

# **WIDENER** ***ATHLETICS***

2025-26 Student Athlete Handbook

Updated: March 2026

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## Welcome Letter from the Athletic Director

Widener Pride Student-Athletes,

The Widener University Athletic Department is grateful for the opportunity to help each of you reach your full potential as students, athletes, and people by empowering you to strive for excellence in the classroom, on the athletic field, and in our communities. With that, you are encouraged to be active in academic organizations, student organizations, student government, leadership organizations and co-curricular activities while participating as a student-athlete. Widener's coaching staff and department administration will endeavor to make your athletic experience competitive, rewarding, educational and enriching. While doing so, we ask that you commit to upholding the mission and core values of the University and our department as well as understanding and complying with the bylaws and regulations of the NCAA, the Middle Atlantic Conference (MAC), the student policies of the University, and your individual sport programs.

This handbook contains the philosophies and structure that manage your participation as a Widener student-athlete. As a student-athlete you represent Widener University and your team at all times. As a student-athlete at Widener, you are responsible for reading and abiding by the information in this handbook. Please note that this handbook does not replace or supersede the Widener University Student Code of Conduct or other applicable policies and procedures of the University.

Representing Widener University in intercollegiate varsity athletics is a privilege, not a right, and comes with heightened responsibilities and expectations. As a member of the Widener University athletics family, you agree to represent Widener University in only a positive manner, whether it is in the classroom, on the playing field, or in the community. By adhering to the University's Code of Conduct and other policies, as well as the Athletics Department policies set forth in this handbook and team rules, you are helping to maintain a safe, healthy and successful campus environment.

Widener University is a truly special community. We are thrilled to have you as a member of the Pride Family and wish you all the best this academic year and hope that you and your team enjoy great success on and off the playing field. If you have any questions about the information included in this handbook, please consult your head coach or contact my office and I will be happy to be of assistance.

Welcome to Widener University and I look forward to watching you succeed.  
With Pride,

With Pride,  
*Larissa Gillespie* – Interim Director of Athletics

## Reservation of Rights

This publication contains information, policies, procedures, regulations, and requirements that were correct at the time of publication. In keeping with the educational mission of the University, the information, policies, procedures, regulations, and requirements contained herein are continually being reviewed, changed, and updated. Consequently, this document cannot be considered binding and must be used solely as an informational guide. Students are responsible for keeping informed of official policies and meeting all relevant requirements.

Widener University, referred to as the “University” throughout this document, refers to Widener University, including all schools, colleges or divisions, Widener University Delaware Law School and Widener University Commonwealth Law School, unless otherwise set forth herein. It is the policy of the University not to discriminate on the basis of sex, gender, pregnancy status, age, race, national origin or ethnicity, religion, disability, status as a veteran of the Vietnam era or other covered veteran, sexual orientation, gender identity, marital status, genetic information, or any protected class in its educational programs, admissions policies, employment practices, financial aid, or other school-administered programs or activities. This policy is enforced under various federal and state laws, including Title VII of the Civil Rights Act of 1964 as amended by the Civil Rights Act of 1991, Title IX of the Education Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination in Employment Act, and the Americans with Disabilities Act. Further, in compliance with state and federal laws, the University will provide the following information upon request: (a) copies of documents pertinent to the University’s accreditations, approvals, or licensing by external agencies or governmental bodies; (b) reports on crime and fire statistics and information on safety policies and procedures; and (c) information regarding gender equity relative to intercollegiate athletic programs—Contact: Vice President for Administration and Finance, Widener University, One University Place, Chester, PA 19013; tel. 610-499-4151. Comments or requests for information regarding services and resources for disabled students and/or accessibility needs should be directed to: Director of Student Accessibility Services, Widener University, One University Place, Chester, PA 19013; tel. 610-499-1266; or Dean of Students, Widener University Delaware Law School, P.O. Box 7474, Wilmington, DE 19803; tel. 302-477-2173; or Office of Student Affairs, Widener University Commonwealth Law School, 3800 Vartan Way, Harrisburg, PA 17110; tel. 717-541-3952.

The University reserves the right and authority at any time to alter any or all of the statements contained herein, to modify the requirements for admission and graduation, to change or discontinue programs of study, including changing in-person courses to online or hybrid courses at any time and for any reason, to amend any regulation or policy affecting the student body, to increase tuition and fees, to deny admission, to revoke an offer of admission, and to dismiss from the University any student at any time, if it is deemed by the University to be in the best interest of the University, the University community, or the student to do so. The provisions of this publication are subject to change without notice, and nothing in this publication may be

considered as setting forth terms of a contract between a student or a prospective student and the University.

## Middle Atlantic Conference

Widener University is a member of the Middle Atlantic Conference (“MAC”), an association of nonprofit colleges and universities with a shared vision rooted in the values of the NCAA Division III. MAC members are committed to excellence in undergraduate education, to education of the whole person, to high standards of athletic competition and good sportsmanship and to support student athletes so they can reach their full potential.

