</i></p> <p>Such substances usually are expensive and have few proven effects.</p>
<p><b>Description</b></p> <p>Sold as powders, energy bars, pre-mixed drinks, tablets and capsules, supplements offer mega-doses of compounds typically found in both the foods we eat and those produced in our bodies. Nutritional supplements include “designer” protein and carbohydrate supplements, amino acids and enzyme formulations, vitamins, minerals, and herbal extracts.</p>	<p><b>Side Effects</b></p> <p>Overuse of any single dietary component or reliance on supplements without balanced nutrition can adversely affect overall health, as well as athletic (and even academic) performance. Example: Large quantities of a single amino acid can reduce the body’s ability to absorb other essential amino acids and cause a variety of other effects from nausea to uncontrolled weight gain.</p> <p>Eating regimens that rely on a limited variety of foods for energy should be reviewed carefully for hidden health and performance risks.</p>	<p>For information on NCAA banned substances, including supplement products, contact The National Center for Drug Free Sport, info@drugfreesport.com or (816) 474-8655.</p> <p>Want to know more? P.O. Box 6222 Indianapolis, IN 46206-6222 317/917-6222</p>

## MEDICAL EXPENSES AND INSURANCE COVERAGE

### INSURANCE COVERAGE MAINTAINED BY UT ARLINGTON ATHLETICS

UT Arlington Athletics maintains an insurance policy that provides “excess” coverage only. This coverage is considered secondary to all other collectible medical insurance policies carried by your parents or guardians. The Athletics Department’s excess insurance policy covers medical expenses resulting from injuries that you sustain while participating in intercollegiate athletics after the primary policy (usually your family’s policy) has reached its limits of coverage. This coverage also applies to an injury sustained while traveling directly to or from scheduled practices and games sponsored by UT Arlington Athletics.

### WHO IS ELIGIBLE FOR INSURANCE COVERAGE?

*Scholarship Athletes and Recruited Walk-Ons:* All returning scholarship student-athletes, new incoming scholarship student-athletes, and recruited walk-ons who have been pre-registered as student-athletes are automatically covered under the Department’s excess insurance policy the first day they arrive on campus.

*Try-out Participants:* Any UT Arlington student who requests to try out for an athletics team in pursuit of making the team and attaining varsity status may train only after having a physical examination and sickle cell testing and showing proof of physician clearance and insurance coverage. The insurance plan must cover sports related injuries and must be maintained by the participant throughout his/her longevity with the Intercollegiate Athletics program.

### MEDICAL EXPENSE COVERAGE

*For Athletic Injuries:* There are a number of expenses for which the Department can assume financial responsibility after the primary policy (usually your family’s policy) has reached its limits of coverage. These include medical expenses incurred from illnesses or injuries, or medical conditions resulting from athletics participation and/or exacerbated due to training. Coverage also applies to injuries sustained while you are traveling directly to or from scheduled practices and contests sponsored by UT Arlington Athletics. Medical expense coverage guidelines are as follows:

*Physicians:* UT Arlington Athletics does not cover expenses from a visit to a physician of your choice unless you have received authorization from our team physicians or attending athletic trainers.

*Surgery/Physical Therapy:* For injuries which require surgery, we encourage you to use our team of consulting physicians. The close proximity of attending physicians helps facilitate follow-up care and expedite recovery. Your rehabilitation is the sole responsibility of our staff athletic trainers under the supervision of the attending physicians. Physical therapy charges from outside sources are not covered by our insurance and are not paid by UT Arlington Athletics unless specifically authorized by the Athletic Training/Sports Medicine staff.

*Dental Care:* UT Arlington Athletics assumes the financial responsibility for payment of dental repairs in the event that an injury is sustained in practice or competition. Other dental problems will be considered for coverage if deemed necessary to prevent interruptions in training and competition.

*Eye Care:* UT Arlington Athletics pays for medical expenses resulting from eye injuries sustained during formal practice or competition. UT Arlington Athletics also covers medical expenses if you require visual aid for athletics participation (glasses, contact lenses or protective eye wear).

*Orthopedic Appliances:* Certain personal devices such as orthotics, braces, and other medical appliances are provided only if they are essential to athletics participation.

*Medications:* Prescriptions are covered by UT Arlington Athletics if they are related to an athletic injury or medical condition considered essential for maintaining health status for competition.

*For Non-Athletic Injuries:* The Department will not assume responsibility for certain medical expenses that are incurred because of the intentional or negligent misbehavior of the student athlete. In addition, the athletic department will not assume responsibility for injuries sustained outside of practice or game participation for the athlete’s respective sport. These include emergency room visits, hospitalizations, diagnostic tests, laboratory studies, medical evaluations, prescriptions and other medical expenses that result from conduct which is a violation of University or Department rules or which constitute violations of the law. Examples of such conduct include but are not limited to abuse of legal or illegal substances, including alcohol; driving while intoxicated; and fighting and other dangerous horseplay.



## STAFF RESPONSIBILITY

All Athletics staff members must be aware of, and committed to, the drug education and testing program and nutritional supplement acquisition and distribution policies. No Athletics staff member shall encourage or advise any student-athlete to take performance enhancing/non-therapeutic drugs or unapproved dietary supplements. Furthermore, they shall not issue or assist student-athletes in obtaining any performance enhancing/non-therapeutic drugs or unapproved dietary supplements. Any staff member who violates these policies is subject to disciplinary action. Additionally, staff members must actively advise and educate student-athletes regarding the potential harmful effects of these substances and report use, or suspected use, to the respective Athletics Director.

All Athletics staff members shall direct any student-athlete who desires to use dietary supplements to the Athletic Training/Sports Medicine staff. Due to poor regulation of dietary supplements by the Food and Drug Administration, the student-athlete may be jeopardizing his/her health and/or eligibility by taking products that may contain banned substances. The Athletic Training/Sports Medicine staff holds educational sessions on a yearly basis for student-athletes for the purposes of (1) deterring dietary supplement use;

(2) providing them with an opportunity to disclose any dietary supplements that they are currently taking; and, (3) familiarizing them with institutional procedures to evaluate the safety of the products.

## DRUG EDUCATION

Athletics staff members representing Athletic Training/Sports Medicine, Management, Compliance Services, and Student Services are responsible for educating student-athletes with regards to the hazards of substance abuse.

## NCAA BANNED SUBSTANCES

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (*banned for rifle only*)
- d. Diuretics and Other Masking Agents
- e. Street Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. Beta-2 Agonists

**Note:** *Any substance chemically related to these classes is also banned.*

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

## DRUGS AND PROCEDURES SUBJECT TO RESTRICTIONS:

- a. Blood Doping.
- b. Local Anesthetics (*under some conditions*).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.



## **NCAA NUTRITIONAL/DIETARY SUPPLEMENTS WARNING:**

Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

## **SOME EXAMPLES OF NCAA BANNED SUBSTANCES IN EACH CLASS**

*NOTE: There is no complete list of banned drug examples! Do not rely on this list to rule out any supplement ingredient. Check with your athletics department staff to re- view the label of any product, medication or supplement before you consume it!*

### **A. Stimulants**

- amphetamine (Adderall)
- caffeine (guarana)
- cocaine
- ephedrine
- fenfluramine (Fen)
- methamphetamine
- methylphenidate (Ritalin)
- phentermine (Phen)
- synephrine (bitter orange)
- methylhexanamine
- “bath salts” (mephedrone)
- etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

### **B. Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione)

- boldenone
- clenbuterol
- DHEA (7-Keto)
- nandrolone
- stanozolol
- testosterone
- methasterone
- androstenedione
- norandrostenedione
- methandienone
- etiocholanolone
- trenbolone
- etc.

**C. Alcohol and Beta Blockers** (banned for rifle only):

- alcohol
- atenolol
- metoprolol
- nadolol
- pindolol
- propranolol
- timolol
- etc.

**D. Diuretics (water pills) and Other Masking Agents**

- bumetanide
- chlorothiazide
- furosemide
- hydrochlorothiazide
- probenecid
- spironolactone (canrenone)
- triameterene
- trichlormethiazide
- etc.

**E. Street Drugs**

- heroin
- marijuana
- tetrahydrocannabinol (THC)
- synthetic cannabinoids (e.g. spice, K2, JWH-018, JWH-073)

**F. Peptide Hormones and Analogues**

- growth hormone (hGH)
- human chorionic gonadotropin (hCG)
- erythropoietin (EPO)
- etc.

**G. Anti-Estrogens**

- anastrozole
- tamoxifen
- formestane
- 3,17-dioxo-etiocol 1,4,6-triene(ATD)
- etc.

**H. Beta-2 Agonists**

- bambuterol
- formoterol
- salbutamol
- salmeterol
- etc.

**Any substance that is chemically related to the class of banned drugs, even if it is not listed as an example, is also banned!**

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877-202-0769 or [www.drugfree-sport.com/rec](http://www.drugfree-sport.com/rec) password ncaa1, ncaa2 or ncaa3.

### **Common Products Containing Banned Substances Prescription Medicines\*:**

- Adderall
- Anadrol
- Cylert
- Dexedrine
- Epogen
- Lasix
- Oxandrin
- Ritalin
- Testoderm

\*Medical exception may be granted for required use with proper pre-prescription.

### **Non-prescription Medications:**

- Bronkaid (ephedrine)
- Primatene tablets (ephedrine)

### **Banned Substances found in Nutritional/Dietary Supplements:**

- Androstenediol
- Androstenedione
- Caffeine
- Citrus aurantium DHEA
- Ephedrine (ma huang)
- Norandrostenediol
- Norandrostenedione
- Synephrine

It is your responsibility to check with your athletics staff before using any substance.

### **TOBACCO USE**

The NCAA prohibits the use of all tobacco products by student-athletes and all game personnel, including coaches, athletic trainers, managers and game officials, during practice and competition. The NCAA Committee on Competitive Safeguards and Medical Aspects of Sport has recently instituted increased penalties for student-athletes tobacco use during practice or competition.

## **THE UNIVERSITY OF TEXAS AT ARLINGTON MENTAL HEALTH EMERGENCY ACTION PLAN**

If a student-athlete reports a mental health emergency (including but not limited to harming him/herself or others, obvious severe changes in mental status, or other destructive behaviors) plan of care is to the discretion of the certified athletic trainer. In the event of suicidal or homicidal ideation the supervising athletic trainer is to contact the UTA Police Department at 817-272-4455 first then contact Roy Rudewick, the Director of Sports Medicine. Should any athletes exhibit any symptoms of depression, anxiety, sleep disturbances, or excessive alcohol use of the mental health surveys should be completed by the student-athlete and followed up with their supervising athletic trainer. At which point that athletic trainer will determine the need for a referral to the appropriate mental healthcare provider.

The University of Texas at Arlington Sport Medicine's priority is to maintain the athlete's dignity and privacy at all times. Should an episode occur within UTA athletic facilities (including but not limited to athletic training rooms, locker rooms, etc.) steps will be taken to remove onlookers from the area and leave only those essential to the successful treatment of the individual involved.

The team certified athletic trainer will follow up with the involved mental healthcare providers to ensure continued appropriate care and a smooth transition to return to play once treatment is begun with a mental healthcare crisis, if applicable. It is crucial that during mental health crises athletic trainers only include individuals that the student-athlete has given the consent to notify.

**MH Protocol- Athlete confides in ATC or concerned ATC**

In the event an athlete reports any disturbances to his/her team certified athletic trainer or the team certified athletic trainer becomes concerned, Roy Rudewick, the Sports Medicine Director will interview the athlete. Where he will then defer to the appropriate member of the Mental Healthcare Team to determine the best plan of care for the involved athlete.

**MH Protocol- Concerned Coach or Teammate**

In the event an athlete's coach or teammate becomes concerned of a MH condition or crisis, the coach should make an immediate referral to his/her team certified athletic trainer and then Roy Rudewick, the Sports Medicine Director. Where he will then defer to the appropriate member of the Mental Healthcare Team to determine the best plan of care for the involved athlete.

**Mental Health Payment for Treatment**

UTA Athletics will absorb the cost for any in-season athlete experiencing a MH concern that requires the management and treatment of an outside healthcare provider. This includes but is not limited to prescription medications, psychological office visits, and acute emergency care. Students who are late or miss scheduled appointments will be responsible for any no-show or late fees.

## **STRENGTH AND CONDITIONING PROGRAM**

### **STUDENT-ATHLETE POLICIES**

#### **Dress Code:**

**Teams that receive apparel need to match (shirt and short) during team lifts**

- University of Texas-Arlington issued apparel: shirts, shorts, sweat pants, warm up pants, leggings, short spandex
- Other acceptable colors to be worn in the facility are (Blue, Orange, Grey, Black, White)
- Athletic shoes and socks are mandatory. No open toe shoes, sandals, deck shoes, bare feet are allowed.
- Upper body apparel should cover shoulders, and all areas of the torso. Abdominal region is not to be exposed.
- Sports bras of any kind are not acceptable form of upper body clothing
- It is unacceptable to wear clothing that supports other NCAA universities, high schools, clothing that contains profanity, or degrading commentary/graphics. Torn and ripped clothing is also unacceptable.

#### **Jewelry:**

- Both male and female athletes are encouraged to remove any and all jewelry before entering the weight room. If a sport does not permit jewelry in competition that sport is not allowed to wear jewelry in the weight room
- Earrings, especially non-stud i.e. hoops, have a risk of being snagged or pulled out of the ear.
- Rings that are worn on the fingers are hazardous to both the bars and the athlete. Rings deliver/receive a tremendous amount of damage to/from all the handles of our equipment. If a ring is bent while an athlete is training often times the ring must be cut off the finger.

#### **Cell Phones/Head Phones/:**

- There is no place to store your cell phone in the weight room if it is brought in, there is a high risk of it getting broken
- All cell phones must be in silent mode during the workout
- Head phones are not permissible during team or individual lifts.

### **Loitering:**

- There is no loitering. The weight room is a working destination and tool for improving sports performance. When your workout is done, do not hang around talking with other athletes that are training.

### **Liability Concerns:**

- All student-athletes must be on their official sport roster. All NCAA clearinghouse and UT-Arlington standards must be met before any training will be allowed. No friends, family, or roommates are permitted to utilize the facility
- All athletes must be medically cleared by the UT-Arlington medical staff before any training will be allowed.
- No student-athlete is allowed to utilize a weight room unsupervised. Not only is it unsafe, it is a violation of NCAA rules to train in the weight room without a certified strength coach present.
- Any pre-existing injuries must be made known to the UT-Arlington S & C Coach responsible for your sport.
- Always be on time for your workouts, late is not an option
- If you are ever injured during a workout, notify a Strength Coach immediately.
- Always check equipment before you use it to ensure it is not broken or unsafe. If you find broken equipment, report it to the S & C Staff immediately.
- If equipment breaks while you use it, report it to the S & C Staff. We want to prevent any injuries from lifting on broken equipment.
- When appropriate, use a spotter when lifting.
- Always use collars and properly set safety pins when training.
- Always return any plates, bars, collars, belts, and other equipment to their proper place. Help keep your facilities clean and organized by picking up after yourself and others.
- No student athletes are allowed in the coach's office unless invited.
- Student athletes are not allowed to use the S & C staff telephones or computers.
- All alumni (in good standing) and staff will sign a waiver prior to using the facility.
- Outside lifters (alumni, staff, etc.) are allowed to use the facility at a designated time that will not interfere with team and/or individual training.

# **CHAPTER 6 – STUDENT-ATHLETE SERVICES**

## **UNIVERSITY HOUSING**

### **GENERAL**

Residential life has a rich tradition at UT Arlington. Life in University housing is designed to assist students to become responsible community members through the process of intellectual, social, spiritual, and emotional maturation. The goal of a residential university is to have student-athletes completely integrated into the student body. All student-athletes are subject to the same residence hall rules and regulations that apply to the rest of the student community.

### **ON-CAMPUS HOUSING**

University housing programs are an important part of the University experience, and student-athletes are encouraged to participate in the various activities of campus life. In compliance with all NCAA rules and regulations, student-athletes do not receive any special services or material amenities (stereos, room furnishings, etc.) that are not provided to all students on an equitable basis. In addition, the cost of on-campus housing is considered to be a part of the standard grant-in-aid package and does not exceed the limits established by the NCAA.