More information about the MAC conference is available at [www.gomacsports.com](http://www.gomacsports.com)

## Department Philosophies

Philosophies that guide the day-to-day activity of the Widener University Athletic Department include:

- Support the academic mission of the University, to balance the academic and athletic lives of our student-athletes.
- Provide equitable athletic opportunities for males and females to try-out and/or participate within university-sponsored athletic programs.
- Strive for competitive excellence in intercollegiate sports.
- Encourage fair play, sportsmanship, and positive social attitudes, health, and wellness.
- Schedule a majority of opponents with other members of the MAC and regional NCAA Division III Colleges and Universities who espouse similar athletic and academic principles.
- Support exceptional teams and individuals through participation in postseason championships.
- Foster relationships and engage the local area by sponsoring community service projects for each athletic team.
- Provide an intercollegiate athletes environment that is socially diverse and gender equitable.

It should be emphasized that this handbook is designed to provide information regarding areas of maximum concern to student-athletes regarding the conduct of the athletic programs at Widener University. In keeping with this, the Director of Athletics welcomes discussion and/or comment intended to improve the form or content of this handbook.

## NCAA Division III Philosophy

The purpose of the National Collegiate Athletic Association (NCAA) is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual members to determine their own unique objectives and programs. The philosophy statement articulates principles that represent a commitment to Division III

membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

- a. Division III members affirm the purposes and fundamental policy of the NCAA, as set forth in Constitution Article 1 with emphasis on:
  1. Division III members shall establish and maintain environment in which a student-athlete's activities are conducted with the appropriate primary emphasis on the student-athlete's academic experience.
  2. Division III intercollegiate athletics shall be conducted in a manner designed to protect, support, and enhance the physical and mental health and safety of student-athletes.
  3. Division III members shall be committed to the creation of diverse and inclusive environments with respect for and sensitivity to the dignity of every person.
  4. Division III athletics shall be conducted in a manner free of gender bias.
- b. NCAA Constitution Article 2 establishes the independent authority of Division III to organize itself and determine its own governing structure and membership.
  1. Institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of Division III intercollegiate athletics at the national, conference and institutional levels.
  2. Institutional and conference members determine policy at the national level through the Division III governance and legislative processes.
  3. Key institution and conference constituents who play an integral role in the governance and operation of Division III at the national, conference and institutional levels include, but are not limited to athletics direct reports, athletics diversity and inclusion designees, athletics health care administrators, coaches, conference commissioners, directors of athletics, faculty athletics representatives, presidents and chancellors, senior compliance administrators, senior woman administrators, and student-athletes.
- c. Division III members abide by the following principles that help to define and distinguish the division and its policies and legislation.
  1. Student-Athlete Collegiate Experience.
    - i. Primarily focus on intercollegiate athletics as a four-year undergrad experience.
    - ii. Seek to establish and maintain an environment in which a student-athlete's athletic activities are conducted as an integral part of their educational experience.
    - iii. Assure that student-athletes are supported in their efforts to meaningfully participate in nonathletic pursuits to enhance their overall educational experience.
  2. Student-Athlete Athletics Experience.
    - i. Support student-athletes in their efforts to reach the highest levels of athletics performance, with a primary emphasis on conference and regional competition, while providing access to national championships.

- ii. Prioritize the experience of the participants, and the internal constituency (e.g., students, alumni, institutional personnel) rather than on the entertainment needs of spectators or the general public
  - iii. Develop and maintain an environment that promotes sportsmanship and a positive culture for student-athletes, coaches, and administrative personnel, recognizing the role intercollegiate athletics can play in human development. Ensure spectators contribute to a positive sporting experience in support of all participants.
3. Member Responsibility and Oversight.
- i. Encourage participation and provide equitable opportunities with support for gender and ethnic/racial diversity. Give equal emphasis to men's and women's sports.
  - ii. The administration of an institution's athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission.
  - iii. Assure all teams are provided with appropriate facilities, competent coaching and competitive opportunities.
  - iv. Assure student-athletes are treated similarly to the student-body in areas that include, but are not limited to, admissions, enrollment, financial aid, academic and career support, academic performance, and degree completion.
  - v. Assure that financial aid is not awarded to any student on the basis of athletics leadership, ability, participation or performance.