## **ATHLETIC EQUIPMENT**

### **EQUIPMENT POLICIES**

As a member of an UT Arlington athletics team, you will be issued athletic equipment and workout and competition gear, uniforms, equipment as necessary. This equipment and clothing are intended for competition and practice only. It may not be used at any other time. Athletic issued equipment may not be used for personal use at any time. Use of athletic equipment or clothing for personal reasons is in violation of NCAA rules and could affect your eligibility.

You will be responsible for any lost or stolen equipment items. If you are fined for lost, damaged or non-returned uniforms or equipment, you must pay all fines. If fines are not paid, a hold is placed on your university account preventing you from completing registration for future academic terms.

### **LAUNDRY**

Laundry policies and arrangements for the cleaning and laundering of gear may vary from sport to sport. You are provided a clean set of uniforms for each game. You are responsible for picking up your gear before practice/games, and for delivering it to the designated sport laundry drop-off area. Please note that personal laundry cannot be washed through the Equipment Room facilities.

### **LOCKER ROOMS**

You are given an individual locker. All equipment issued to you should be kept locked in your locker. Locks are issued to you in order to secure personal and University belongings. It is recommended that you leave personal valuables at home. The locker rooms are cleaned daily or between workouts.

# CHAPTER 7 – COMMUNICATIONS

The Department of Athletics at UT Arlington receives notable media attention, and the image that Athletics portrays plays a significant role in how our University is perceived. The Athletic Communications Office serves as the liaison between student-athletes and the media, functioning as an information and publicity agent for UTA student-athletes, coaches, teams and staff members. The office serves media outlets on a local, regional and national/international level, while maintaining the Department of Athletics official website: UTA Mavs.com. It also runs and monitors the department and team social media platforms and serves as its own media conglomerate, telling the stories of UTA student-athletes, coaches and staff.

## MEDIA RELATIONS POLICIES

- 1) Student-athletes should decline all phone, in-person or via social media interview requests with a media member(s) unless it has first been cleared through the Athletic Communications Office. If a student-athlete is contacted by a member of the media (including fellow students for a class assignment), the student-athlete should inform the Athletic Communications Office and also ask that reporter to contact the Athletic Communications Office to coordinate the interview with their sport-specific contact. If a member of the Athletic Communication Office (specifically your sport contact) reaches out to you to coordinate an interview or other appointment, please respond in a timely fashion.
- 2) Interviews with student-athletes on game days will only be granted upon completion of the contest following an NCAA-mandated “cooling off” period, which typically is at least 10-15 minutes. A representative from the Athletic Communications Office will help coordinate post-game interviews. Student-athletes are encouraged to wait until they possess a clear mindset following a contest before posting on social media.
- 3) Student-athletes will meet with their sport-specific Athletics Communication Office contact prior to each season to go over social media rules and guidelines in addition to other media- and communication-related items and policies.
- 4) All questions from the media or any other source regarding the injury/illness of a student-athlete are to be directed only to the attending Sports Medicine staff member through the Athletics Communication contact.
- 5) Student-athletes are protected by the Family Educational Rights and Privacy Act of 1974 (FERPA) and have the right to refuse third-party (media and the general public) requests for information on their educational records.
- 6) Remember, the No. 1 priority of the Athletic Communication Office is to promote you and your team. The job is to share your story with others to help publicize your accomplishments and reflect positively on your team, the department, the University and Western Athletic Conference (WAC).



## **GUIDELINES FOR DEALING WITH THE MEDIA**

- 1) Anything you say reflects on your teammates, your coaches, the University and yourself. This also applies to what you post, share or like on your social media platforms.
- 2) Always be polite, courteous and honest with all members of the media.
- 3) Cooperate with the media, but never be negative about an opponent, teammate, coach or the University to a member of the media.
- 4) If you feel uncomfortable with the line of questions, refer the media member to the Athletic Communications contact.
- 5) Be sure you understand the question. Even in a live setting, it is okay to ask for clarification of a question.
- 6) Do not respond negatively or with annoyance to a reporter for asking questions.
- 7) Always be on time for interviews and dress appropriately. If you are unsure what is appropriate for certain settings, be sure to ask your Athletic Communications contact. Avoid wearing any other brand except team-issued Under Armour apparel.
- 8) Do not use the term “off the record.” What you say “off the record” can be placed “on the record” by a media member obtaining confirmation from another source. If you don’t want to see something appear in print, on the web, on TV or any other outlet, don’t say it.

## **GUIDELINES FOR SOCIAL MEDIA**

- 1) All UTA teams will meet with a member of the Athletic Communications office prior to the start of the year to go over guidelines to using social media.
- 2) The Athletic Communications office will work with each coaching staff and their student-athletes on setting expectations for social media use.
- 3) Student-athletes should NOT engage in a media interview on any social media outlet (i.e., answering questions on Twitter, Instagram or any other platform) without prior approval from the Athletics Communication Office. The normal guidelines to interviews apply.
- 4) Local, regional and national/international media do ‘follow’ UTA student-athletes on social media platforms. Your actions and words on those platforms can be used by media outlets in stories or in their own social media posts.
- 5) Student-athletes should NOT tweet about injuries or other team-related items (i.e.: what happens in the locker room stays in the locker room) until the coaching staff is comfortable with the media knowing. At that point, that sport’s respective contact from the Athletic Communications office should be contacted.
- 6) Most of all, remember that the entirety of your social media presence can be reviewed, and the perception people have of you will be reflected from what you post, share or like.
- 7) Have fun, but act responsibly, with social media. When used correctly it can be an incredible tool to portray who you are, interact with fans and help build your brand, particularly with Name, Image, Likeness (NIL) opportunities.

# CHAPTER 8 – STUDENT RECOGNITION

## STUDENT-ATHLETE BENEFITS

- The Head Coach of each sport determines the criteria for earning a Varsity Letter in that sport.
- Nominations are approved by the Senior Athletic Director for Academics, Athletic Director, and Letter Winner Association Advisory Committee.
- Varsity Letters are awarded at the conclusion of each Academic Year and presented the following year. Varsity Rings will be presented to those student athletes who are graduating in the spring or are with-in 6 hours of graduation during the summer term.
- In order for a student-athlete to receive the benefits of a Varsity Letter, he/she must fulfill the following requirements:
  1. Fulfill the requirements as set by the Head Coach of that sport.
  2. Remain in good academic standing and be eligible for the upcoming season.
  3. Finish their NCAA eligibility at UT-Arlington, or not attend another University after leaving UT Arlington (in the case of turning professional).
  4. To earn a Varsity Ring, the student-athlete must graduate from UT Arlington (or Arlington State College when applicable) and have earned the maximum number of Varsity Letters during their athletic career at UT Arlington or been approved by the Head Coach and Athletic Director in special situations.

## ATHLETIC LETTERING

Varsity Awards for Each Letter Earned

1st Varsity Letter	Letter Winner Jacket
2nd Varsity Letter	Letter Winner Blanket
3rd Varsity Letter	Letter Winner Watch
Graduation	Varsity Ring

# CHAPTER 9 – GOOD THINGS TO KNOW

## STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) serves as the governing body for the UT Arlington student-athletes. The committee is comprised of representatives from all sport teams and meets once or twice a month during the fall and spring semesters. The role of an Advisory Committee member is to represent his/her team by communicating information and needs to the administrative staff and coaches and to assist with planning events and communicating those events to teammates. The committee also has an opportunity to voice opinions about the Western Athletic Conference and NCAA legislation.

The Advisory Committee sponsors many community service events. SAAC members perform much of the work in relation to planning and coordinating participation in these events. Other projects in which student-athletes are involved include, but are not limited to: speaking in schools, reading to children, visiting hospitals, visiting nursing homes, etc.

SAAC members also serve as liaisons between their teammates and the athletic & academic support staff by playing an essential role in creating regulations and keeping their teammates informed of any changes.

Advisory Committee members are chosen by each sport team and serve on an annual basis. The Advisory Committee members are a very important voice for all UT Arlington Student-Athletes. Officer positions are chosen by election by the members of the Student-Athlete Advisory Committee.

## INTERNATIONAL STUDENTS

The **Office of International Education** is located in Swift Center, 1022 UTA Blvd, Arlington, TX 76017. They have a full-time staff to help UT Arlington International students regarding their educational, financial, immigration, social and personal concerns.

Phone: (817) 272-2355

Email: [international@uta.edu](mailto:international@uta.edu)

Website: <https://www.uta.edu/student-affairs/oie>

The Office of International Education is the only UT Arlington office legally authorized to sign US government documents such as I-20s for international students.

It is important that a copy of all paperwork relative to a student's international status (Visa, Passport, I-20) is given to a staff member at the Office of International Education upon arrival.

A temporary ID number is assigned by to any person that does not have a Social Security number (SSN). It is recommended that international students obtain a US tax identification number. A tax ID number is required in order to gain employment.

Before leaving the US, students must have their I-20 papers signed by an Office of International Education administrator to gain re-entry to the US. This process usually takes 3-5 business days, therefore do not wait until the last minute to request approval. It is recommended that you have the back of your I-20 signed every six months.

International students are required to pay taxes on any cash award received as part of an athletics scholarship. In addition, scholarship housing and meal plans are also taxed. The tax rate is 14%. The total tax paid is documented on a 1042-S form which should be filed with the IRS annually.

Students wishing to gain on-campus employment must fill out a work-permit request form that is available at the Office of International Education. Student-athletes must also receive prior approval from the Athletics Compliance department before beginning employment.

## CAMPUS POLICE

The UT Arlington Police are here to serve you. If you wish to report a crime, car accident or suspicious activity, call (817)-272-3381 (non-emergency number). The UT Arlington Police Department is located in the University Police Building on 700 S. Davis St., Arlington, TX 76013. Visit the UT Arlington Police website at <http://police.uta.edu/>. To report an Emergency or crime in progress: Dial 817-272-3003 or 911

## VEHICLE REGISTRATION AND PARKING

You must register your car if you plan to use it on campus. You may register your car when you pay your semester fees, or at the Parking & Transportation Services, at (817) 272-3907 or visit <https://www.uta.edu/pats/index.php>. Student-athletes are personally responsible for any fines incurred against their vehicle.

The Parking & Transportation Services publishes parking regulations as a resource for the campus parking community. After you register your vehicle, please read the parking regulations document found here: <https://www.uta.edu/pats/parking/parking-regulations-index.php>. It is your guide to parking options at UTA. This document will assist you in where to park to avoid having your car ticketed or towed. The Parking & Transportation Services office is located in the Office and Classroom Building on 710 S. Davis Dr., Arlington, TX 76013. Visit website or call for hours of operation.

## STUDENT I.D.

This card is used to obtain services, gain admission to events and for many other privileges available to you as a student at UT Arlington. University Regulations require that the Student I.D. card be carried at all times and be presented to any University official upon request. The Mav ID Office is located on the Ground Level of the E.H. Hereford University Center just inside the north main entrance. The University Center is located at 300 W. First Street on the east side of campus one block south of UTA Boulevard. For information concerning use or problems related to your Student I.D. card, contact the Mav ID Office, at (817)272-2645 or visit [mavexpress@uta.edu](mailto:mavexpress@uta.edu). Visit website or call for hours of operation.

# CHAPTER 10 - DIRECTORY

## ATHLETIC FACILITIES MAP & ATHLETICS DEPARTMENT DIRECTORY

Visit [www.utamavs.com](http://www.utamavs.com) for athletic facilities maps and complete athletics staff directory.

### ATHLETICS ACADEMIC & STUDENT SERVICES STAFF

Executive Senior Associate Athletic Director Compliance,  
Academics & Student Welfare / Senior Woman Administrator

Debbie Garcia .....817-272-2047 .....[rancee@uta.edu](mailto:rancee@uta.edu)

Associate Athletics Director for Student-Athlete Eligibility Certification

Mishael Berger.....817-272-2367.....[bertrand@uta.edu](mailto:bertrand@uta.edu)

Assistant Athletics Director for Compliance

Angela Perry .....817-272-9589 .....[aperry13@uta.edu](mailto:aperry13@uta.edu)

Support Specialist II

Rachel Smith.....817-272-7166.....[rachelleasmith@uta.edu](mailto:rachelleasmith@uta.edu)

Director of Student-Athlete Development and Leadership

Timothy Kennedy .....817-272-8172 .....[tkennedy@uta.edu](mailto:tkennedy@uta.edu)

### ATHLETICS ACADEMIC ADVISORS

Student Development Specialist II

Courtney Burken.....817-272-9473.....[cburken@uta.edu](mailto:cburken@uta.edu)

Student Development Specialist II

Melinda Long.....817-272-6321 .....[mmlong@uta.edu](mailto:mmlong@uta.edu)

Student Development Specialist II

Diane Seymour.....817-272-0215 .....[dseymour@uta.edu](mailto:dseymour@uta.edu)

Student Development Specialist II

TBD .....817-272-0216.....

AUGUST 2022 \_\_\_\_\_

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	1

FRIDAY	SATURDAY	SUNDAY	NOTES
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2	3	4	



JULY 2022						
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AUGUST 2022						
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SEPTEMBER 2022						
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MONDAY

AUG. 1

TUESDAY

AUG. 2

evanescent adj. – vanishing; not lasting. *Lovely yet evanescent, the sunrise lifted her spirits.*

WEDNESDAY

AUG. 3



# Mantricks



"Dream as if you'll live forever. Live as if you'll die today." – James Dean

**THURSDAY**

AUG. 4

**FRIDAY**

AUG. 5

deb-, -debit- (to owe) – debt, indebtedness, debenture

**SATURDAY**

AUG. 6

**SUNDAY**

AUG. 7



JULY 2022						
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AUGUST 2022						
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SEPTEMBER 2022						
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MONDAY

AUG. 8

TUESDAY

AUG. 9

sapient adj. – wise. Grandmother was often consulted for her sapient advice.

WEDNESDAY

AUG. 10

"We must use time creatively and forever realize that the time is always ripe to do right." – Nelson Mandela



**THURSDAY**

AUG. 11

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**FRIDAY**

AUG. 12

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**dec-** (*ten*) – *decade, deciliter, decimal, decagon, decathlon*

**SATURDAY**

AUG. 13

**SUNDAY**

AUG. 14

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AUGUST 2022						
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SEPTEMBER 2022						
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MONDAY

AUG. 15

TUESDAY

AUG. 16

WEDNESDAY

AUG. 17

**hinterland n.** – a region removed from urban areas. The family moved out of the city to the hinterland.

# Mantricks

"No bird soars too high if he soars with  
his own wings." – William Blake



**THURSDAY**

AUG. 18

**FRIDAY**

AUG. 19

**-cad-, -cas-** (to fall) – *decadent, cadence, accident, cascade*

**SATURDAY**

AUG. 20

**SUNDAY**

AUG. 21



JULY 2022						
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AUGUST 2022						
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SEPTEMBER 2022						
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MONDAY

AUG. 22

TUESDAY

AUG. 23

WEDNESDAY

AUG. 24

flag v. – becoming weak; droop. The team's spirit was flagging toward the end of the game.