***(Adopted: 1/16/24; effective 8/1/24)***

<https://www.ncaa.org/sports/division-iii>

## Equal Opportunity, Harassment & Nondiscrimination Statement

The University is committed to establishing and maintaining a safe learning, living, and working environment where healthy, respectful, and consensual conduct represents the campus cultural norm. To that end, the University's Equal Opportunity, Harassment and Nondiscrimination Policy ("EOHN Policy") prohibits sexual and gender-based harassment, sexual assault, sexual exploitation, relationship and interpersonal violence, stalking, and discrimination and harassment on the basis of sex, gender, pregnancy status, age, race, national origin or ethnicity, religion, disability (including perceived disability), status as a veteran, citizenship, sexual orientation, gender identity, marital status, or genetic information, or any other category protected by applicable law. The EOHN Policy also protects against retaliation against an individual for making a report of conduct prohibited under this Policy.

The University's complete EOHN Policy is available on the Title IX resource page.

<https://www.widener.edu/title-ix-sexual-misconduct-resourcesRequirements to Participate in an Intercollegiate Sport>

## Title IX Statement

Title IX of the Education Amendments of 1972 (“Title IX”) prohibits discrimination based on sex and gender in educational programs and activities that receive federal financial assistance. Such programs include recruitment, admissions, financial aid and scholarships, athletics, course offerings and access, hiring and retention, and benefits and leave. Title IX also protects students and employees from unlawful sexual harassment (including sexual violence) in University programs and activities. In compliance with Title IX, the University prohibits discrimination and harassment based on sex in employment as well as in all programs and activities.

The University’s Title IX Coordinator monitors compliance with Title IX and its accompanying regulations. Individuals with questions or concerns about Title IX may contact the Title IX Coordinator or Deputy Title IX Coordinators. The University’s Title IX Coordinator is Kiara F. Allison, Ph.D., One University Place, Chester, PA 19013, 610-499-4553, kfallison@widener.edu. The University also has several Deputy Title IX Coordinators, as set forth on the University’s Title IX Resource Page. Those who wish to make a report of noncompliance are encouraged to use our Discrimination, Harassment, and Sexual Misconduct reporting form. Please contact the Title IX Coordinator or a Deputy Title IX Coordinator if you would like to consult about a report or have questions before you submit a report using the reporting form.

For more information regarding Title IX, including contact information for the University’s full Title IX Team, please visit the Title IX resource page and the University’s Equal Opportunity, Harassment and Nondiscrimination Policy (“EOHN Policy”).

The U.S. Department of Education’s Office for Civil Rights (OCR) is the division of the federal government charged with enforcing compliance with Title IX. Information regarding OCR can be found at: [https://www2.ed.gov/about/offices/list/ocr/docs/tix\\_dis.html](https://www2.ed.gov/about/offices/list/ocr/docs/tix_dis.html). Questions about Title IX may be directed to OCR as well as to the University’s Title IX Coordinator or Deputy Title IX Coordinators.

## Student Athlete Rights and Responsibilities

The Widener University intercollegiate athletics program shall be conducted in a manner designed to protect and enhance the academic, physical, and social development of student-athletes. Each student-athlete has the right to be treated as a student and an individual of worth, with both dignity and respect in all aspects of her/ his athletic experience.

- Student-athletes will be informed of all team rules, guidelines and expectations by the coaching staff at the beginning of each academic year.
- Student-athletes will be provided a team tryout process that promotes diversity among applicants and members, as well as a positive team environment based on fair and equitable intra-team competition. Student-athletes will be provided a quality of life that supports a student-athlete’s ability to compete and benefit from participation such as access to equipment, practice facilities, appropriate coaching and health care.

- Students-athletes may pursue athletic interests while not at the cost of academic or career goals; a student-athlete will incur no unjust penalties in situations of conflicting schedule or time commitments.
- Student-athletes will be provided the opportunity to be heard if a student-athlete should have a perceived grievance or feel that their rights have been violated.
- Student-athletes will train and compete in an atmosphere that will promote a sense of wellness and development of values and self-esteem with minimal tolerance for negative or demoralizing environments.
- Student-athletes will be offered with the necessary means to maintain positive health and mental stability.
- Student-athletes will be free to participate in campus or community organizations and activities whose events do not conflict with practice or competition schedules, team rules, or health and well-being as it relates to athletic performance.

### Student-Athlete Responsibilities

- Student-athletes will maintain a full course load (minimum of 12 credit hours) in all traditional and non-traditional seasons of play and make progress towards a degree as described by NCAA and University policies.
- Uphold a standard of academic integrity that is based on academic honesty, class attendance and participation and maintains zero tolerance for plagiarism, cheating, or assisting others to engage in academic dishonesty.
- Student-athletes will maintain a positive relationship between professors and academic staff at all times, including when out of season. Should a conflict between academics and athletics arise, student-athletes are expected to work to a mutual compromise and be as accommodating as possible.
- Student-athletes must be aware of, and meet, all NCAA, MAC and institutional requirements for eligibility to be permitted to participate in any sport program in both the traditional and non-traditional seasons. Student-athletes must complete a pre-participation medical examination to be permitted to participate in all sports.
- Student-athletes will conduct themselves in a positive and professional manner at all times with the expectation that they are reflecting the values supported by the University. This must be upheld in season, out of season, during academic breaks and non-athletic related activities. This will be expected in all University environments of practice, competition, and learning.
- Student-athletes will maintain an appropriate level of respect to all athletic department staff, faculty and University administration.
- Student-athletes will preserve a standard of positive sportsmanship that respects all competitors.
- Student-athletes will meet community and team expectations and standards of respect, integrity, openness, dignity, responsibility and justice. Student-athletes will uphold all Division III and MAC values and ethics.
- Student-athletes will positively reflect the positive reputation and ethical standards of Widener University.

- Student-athletes will strive for the highest level of athletic and academic excellence at all times.
- Student-athletes will meet all team requirements and obligations with dedication and knowledge that their participation in intercollegiate athletics is a privilege, not a right.
- Student-athletes need be aware that any student-athlete failing to meet the established team responsibilities and protocols will be reprimanded or disciplined in a justifiable and appropriate manner.

### Widener University Anti-Hazing Policy

Widener University prohibits all acts of hazing and adheres to the Pennsylvania Timothy J. Piazza Anti-hazing Law and the Delaware Anti-Hazing Law. Hazing of any kind will not be tolerated and will result in disciplinary action. “Hazing” in any form is against the law and is strictly prohibited at Widener University. When the University’s Anti-Hazing Policy is violated, action may be taken against all participants. Hazing risks human lives, mistreats those involved and jeopardizes the affiliation of campus organizations at this University. Team initiations are considered a form of hazing, and are strictly prohibited. Any student-athlete or athletics team found to be involved in a hazing incident will be subject to disciplinary action in accordance with the University’s Anti-Hazing Policy, which can be found at

<https://catalog.widener.edu/mime/media/view/44/2310/2024-2024-University-Student-Handbook.pdf>

## Statement on Alcoholic Beverages, Controlled Substances, Tobacco & Banned Substances

### Alcohol

Pennsylvania state law prohibits the purchase, possession or consumption of alcohol by anyone under the age of 21. The Department of Athletics recognizes Pennsylvania state law and endorses the policies of the University with regard to activities while on campus or during participating in University athletics. The Athletics Department does not condone the use of alcohol by anyone under the age of 21, including prospective student-athletes visiting campus. The University’s Alcoholic Beverages and Controlled Substances Policy is set forth in the Student Handbook and available at

<https://catalog.widener.edu/mime/media/view/44/2310/2024-2024-University-Student-Handbook.pdf>

### Tobacco

All forms of tobacco are banned from all University premises, any meeting, athletic facility home or away, during university related travel (bus or vans), practice or competition.

## Banned Substances

Each student-athlete is solely responsible for use of any drug, performance enhancing substance and nutritional supplement that is ingested and is subject to all NCAA rules regarding such substances. The NCAA will not allow ignorance as a defense. The NCAA subscribes to the Resource Exchange Center (REC) to provide a confidential resource for student-athletes and athletics staff who have questions concerning medications, drugs and nutritional supplements. Before consuming any nutritional/dietary supplement product, student-athletes should first review the product and its label with department of athletics staff. All nutritional/dietary supplements carry some risk of containing NCAA banned substances because they are not regulated and may be contaminated. Failure to check out any supplement with your sports medicine staff prior to use may result in a failed appeal for a positive drug test.

The NCAA bans the following drug classes:

1. Stimulants.
2. Anabolic agents.
3. Beta blockers (banned for rifle only).
4. Diuretics and masking agents.
5. Narcotics.
6. Peptide hormones, growth factors, related substances and mimetics.
7. Hormone and metabolic modulators.
8. Beta-2 agonists.

This is not a complete or exhaustive list. Any substance chemically/pharmacologically related to these classes also is banned. Examples of substances under each class can be found at [ncaa.org/drugtesting](http://ncaa.org/drugtesting).

***There is no complete list of banned substances.***

The 2025-26 NCAA Banned Substances list is attached as Appendix "A." This list is subject to change.

Substances and Methods Subject to Restrictions:

1. Blood and gene doping.
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Tampering of urine samples.
5. Beta-2 agonists (permitted only by inhalation with prescription).

Student athletes must be aware of the following:

1. There are no NCAA-approved nutritional or dietary supplements.
2. Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
3. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.

4. Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
5. While third- party tested and low-level risk products may be options, complete elimination of risk is impossible.
6. All nutritional/dietary supplements are taken at the student-athlete's own risk.

The NCAA subscribes only to Drug Free Sport AXIS™ (AXIS) for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact AXIS at 816-474-7321 or [axis.drugfreesport.com](http://axis.drugfreesport.com) (access code ncaa1, ncaa2 or ncaa3). Student-athletes are urged to also visit the following site on the internet: [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety). Click on “Drug Testing” to be able to review the NCAA banned substances, and the NCAA drug testing program that will also include NCAA sanctions for positive tests.