"It is best to learn as we go, not go as we have learned." – Leslie Jeanne Sahler



**THURSDAY**

AUG. 25

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**FRIDAY**

AUG. 26

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**-cap-, -cip-** (*head*) – *decapitate, captain, capital*

**SATURDAY**

AUG. 27

**SUNDAY**

AUG. 28

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JULY 2022						
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AUGUST 2022						
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SEPTEMBER 2022						
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MONDAY

AUG. 29

TUESDAY

AUG. 30

WEDNESDAY

AUG. 31

**belfry n.** – bell tower: Several times a year, the church belfry needed to be cleaned of cobwebs.

"Luck is a matter of preparation meeting opportunity." – Oprah Winfrey



**THURSDAY**

SEP. 1

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**FRIDAY**

SEP. 2

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**-agog** (*leader*) – *demagogue, pedagogue, synagogue*

**SATURDAY**

SEP. 3

**SUNDAY**

SEP. 4

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SEPTEMBER 2022 \_\_\_\_\_

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
29	30	31	1
Labor Day5	6	7	8
12	13	14	15
19	20	21	First day of autumn22
26	27	28	29





AUGUST 2022						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022						
S	M	T	W	T	F	S
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OCTOBER 2022						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**MONDAY**

**SEP. 5**

*Labor Day*

**TUESDAY**

**SEP. 6**

**quash v.** – *crush; suppress. Her dreams of medical school were quashed when she failed her entrance exams.*

**WEDNESDAY**

**SEP. 7**

"The thing always happens that you really believe in; and the belief in a thing makes it happen." – Frank Lloyd Wright



**THURSDAY**

SEP. 8

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**FRIDAY**

SEP. 9

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**-demos-** (people) – democracy, demagogue, epidemic

**SATURDAY**

SEP. 10

**SUNDAY**

SEP. 11

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Patriot Day</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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AUGUST 2022						
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022						
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18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MONDAY

SEP. 12

TUESDAY

SEP. 13

kismet n. – destiny; fate. Jane believes the way they met was kismet.

WEDNESDAY

SEP. 14



"Whether you believe you can do a thing or not, you are right." – Henry Ford



**THURSDAY**

SEP. 15

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**FRIDAY**

SEP. 16

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**-cy** (*state of being*) – *democracy, obstinacy, accuracy*

**SATURDAY**

SEP. 17

**SUNDAY**

SEP. 18

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AUGUST 2022						
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28	29	30	31			

SEPTEMBER 2022						
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OCTOBER 2022						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

MONDAY

SEP. 19

TUESDAY

SEP. 20

WEDNESDAY

SEP. 21

**bifurcate v.** – divide into two. Once another employee is hired, the company will bifurcate the bookkeeper's duties.

"If you don't like something, change it. If you can't change it, change your attitude. Don't complain." – Maya Angelou



## THURSDAY

SEP. 22

*First day of autumn*

## FRIDAY

SEP. 23

**-rid-, -ris-** (to laugh) – derision, risibility, ridiculous

## SATURDAY

SEP. 24

## SUNDAY

SEP. 25

*Rosh Hashanah begins at sundown*



AUGUST 2022						
S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022						
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OCTOBER 2022						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

**MONDAY**

SEP. 26

**TUESDAY**

SEP. 27

**WEDNESDAY**

SEP. 28

**explicate v.** – explain in detail. The students explicated each step of their science project.

"Think it more satisfactory to live richly than die rich." – Sir Thomas Browne



**THURSDAY**

SEP. 29

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**FRIDAY**

SEP. 30

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**-via-** (way) – deviation, viaduct, trivial

**SATURDAY**

OCT. 1

**SUNDAY**

OCT. 2

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OCTOBER 2022

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
26	27	28	29
3	Yom Kippur begins at sundown	5	6
Columbus Day	11	12	13
17	18	19	20
24	25	26	27
Halloween			
31			





SEPTEMBER 2022						
S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
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16	17	18	19	20	21	22
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30	31					

NOVEMBER 2022						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**MONDAY**

**OCT. 3**

**TUESDAY**

**OCT. 4**

*Yom Kippur begins at sundown*

**largess n.** – generosity. *My grandpa showed great largess when he gave me his restored hot rod.*

**WEDNESDAY**

**OCT. 5**



“There are two ways of spreading light – to be the candle or the mirror that reflects it.” – Edith Wharton



**THURSDAY**

OCT. 6

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**FRIDAY**

OCT. 7

*Mawlid al-Nabi begins at sundown*

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**dia-** (across) – diagonal, diameter, diagram

**SATURDAY**

OCT. 8

**SUNDAY**

OCT. 9

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SEPTEMBER 2022						
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OCTOBER 2022						
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30	31					

NOVEMBER 2022						
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20	21	22	23	24	25	26
27	28	29	30			

**MONDAY**

**OCT. 10**

*Columbus Day*

**TUESDAY**

**OCT. 11**

**ameliorate v.** – improve. *Foreign aid is badly needed to ameliorate the effects of the drought.*

**WEDNESDAY**

**OCT. 12**



**THURSDAY**

OCT. 13

**FRIDAY**

OCT. 14

**-diurn-** (*day*) – *diary, diurnal, journey*

**SATURDAY**

OCT. 15

**SUNDAY**

OCT. 16



SEPTEMBER 2022						
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OCTOBER 2022						
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23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
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27	28	29	30			

**MONDAY**

**OCT. 17**

**TUESDAY**

**OCT. 18**

**acumen n.** – keenness of intellect. *She has considerable financial acumen.*

**WEDNESDAY**

**OCT. 19**

"I am not afraid of storms, for I am learning  
how to sail my ship." – Louisa May Alcott



**THURSDAY**

OCT. 20

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**FRIDAY**

OCT. 21

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dis-, dif- (not) – discord, differ, distrust

**SATURDAY**

OCT. 22

**SUNDAY**

OCT. 23

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SEPTEMBER 2022						
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18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
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30	31					

NOVEMBER 2022						
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27	28	29	30			

**MONDAY**

**OCT. 24**

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**TUESDAY**

**OCT. 25**

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**apathy n.** – *lack of interest. Student apathy forced the club to dissolve.*

**WEDNESDAY**

**OCT. 26**

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"We make a living by what we get, but we make a life by what we give." – Winston Churchill



**THURSDAY**

OCT. 27

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**FRIDAY**

OCT. 28

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**-doc-, -doct-** (*to teach*) – *docile, document, doctor*

**SATURDAY**

OCT. 29

**SUNDAY**

OCT. 30

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
31	1	2	3
7	8 <i>Election Day</i>	9	10
14	15	16	17
21	22	23	24 <i>Thanksgiving</i>
28	29	30	1



FRIDAY	SATURDAY	SUNDAY	NOTES
4	5	6 <i>Standard time begins</i>	
Veterans Day	12	13	
18	19	20	
25	26	27	
2	3	4	



OCTOBER 2022						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
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20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MONDAY

OCT. 31

Halloween

TUESDAY

Nov. 1

**demagogue** *n.* – leader who appeals to popular prejudices to gain power. The demagogue blamed immigrants for the lack of jobs.

WEDNESDAY

Nov. 2

“Learn to listen. Opportunity could be knocking at your door very softly.” – Frank Tyger



**THURSDAY**

Nov. 3

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**FRIDAY**

Nov. 4

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**-domin-** (to rule) – *dominate, domain, dominant*

**SATURDAY**

Nov. 5

**SUNDAY**

Nov. 6

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Standard time begins</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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OCTOBER 2022						
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23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
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20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MONDAY

Nov. 7

TUESDAY

Nov. 8

*Election Day*

**gourmand n.** – lover of fine food. Jeff became a real gourmand after years of peanut butter sandwiches .

WEDNESDAY

Nov. 9

“Do not follow where the path may lead. Go instead where there is no path and leave a trail.” – Ralph Waldo Emerson



**THURSDAY**

Nov. 10

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**FRIDAY**

Nov. 11

*Veterans Day*

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**-dynam-** (*power; strength*) – *dynamic, dynamite, dynamo*

**SATURDAY**

Nov. 12

**SUNDAY**

Nov. 13

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OCTOBER 2022						
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23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
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27	28	29	30			

DECEMBER 2022						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MONDAY

Nov. 14

TUESDAY

Nov. 15

WEDNESDAY

Nov. 16

**assuage v.** – make less severe. *The government has tried to assuage the public's fears.*

# Mavericks

"Talk about a dream; try to make it real." – Bruce Springsteen



**THURSDAY**

Nov. 17

**FRIDAY**

Nov. 18

*-ess (female) – goddess, lioness, actress, priestess*

**SATURDAY**

Nov. 19

**SUNDAY**

Nov. 20



OCTOBER 2022						
S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
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20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MONDAY

Nov. 21

TUESDAY

Nov. 22

WEDNESDAY

Nov. 23

**foible n.** – minor weakness. While the employee's résumé is outstanding, his late arrival is a foible.



"The lips know only shallow tunes. The heart is where great symphonies are born." – Calvin Miller