## Widener University Athletics Social Media Team Guidelines

Playing and competing for Widener University is a privilege, not a right. Widener University student-athletes are held in high regard and are seen as role models in the community. As leaders, student-athletes have the responsibility to portray their team, the University and themselves in a positive manner at all times. Examples of inappropriate and offensive behaviors concerning participation in online communities may include any student athlete in any team attire or uniform in a depiction or presentation of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco, e.g., no holding cups, cans, shot glasses, etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes, but is not limited to, images that portray the personal use of illegal drugs and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution; and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Content online that would constitute a violation of Widener University, the Middle Atlantic Conference or NCAA rules (examples: commenting publicly about a prospective student-athlete, providing information related to sports wagering activities; soliciting impermissible extra benefits).
- Information that is sensitive or personal in nature or is proprietary to the Widener University Athletic Department or the University, which is not public information

(examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

**If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, the athlete will be subject to the following penalties:**

- A meeting with the Director of Athletics and/or Head Coach.
- Penalties as determined by the athletic department, including but not limited to possible suspension or dismissal from the athletic team.
- Depending on the nature of the incident, student-athletes may also be subject to proceedings under the Student Code of Conduct, the Equal Opportunity, Harassment and Non-Discrimination Policy and/or other University proceeding.

Student-athletes should keep the following recommendations in mind as they participate in social media websites:

- Set security settings so that only your friends can view your profile.
- Do not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all social media applications.

When in doubt of the appropriateness of online public material, consider whether it positively reflects your values and ethics as well as the ethics and standards of Widener University and the Widener University Athletic Department.

## Name Image and Likeness

Policies and Forms can be found in Appendix C

All incoming and current NCAA college athletes now have the opportunity to benefit from their name, image, and likeness (NIL) through activity that involves the use of an individual's NIL for commercial or promotional purposes. Information concerning NCAA policy and rules is available on the NCAA website. Any students wishing to participate in NIL activity are required to comply with all NCAA and Pennsylvania statutory obligations. The University's NIL Policy is attached hereto as Appendix D and also be found at the following URL

<https://widenerpride.com/sports/2024/1/26/widener-nil.aspx>

## MAC and University Sportsmanship & Fan Behavior Statement

Participation in a Middle Atlantic Conference (MAC) and Widener University athletic event is a privilege that is accompanied by the responsibility to behave with dignity, honesty, fairness,

civility, and respect. As hosts, we are responsible for providing our visitors with an environment that would meet our expectations if the roles were reversed.

Sportsmanlike conduct is required of all officials, spectators, student-athletes, coaches, and any other individual associated with competition. Conduct before, during, and after competition should exemplify the best traditions of intercollegiate athletics. Coaches and student-athletes are expected to abide by the spirit and letter of the sport playing rules and be gracious in both victory and defeat.

Competition is to be conducted in a nondiscriminatory manner that encourages enthusiastic, positive support of the participants and teams by all spectators. Profanity; sexist, ethnic, or racial comments; or other intimidating actions will not be tolerated and are grounds for removal from the site of competition and/or subject to discipline.

Consumption or possession of alcoholic beverages and the use of artificial noisemakers is prohibited.

## Uniforms and Equipment

The athletic equipment room is located on the lower level of the Schwartz Athletic Center. The normal hours of operation during the school year are as follows: Monday to Friday 10:00 am – 6:00 pm and as required for Game Day Operations on Saturday and Sunday.

Access to the athletic equipment room is a privilege that may be revoked if the student-athlete fails to abide by any team or department expectation.

Student-athletes will be issued uniforms, practice gear and/or equipment to participate in their respective sports. This issue is on a loan basis. The student athlete is responsible for the proper use, maintenance, and safekeeping of all items issued from the equipment room.

Upon the completion of the season or as directed by the respective coach, student-athletes must return all issued items to the equipment room.

**Lost uniforms or equipment, as well as any damaged through misuse, shall be paid for by the student-athlete at the replacement cost.**

The University also maintains an in-house laundry service. Laundry service is mandatory for all clothing issued from the equipment room as directed at the time of issue.

## University Requirements to Participate in an Intercollegiate Sport

- Student-athletes must meet all academic and general requirements established by the NCAA as detailed in Article 14 of the NCAA Division III Manual.
- First-year and transfer student-athletes must have a physical examination by a non-university physician, nurse practitioner, or physician assistant within six months of athletic activity. This must be completed on the University physical form sent in the admissions packet and forwarded to Student Health Services. Students must also forward a copy of their sickle cell trait test. All returning student-athletes will be screened annually at Student Health Services. Any previously cleared student-athlete that leaves the University for one year or more will need to have their Pre-Participatory Physical completed by an outside provider.
- Student-athletes are required to complete all NCAA eligibility forms. Forms will then be reviewed by the eligibility-certification official and eligibility will be determined.
- Eligibility for participation in NCAA athletic activities for incoming transfer students will be reviewed and certified by the Director of Athletics.
- Athletic insurance is required of student-athletes at the first practice—each student’s account will be billed. This mandatory insurance is nonrefundable. The athletic insurance works in conjunction with the student’s own medical insurance. For information, call Student Health Services at 610-499-1183.

## NCAA Bylaws Concerning Participation and Eligibility

- You are not eligible to participate in more than four seasons of intercollegiate competition in any given sport. ***NCAA Division III Bylaw 14.2, Seasons of Participation: 10 Semester/15-Quarter Rule*** · You must complete your eligibility during the first 10 semesters in which you are enrolled in a collegiate institution in a minimal full-time program of study. ***NCAA Division III Bylaw 14.2.2 Ten-Semester/15 Quarter Rule***
- You are not eligible if you have satisfied the requirements for a baccalaureate degree, unless you have eligibility remaining while seeking a second baccalaureate or graduate degree from Widener University. ***NCAA DIII By-Law 14.1.9 Graduate Student/Post baccalaureate participation***
- A male student who practices with a women's team is considered to be a student-athlete in that women's sport. The male student-athlete must be certified as eligible under all applicable institutional and NCAA eligibility requirements to participate and is subject to all other NCAA legislated restrictions. ***NCAA DIII By-Law Male Practice Player Eligibility 14.2.4.7.***
- A student-athlete becomes ineligible when he/she competes as a member of any outside team in any non-collegiate, amateur competition (e.g., tournament play, exhibition games or other activity) during the institution's intercollegiate season of that student athlete’s sport. ***NCAA DIII By-Law 14.7.1 Outside Competition.***

## Division III Academic Standards, NCAA Bylaw 14.01.2, Academic Status

To be eligible to compete in an athletic sport you must:

- Be a regular matriculated degree-seeking student.
- Be in good academic standing according to the standards of Widener University - **see Institutional Academic Standards.**
- Be enrolled in at least a minimum full-time program as an undergraduate, (not less than 12 semester hours) or graduate student, (not less than full-time status in the area of study – 6 semester hours) maintaining satisfactory progress toward a degree.
- If you are enrolled in less than a full-time program, you are eligible to compete

### University Academic Standards for Participation in Intercollegiate Athletics

In order to participate in intercollegiate athletics at Widener University, a student-athlete must remain in good academic standing. The specific minimum cumulative GPA and Credits Attempted standards are as follows:

Credits Attempted	Minimum GPA
15.5 or fewer	1.70
16 – 30.5	1.80
31 – 60.5	1.90
61 or more	2.00

### Pre-Participation Physical Examination

All student-athletes must be **annually medically cleared through Student Health Services** prior to participating in intercollegiate athletics for Widener University. This must be completed within six months of participation in any conditioning, practice or competition. In addition, student-athletes must be cleared academically and complete all required NCAA forms.

**Questions concerning clearance should be directed to Department of Athletics.**

#### Requirement for First Year Participants in Athletics:

1. Must have a Pre-Participatory Physical Examination (PPE) completed by a non-University physician, nurse practitioner or physician assistant within six months of athletic activity. This is at the student's expense.
2. PPE must be completed on the University supplied physical forms. All students-athletes will be provided this form, along with the other required medical forms, via email from their coach.
3. Any illness/injury/ surgery /hospitalization /TBI/ Concussion that caused time loss in practice or games within the last 12 months will require further documentation from a health care provider. This documentation must include diagnosis, treatment and ability to participate in sports.

4. Confirmation of Sickle Cell Trait Testing. All transfers and first-time student-athletes must provide Student Health Services with a copy of their Sickle Cell Trait lab test results. This test can be completed at Student Health Services for a fee.
5. Upon review of all athletic physical and other paperwork, student-athletes may be required to submit additional documentation for clearance.
6. All communication will be via secure message sent to the student's Widener email from Student Health Services.

#### Requirements for Returning Student-Athletes:

1. Must have an annual PPE completed at the Student Health Center.
2. Any student-athlete who competes in more than one sport is required to submit only one initial health center screen which will be accepted for the entire academic year unless the athlete sustains an injury during the initial sport season.
3. If a student-athlete's PPE was completed in the previous spring for an upcoming fall sport, the athlete must complete an updated health questionnaire to be medically cleared.

**All medical forms should be returned to Student Health Services (via email or Drop Box) by June 28.** This includes Athletic History/Physical Form, Health History Form ADHD/Stimulant Requirement Form and documentation (if taking any type of stimulant medication for ADD/ADHD). It is recommended that student-athletes retain a copy of all medical forms for their files. Do not send forms through the Medical Student Health Portal.