**THURSDAY**

Nov. 24

*Thanksgiving*

**FRIDAY**

Nov. 25

*ego- (I, self) – egoist, egotist, egocentric*

**SATURDAY**

Nov. 26

**SUNDAY**

Nov. 27



OCTOBER 2022						
S	M	T	W	T	F	S
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

MONDAY

Nov. 28

TUESDAY

Nov. 29

WEDNESDAY

Nov. 30

**retrogress v.** – move backward. *The project's failure forced the team to retrogress.*

# Mantricks

"The most wasted of all days is one without  
laughter." – E.E. Cummings



**THURSDAY**

DEC. 1

**FRIDAY**

DEC. 2

**-counter-** (*against*) – *counteract, counterspy, encounter*

**SATURDAY**

DEC. 3

**SUNDAY**

DEC. 4

DECEMBER 2022

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
28	29	30	1
5	6	7	8
12	13	14	15
19	20	21	22
26	27	28	29

Kwanzaa begins

First day of winter





NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONDAY

DEC. 5

TUESDAY

DEC. 6

**clamor** n. – noise. *It was difficult to hear over the clamor in the train station.*

WEDNESDAY

DEC. 7

# Mavericks

"The way to get ahead is to start now." – William Feather



**THURSDAY**

DEC. 8

**FRIDAY**

DEC. 9

**-leg-, -lect-** (to read, to choose) – legible, eligible, election, select

**SATURDAY**

DEC. 10

**SUNDAY**

DEC. 11



NOVEMBER 2022						
S	M	T	W	T	F	S
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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
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25	26	27	28	29	30	31

JANUARY 2023						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**MONDAY**

**DEC. 12**

**TUESDAY**

**DEC. 13**

**coterie n.** – often exclusive group of persons with a similar purpose. The coterie of authors liked to discuss their favorite books.

**WEDNESDAY**

**DEC. 14**



“If you hear a voice within you saying ‘You are not a painter,’ then by all means paint, and that voice will be silenced.” – Vincent van Gogh



**THURSDAY**

DEC. 15

**FRIDAY**

DEC. 16

**-luc-** (*light*) – *elucidate, lucid, translucent*

**SATURDAY**

DEC. 17

**SUNDAY**

DEC. 18

*Hanukkah begins at sundown*



NOVEMBER 2022						
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20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

MONDAY

DEC. 19

TUESDAY

DEC. 20

WEDNESDAY

DEC. 21

*First day of winter*

**augury** n. – omen; prediction. *Dan hoped his early victory was an augury of a winning season.*

"Genius is 1 % inspiration and 99 % perspiration." – Thomas Edison



**THURSDAY**

DEC. 22

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**FRIDAY**

DEC. 23

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**-erg-** (work) – energy, ergonomic, ergometer, metallurgy

**SATURDAY**

DEC. 24

**SUNDAY**

DEC. 25

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Christmas</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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NOVEMBER 2022						
S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**MONDAY**

DEC. 26

*Kwanzaa begins*

**TUESDAY**

DEC. 27

**penury n.** – poverty. *The decrepit buildings gave the area a mark of penury.*

**WEDNESDAY**

DEC. 28

# Mantricks

"The point is not to pay back kindness  
but to pass it on." – Julia Alvarez



**THURSDAY**

DEC. 29

**FRIDAY**

DEC. 30

**-fid-, -fide-, -feder-** (*faith, trust*) – *confidante, fidelity, confident, infidel, federal, confederacy*

**SATURDAY**

DEC. 31

**SUNDAY**

JAN. 1

*New Year's Day*

# JANUARY 2023

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
26	27	28	29
2	3	4	5
9	10	11	12
Martin Luther King Jr. Day 16	17	18	19
23	24	25	26
30	31		

FRIDAY	SATURDAY	SUNDAY	NOTES
30	31	<i>New Year's Day</i> 1	
6	7	8	
13	14	15	
20	21	<i>Lunar New Year</i> 22	
27	28	29	



DECEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MONDAY

JAN. 2

TUESDAY

JAN. 3

temerity n. – reckless boldness. *She had the temerity to call me a liar.*

WEDNESDAY

JAN. 4



"There is only one corner of the universe you can be certain of improving ... and that's your own self." – Aldous Huxley



**THURSDAY**

JAN. 5

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**FRIDAY**

JAN. 6

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**-phon-** (*sound*) – *symphony, telephone, phonetic, phonograph, euphony, cacophony, telephone*

**SATURDAY**

JAN. 7

**SUNDAY**

JAN. 8

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DECEMBER 2022						
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25	26	27	28	29	30	31

JANUARY 2023						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MONDAY

JAN. 9

TUESDAY

JAN. 10

WEDNESDAY

JAN. 11

**umbrage** *n.* – *resentment at a perceived slight or insult. He took umbrage at not landing the lead role.*

# Mavericks

"My life is my message." – Mahatma Gandhi



**THURSDAY**

JAN. 12

**FRIDAY**

JAN. 13

*-ine (nature of) – masculine, genuine, medicine, opaline, Benedictine*

**SATURDAY**

JAN. 14

**SUNDAY**

JAN. 15



DECEMBER 2022						
S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MONDAY

JAN. 16

*Martin Luther King Jr. Day*

TUESDAY

JAN. 17

*zephyr n. – soft breeze. The zephyr helped cool the farm laborers.*

WEDNESDAY

JAN. 18

# Mantricks

"There is nothing like a dream to create  
the future." – Victor Hugo



**THURSDAY**

JAN. 19

**FRIDAY**

JAN. 20

**-plac-, -pac- (please) – placid, placebo, placate, complacent, pacify**

**SATURDAY**

JAN. 21

**SUNDAY**

JAN. 22

*Lunar New Year*



DECEMBER 2022						
S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
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4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MONDAY

JAN. 23

TUESDAY

JAN. 24

WEDNESDAY

JAN. 25

**knell n.** – solemn sound of a bell. *The funeral knell made the stormy day even grimmer.*

"I have discovered in life that there are ways of getting almost anywhere you want to go, if you really want to go." – Langston Hughes



**THURSDAY**

JAN. 26

**FRIDAY**

JAN. 27

*ante- (before) – antecedent, antediluvian, antenuptial*

**SATURDAY**

JAN. 28

**SUNDAY**

JAN. 29

FEBRUARY 2023

★ GOALS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
30	31	1	2 <i>Groundhog Day</i>
6	7	8	9
13	14 <i>Valentine's Day</i>	15	16
20 <i>Presidents' Day</i>	21	22 <i>Ash Wednesday Washington's Birthday</i>	23
27	28	1	2



FRIDAY	SATURDAY	SUNDAY	NOTES
3	4	5	
10	11	12 <i>Lincoln's Birthday</i>	
17	18	19	
24	25	26	
3	4	5	



JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

MONDAY

JAN. 30

TUESDAY

JAN. 31

**mollify v.** – soothe; soften in feeling. *He tried to mollify the wailing infant with a walk around the block.*

WEDNESDAY

FEB. 1

# Mavericks

"In great attempts, it is glorious even to fail." – Vincent T. Lombardi



**THURSDAY**

FEB. 2

*Groundhog Day*

**FRIDAY**

FEB. 3

*-anthrop- (man) – anthropology, misanthrope, philanthropy*

**SATURDAY**

FEB. 4

**SUNDAY**

FEB. 5



JANUARY 2023						
S	M	T	W	T	F	S
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22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
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MARCH 2023						
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19	20	21	22	23	24	25
26	27	28	29	30	31	

MONDAY

FEB. 6

TUESDAY

FEB. 7

**maladroit** adj. – *awkward; tactless; inept.* His *maladroit* response to criticism upset would-be voters.

WEDNESDAY

FEB. 8

"Everyone can be great because everyone can serve." – Martin Luther King Jr.



**THURSDAY**

FEB. 9

**FRIDAY**

FEB. 10

**aqua-** (water) – *aqueduct, aquatic, aquarium*

**SATURDAY**

FEB. 11

**SUNDAY**

FEB. 12

*Lincoln's Birthday*



JANUARY 2023						
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FEBRUARY 2023						
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MARCH 2023						
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18	19	20	21	22	23	24
25	26	27	28	29	30	31

MONDAY

FEB. 13

TUESDAY

FEB. 14

Valentine's Day

**mutable** *adj.* – changeable. A folding screen creates a mutable partition in a large room.

WEDNESDAY

FEB. 15

"I change myself, I change the world." – Gloria Anzaldúa



**THURSDAY**

FEB. 16

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**FRIDAY**

FEB. 17

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**-astr-** (*star*) – astronomy, astrology, astronaut, astrophysics, astrolabe

**SATURDAY**

FEB. 18

**SUNDAY**

FEB. 19

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JANUARY 2023						
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29	30	31				

FEBRUARY 2023						
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25	26	27	28			

MARCH 2023						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

MONDAY

FEB. 20

Presidents' Day

TUESDAY

FEB. 21

**adroit** *adj.* – clever; skillful. The dancer was adroit enough to succeed in both tap and ballet.

WEDNESDAY

FEB. 22

Ash Wednesday  
Washington's Birthday



"A strong, positive self-image is the best possible preparation for success." – Joyce Brothers



**THURSDAY**

FEB. 23

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**FRIDAY**

FEB. 24

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**-aud-, -audit- (hear) – audible, auditorium, audience**

**SATURDAY**

FEB. 25

**SUNDAY**

FEB. 26

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
27	28	1	2
6	7	8	9
13	14	15	16
First day of spring20	21	Ramadan begins at sundown22	23
27	28	29	30

FRIDAY	SATURDAY	SUNDAY	NOTES
3	4	5	
10	11	Daylight saving time begins 12	
St. Patrick's Day 17	18	19	
24	25	26	
31	1	2	



FEBRUARY 2023						
S	M	T	W	T	F	S
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19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
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19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**MONDAY**

FEB. 27

**TUESDAY**

FEB. 28

**WEDNESDAY**

MAR. 1

**bovine** adj. – cow-like; dull. *The travelers wore bovine expressions while waiting in the airport.*

“No one is useless in this world who lightens the burdens of another.” – Charles Dickens



**THURSDAY**

MAR. 2

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**FRIDAY**

MAR. 3

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**auto-** (*self*) – *autocracy, automobile, autobiography*

**SATURDAY**

MAR. 4

**SUNDAY**

MAR. 5

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FEBRUARY 2023						
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19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
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19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MONDAY

MAR. 6

TUESDAY

MAR. 7

**ribald** adj. – crude; profane. *His ribald stories offended the wedding guests.*

WEDNESDAY

MAR. 8

“Never give up, for that is just the place and time  
that the tide will turn.” – Harriet Beecher Stowe



**THURSDAY**

MAR. 9

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**FRIDAY**

MAR. 10

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**-belli-** (*war*) – *bellicose, belligerent, rebellious*

**SATURDAY**

MAR. 11

**SUNDAY**

MAR. 12

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FEBRUARY 2023						
S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**MONDAY**

**MAR. 13**

**TUESDAY**

**MAR. 14**

**anomalous adj.** – deviating from the normal. Her anomalous teaching methods inspired students who had tired of lectures.

**WEDNESDAY**

**MAR. 15**





**THURSDAY**

**MAR. 16**

**FRIDAY**

**MAR. 17**

*St. Patrick's Day*

**bene-, bon-** (*well, good*) – *benefactor; benevolence, bonus*

**SATURDAY**

**MAR. 18**

**SUNDAY**

**MAR. 19**



FEBRUARY 2023						
S	M	T	W	T	F	S
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

MARCH 2023						
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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

APRIL 2023						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**MONDAY**

**MAR. 20**

*First day of spring*

**TUESDAY**

**MAR. 21**

*irascible adj. – easily angered. Her frequent outbursts show she's becoming more irascible with time.*

**WEDNESDAY**

**MAR. 22**

*Ramadan begins at sundown*

"A wise man will make more opportunities  
than he finds." – Francis Bacon



**THURSDAY**

MAR. 23

**FRIDAY**

MAR. 24

**biblio-** (*book*) – bibliography, bibliophile, Bible

**SATURDAY**

MAR. 25

**SUNDAY**

MAR. 26



FEBRUARY 2023						
S	M	T	W	T	F	S
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
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APRIL 2023						
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9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**MONDAY**

**MAR. 27**

**TUESDAY**

**MAR. 28**

**WEDNESDAY**

**MAR. 29**

**effusive** adj. – *excessively enthusiastic; gushy.* Their *effusive* welcome was *flattering* but *uncomfortable*.

"Even if you are on the right track, you'll get run over if you just sit there." – Will Rogers



**THURSDAY**

MAR. 30

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**FRIDAY**

MAR. 31

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**bi-** (two) – bicameral, biennial, bicycle

**SATURDAY**

APR. 1

**SUNDAY**

APR. 2

*April Fools' Day*

*Palm Sunday*

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY
27	28	29	30
3	4	5 <i>Passover begins at sundown</i>	6
10	11	12	13
17	18	19	20
24	25	26	27

# REMINDERS ☒

FRIDAY	SATURDAY	SUNDAY	NOTES
31	April Fools' Day 1	Palm Sunday 2	
Good Friday 7	8	Easter 9	
14	15	Laylat al-Qadr begins at sundown 16	
Eid al-Fitr begins at sundown 21	Earth Day 22	23	
28	29	30	



MARCH							2023
S	M	T	W	T	F	S	
				1	2	3	4
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

APRIL							2023
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MAY							2023
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28	29	30	31				

MONDAY

APR. 3

TUESDAY

APR. 4

**ebullient** *adj.* – exhilarated; enthusiastic. The contestant was in an ebullient mood after winning the grand prize.

WEDNESDAY

APR. 5

Passover begins at sundown



"If you can imagine it, you can create it. If you can create it, you can become it." – William Arthur Ward



**THURSDAY**

APR. 6

**FRIDAY**

APR. 7

*Good Friday*

**bio-** (life) – biology, biography, biochemist

**SATURDAY**

APR. 8

**SUNDAY**

APR. 9

*Easter*



MARCH							2023
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26	27	28	29	30	31		

APRIL							2023
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MAY							2023
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MONDAY

APR. 10

TUESDAY

APR. 11

**spurious** *adj.* – false; not genuine. *They made spurious claims of personal injury.*

WEDNESDAY

APR. 12

"We can do anything we want as long as we stick to it long enough." – Helen Keller



**THURSDAY**

APR. 13

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**FRIDAY**

APR. 14

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**-brev-** (short) – brevity, abbreviate, breviary

**SATURDAY**

APR. 15

**SUNDAY**

APR. 16

<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<p><i>Laylat al-Qadr begins at sundown</i></p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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MARCH 2023						
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APRIL 2023						
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MAY 2023						
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28	29	30	31			

MONDAY

APR. 17

TUESDAY

APR. 18

**fortuitous adj.** – happening by chance. The collapse of its competitors brought fortuitous gains to the company.

WEDNESDAY

APR. 19

"I have nothing to offer but blood, toil, tears,  
and sweat." – Winston Churchill



**THURSDAY**

APR. 20

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**FRIDAY**

APR. 21

*Eid al-Fitr begins at sundown*

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**-ac, -ic** (*like, pertaining to*) – cardiac, aquatic, dramatic, metallic

**SATURDAY**

APR. 22

**SUNDAY**

APR. 23

*Earth Day*

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APRIL 2023						
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MAY 2023						
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28	29	30	31			

MONDAY

APR. 24

TUESDAY

APR. 25

**beatific** *adj.* – *having a blissful appearance. The woman's beatific smile made her look years younger.*

WEDNESDAY

APR. 26

# Mavericks

"Life is a promise; fulfill it." – Mother Teresa



**THURSDAY**

APR. 27

**FRIDAY**

APR. 28

**cata-** (down, break) – catastrophe, cataract, catapult

**SATURDAY**

APR. 29

**SUNDAY**

APR. 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30	31	1

Memorial Day



# REMINDERS ☒

FRIDAY	SATURDAY	SUNDAY	NOTES
<div>Cinco de Mayo</div> <div>5</div>	<div>6</div>	<div>7</div>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<div>12</div>	<div>13</div>	<div>Mother's Day</div> <div>14</div>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<div>19</div>	<div>20</div>	<div>21</div>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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MAY 2023						
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JUNE 2023						
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MONDAY

MAY 1

TUESDAY

MAY 2

WEDNESDAY

MAY 3

**halcyon** *adj.* – idyllic; calm. *Amidst the turmoil, she dreamily recalled her halcyon days on the beach.*

“The reward of a thing well done is to have done it.” – Ralph Waldo Emerson



**THURSDAY**

MAY 4

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**FRIDAY**

MAY 5

*Cinco de Mayo*

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**cent-** (one hundred) – century, centennial, centigrade

**SATURDAY**

MAY 6

**SUNDAY**

MAY 7

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MAY							2023
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JUNE							2023
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MONDAY

MAY 8

TUESDAY

MAY 9

**facetious** *adj.* – *inappropriately flippant. He showed his disapproval with facetious remarks.*

WEDNESDAY

MAY 10



**THURSDAY**

MAY 11

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**FRIDAY**

MAY 12

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**-chronos-** (*time*) – *chronology, anachronism, chronicle*

**SATURDAY**

MAY 13

**SUNDAY**

MAY 14

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APRIL 2023						
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MAY 2023						
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JUNE 2023						
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MONDAY

MAY 15

TUESDAY

MAY 16

**feckless** *adj.* – ineffective; worthless. His girlfriend's father felt he was feckless, even though he tried to find a job.