#### **Widener University Student Health Services**

**1 University Place**

**Chester, PA 19013**

**Fax: 610-499-1181**

[studenthealth@widener.edu](mailto:studenthealth@widener.edu) (Currently not encrypted) or  
Drop Box located outside of Student Health Services

#### **FAILURE TO COMPLY WILL PREVENT ATHLETIC PARTICIPATION**

### Mandatory Athletic Insurance – Excess Policy

All undergraduate students attending Widener University are required to electronically document that they have personal health insurance with the Student Health Services Department. This can be completed in the student portal in My Widener. The deadline for 2025 is September 9th. In the event that a student does not have insurance or they have not electronically documented their insurance, they are automatically enrolled into the Student Health Insurance Plan. Additional information on this can be obtained from Student Health Services at 610-499-1167. Student-athletes will have additional coverage with the Widener University Excess Athletic Injury policy. It is important to understand that a student-athlete's

personal health insurance is used as the primary insurance for all athletic injuries. The excess policy only covers bills (deductibles, fees not paid by primary insurance) related to injuries sustained during sanctioned athletic related events that occur as the result of an accident and/or while traveling to and from an athletic event. These are covered up to what the insurance considers usual and customary rates.

The procedure for application of the excess policy to a sports related injury is as follows:

1. An injury report will be completed by the Widener AT staff.
2. This will be electronically submitted to BMI Insurance.
3. The excess insurance will not cover the claim if filed after 180 days from the initial injury.
4. All medical bills are to be first processed through the student-athlete's personal health care insurance policy.
5. If you have a PPO or HMO type of insurance, it your responsibility to notify your primary physician about an emergency room visit or specialist care. It is also your responsibility to know if your insurance policy requires a referral for specialist care or pre-certification for non-emergency care. (i.e., X-rays, MRI's or surgery) In the event of an emergency, the student-athlete will be sent to the nearest hospital emergency department. It is the responsibility of the student-athlete and/or his/her family to notify the PPO or HMO within 24 hours.
6. After the student-athlete's primary health insurance has been exhausted, the Widener University excess policy will be activated. This policy will cover any co-pays and/or any balances up to what is considered Usual and Customary Rate (UCR) fees.
7. THIS COVERAGE IS ACTIVE FOR TWO YEARS FROM THE DATE OF THE INJURY.
8. ANY REMAINING BALANCE IS THE RESPONSIBILITY OF THE STUDENT-ATHLETE.

Student-athletes should contact the Director, Risk and Contract Management for information and directions on how and where to submit a claim.

Please note that Widener intercollegiate student-athletes are also covered by the NCAA Catastrophic Injury Insurance Program. This plan covers student-athletes who are catastrophically injured while participating in a covered intercollegiate athletic activity (subject to all policy terms and conditions). The policy has a \$90,000 deductible and is supplemental coverage in the event of a catastrophic injury. More information on this program can be found on the NCAA web-site at:

<http://www.ncaa.org/about/resources/insurance/ncaa-catastrophic-injury-insurance-program>

## Athletic Training Services

The L. Luke Cellini, MD Athletic Training Room is located on the lower level of the Wellness Center. It is staffed by three Athletic Trainers certified by the Commonwealth of Pennsylvania and the NATABOC. It is a state-of-the-art facility dedicated to the care of the Widener student-

athletes. Hours of operation are based upon practice schedule and are posted outside the facility on a weekly basis.

Head Athletic Trainer: Rachel Kennedy      610-499-4451      [rlkennedy@widener.edu](mailto:rlkennedy@widener.edu)  
Asst. Athletic Trainers:  
    Cat Faust      [cefaust@widener.edu](mailto:cefaust@widener.edu)  
    Alyssa Stetler      [arstetler@widener.edu](mailto:arstetler@widener.edu)  
    Amy Williamson      [awilliamson@widener.edu](mailto:awilliamson@widener.edu)  
General: 610-499-8393

There is also a satellite facility located at Leslie C. Quick Jr. Stadium.

The athletic training rooms will close 30 minutes after the last scheduled practice time and completion of any contest.

The Team Orthopedic Consultant will see student-athletes for injury check Tuesdays at 5:30 pm in the Cellini Athletic Training Room. The athletic training staff works closely with the staff at Student Health Services to ensure that all student-athletes are medically able to play sports.

### Nutritionist

The University is committed to the health of its student-athletes and empowering them to make health-conscious choices. The University's dining programs promote convenient access to nourishing meals, alongside nutrition and wellness initiatives that cultivate a community deeply invested in health and well-being.