WEDNESDAY

MAY 17



“Other people may not have had high expectations for me ...  
but I had high expectations for myself.” – Shannon Miller

**THURSDAY**

MAY 18

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**FRIDAY**

MAY 19

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**circum-** (around) – *circumnavigate, circumspect, circumscribe*

**SATURDAY**

MAY 20

**SUNDAY**

MAY 21

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APRIL 2023						
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MAY 2023						
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JUNE 2023						
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MONDAY

MAY 22

TUESDAY

MAY 23

**choleric** *adj.* – irritable; short-tempered. *The children's exuberant play rankled their choleric neighbor.*

WEDNESDAY

MAY 24



"I would rather fail in a cause that will ultimately triumph than to triumph in a cause that will ultimately fail." – Woodrow Wilson



**THURSDAY**

MAY 25

**FRIDAY**

MAY 26

*civi- (citizen) – civilization, civilian, civil*

**SATURDAY**

MAY 27

**SUNDAY**

MAY 28



APRIL 2023						
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MAY 2023						
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JUNE 2023						
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**MONDAY**

MAY 29

Memorial Day

**TUESDAY**

MAY 30

**irreverent adj.** – lacking respect. *The television program takes an irreverent look at doctors.*

**WEDNESDAY**

MAY 31

# Mavericks

"Success is never final." – Winston Churchill



**THURSDAY**

JUNE 1

**FRIDAY**

JUNE 2

**-clam-** (to cry out) – clamorous, declamation, acclamation

**SATURDAY**

JUNE 3

**SUNDAY**

JUNE 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
29	30	31	1
5	6	7	8
12	13	14 Flag Day	15
19 Juneteenth	20	21 First day of summer	22
26	27	28 Eid al-Adha begins at sundown	29





MAY					2023		
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JUNE					2023		
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JULY							2023						
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30	31												

MONDAY

JUNE 5

TUESDAY

JUNE 6

**impious** *adj.* – lacking reverence or respect. His callous attitude toward others reflects his impious character.

WEDNESDAY

JUNE 7

"I haven't failed; I've found 10,000 ways that don't work." – Thomas Edison



**THURSDAY**

JUNE 8

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**FRIDAY**

JUNE 9

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**-claud-, -claus-** (*to close*) – *claustrophobia, enclose, conclude*

**SATURDAY**

JUNE 10

**SUNDAY**

JUNE 11

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MAY							2023
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JUNE							2023
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JULY							2023
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30	31						

MONDAY

JUNE 12

TUESDAY

JUNE 13

**lugubrious** adj. – melancholy; sorrowful. *His lugubrious attitude showed he was upset.*

WEDNESDAY

JUNE 14

*Flag Day*



# Mavericks

"You cannot shake hands with a clenched fist." – Indira Gandhi



**THURSDAY**

JUNE 15

**FRIDAY**

JUNE 16

**com-** (*with, together*) – *combine, commerce, communicate*

**SATURDAY**

JUNE 17

**SUNDAY**

JUNE 18

*Father's Day*



MAY					2023		
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JUNE					2023		
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JULY							2023						
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30	31												

MONDAY

JUNE 19

Juneteenth

TUESDAY

JUNE 20

**ignoble** *adj.* – of low character. Because Beth knew of the man's ignoble reputation, she didn't hire him as a security guard.

WEDNESDAY

JUNE 21

First day of summer

"You see things, and you say, 'Why?' But I dream things that never were, and I say, 'Why not?'" – George Bernard Shaw



**THURSDAY**

JUNE 22

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**FRIDAY**

JUNE 23

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**comp-** (to fill) – complete, complement, comply

**SATURDAY**

JUNE 24

**SUNDAY**

JUNE 25

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MAY					2023		
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JUNE					2023		
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JULY					2023		
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30	31						

MONDAY

JUNE 26

TUESDAY

JUNE 27

**diluvial** adj. – pertaining to a flood. Saturday's rain brought yet another diluvial disaster to the region.

WEDNESDAY

JUNE 28

*Eid al-Adha begins at sundown*

# ManeTricks

"I will prepare, and someday my chance  
will come." – Abraham Lincoln



**THURSDAY**

JUNE 29

**FRIDAY**

JUNE 30

**-pel-, -puls-** (to drive) – *repel, expel, propellant, compulsion, pulsate*

**SATURDAY**

JULY 1

**SUNDAY**

JULY 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
26	27	28	29
3	4 <i>Independence Day</i>	5	6
10	11	12	13
17	18 <i>Muharram begins at sundown</i>	19	20
24	25	26	27
31			





JUNE 2023						
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JULY 2023						
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AUGUST 2023						
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27	28	29	30	31		

MONDAY

JULY 3

TUESDAY

JULY 4

*Independence Day*

**jocular** *adj.* – playful; given to joking. The students were jocular as they counted down the hours until spring break.

WEDNESDAY

JULY 5



"It is never too late to be what you might have been." – George Eliot



**THURSDAY**

JULY 6

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**FRIDAY**

JULY 7

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-aster- (star) – asterisk, asteroid, disaster

**SATURDAY**

JULY 8

**SUNDAY**

JULY 9

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JUNE							2023
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JULY							2023
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AUGUST							2023
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27	28	29	30	31			

MONDAY

JULY 10

TUESDAY

JULY 11

**laudatory** *adj.* – praiseworthy. *The principal commended our laudatory work.*

WEDNESDAY

JULY 12

# Mavericks

"Life shrinks or expands in proportion  
to one's courage." – Anaïs Nin



**THURSDAY**

**JULY 13**

**FRIDAY**

**JULY 14**

**-put-, -putat-** (*to trim, to calculate*) – *computation, amputate, putative*

**SATURDAY**

**JULY 15**

**SUNDAY**

**JULY 16**



JUNE							2023
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

JULY							2023
S	M	T	W	T	F	S	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

AUGUST							2023
S	M	T	W	T	F	S	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

MONDAY

JULY 17

TUESDAY

JULY 18

Muharram begins at sundown

WEDNESDAY

JULY 19

enigmatic adj. – puzzling. *The Mona Lisa has a famously enigmatic smile.*

# Mavericks

"We become brave by doing brave acts." – Aristotle



**THURSDAY**

JULY 20

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**FRIDAY**

JULY 21

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**-tempor-** (*time*) – *contemporary, extemporaneous, temporize*

**SATURDAY**

JULY 22

**SUNDAY**

JULY 23

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JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 2023						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

MONDAY

JULY 24

TUESDAY

JULY 25

quiescent adj. – quiet; tranquil. *The quiescent seaside setting helped her relax.*

WEDNESDAY

JULY 26

"Never let the fear of striking out get in your way." – George Herman "Babe" Ruth



**THURSDAY**

JULY 27

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**FRIDAY**

JULY 28

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**contra-** (against) – contradict, contrary, contrast, contraband, contravene

**SATURDAY**

JULY 29

**SUNDAY**

JULY 30

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# NOTES



Lined area for notes, consisting of multiple horizontal lines.