The University employs a team of experienced chefs and dietitians, as well as our health experts who stay up-to-date with the latest scientific research and information from reputable organizations. Student-Athlete Nutritionist: Regina Barusevicius: 610-499-4234

### Strength and Conditioning Services

Widener Strength and Conditioning believes strength, speed, mobility and conditioning are the keys to a successful athletic career. We are always researching, developing, and implementing strategies to give us the advantage to achieve peak performance. Athletes will train consistently, sensibly, and systematically over a designed and designated period of time in a safe, clean, and professional environment to prevent injuries and enhance performance. This is accomplished through adherence to scientifically-proven principles of strength and conditioning including ground-based, multiple joint, and three-dimensional movements. It is also our goal to foster productive and meaningful professional relationships with administrators, professors, coaches, the sports medicine staff, and student-athletes that leads to the maximal development of student-athletes academically, athletically, and socially.

Injury Prevention – Preparation for the rigors of student-athletes' specific sport and minimize the number of non-contact injuries.

Evidence-Based Practice – Training programs will be influenced by current scientific research and best applied practices, while being tracked consistently throughout the course of different sports seasons

Coaching – Building a welcoming environment for student-athletes to grow through various practices of coaching with the intent of enhancing relationships with administrators, professors, coaches, the sports medicine staff, and student-athletes.

Education – Providing student-athletes with a progressive learning experience designed to increase awareness within the weight room and enhance well-being in life.

The Widener University Strength and Conditioning program uses six-point criteria in regard to student-athletes' overall performance. This criterion includes the following:

- Weight room performance
- Leadership
- Work ethic
- Winning attitude
- Attendance
- Ability to follow instructions

This six-point criteria is also used when determining the athlete(s) selected for the annual Pride Power Club Awards. Athletes that exemplify the highest levels of achievement also become eligible for National Strength and Conditioning All-America honors.

Head Strength and Conditioning Coach: Alex Stremouhkov  
Assistant Strength and Conditioning Coach: Pat Ferrie

## Weight Room

The Borrislow weight room is located on the lower level of the Schwartz Athletic Center. Student-Athletes must have a coach in attendance when in the weight room. Hours of operation: M-F 10am-12pm, T/TH 1pm-2pm, M/W/F 1pm-3pm, 4:30pm-5:30pm.

## Academic Support Services

The Office of Academic Support Services is comprised of a number of programs that are designed to help Widener University students maximize their academic success. The academic support programs and services provided by Widener include academic coaching for assistance

with study skills and time management, academic tutoring, early assessment, programs for academically or financially disadvantaged students, freshman seminars to assist students in adjusting to college academics, and more.

### **Academic Coaching Services**

- Assistance with study and time management skills
- Can be obtained by any undergraduate student
- Located at 520-522 E. 14th Street, phone number 610-499-1266

### **Counseling and Psychological Services (CAPS)**

- Help provided for issues such as transition to college, anxiety, depression, eating disorders, addictions, relationship issues, etc.
- Services provided by licensed clinicians
- Can be obtained by any full-time undergraduate student and graduate students
- Open Monday-Friday 9am-5pm
- Located at Pineapple House, 522 East 14th Street: phone number 610-499-1261

### **Early Assessment Program**

Working in close cooperation with the faculty, the Office of Academic Support Services identifies and provides outreach to those first-year students experiencing academic difficulty with one or more classes. These first-year students are notified of their academic difficulties and are recommended to receive help at the various academic support centers.

### **The Office of Student Success and Retention**

Provides support to all undergraduate students. The office will work closely with all undergraduate academic divisions, student services, and the student body to promote academic and social success. Along with the assistance of the Academic Support Services staff, the Office of Student Success and Retention will monitor the academic progress of the first-year class. As part of this initiative the department will oversee the implementation of the MAP-Works program which will provide both self-reported and faculty/staff alerts for all first-year full-time undergraduate students. With the assistance of faculty and staff on Widener University's Main Campus, the Office of Student Success and Retention will work to address all feedback that the office deems as placing the student at-risk of not being retained at Widener University. These at-risk indicators could be academic, social or financial.

Inquiries related to academic assistance, student success for first-year students and Widener University academic and social support services for first-year students may be directed to the Director of Student Success and Retention. Offices are located at The Pineapple House, 522 East 14th Street.

### **Other Academic services provided by the University include:**

- Math Center: ACN 273; 610-499-1253 Monday-Thursday 11am-9pm, Friday 11am-3pm

- Writing Center: Old Main Annex; 610-499-4332 Monday-Thursday 8am-9pm, Friday 8am-5pm
- Tutoring Services: 522 East 14th Street - Pineapple House; 610-499-1266 Monday-Friday 9am-5pm
- Student Accessibility Services: 520 East 14th Street; 610-499-1266 Monday-Friday 9am-5pm

***\*Students should call ahead to make an appointment with any Academic Support area.***

Further information concerning available Academic Support Services is available on the Academic Support Services website at: [www.widener.edu/academics/academicsupport](http://www.widener.edu/academics/academicsupport)

## Student Athlete Advisory Committee (SAAC)

The Widener University Student-Athlete Advisory Committee (SAAC) will act as a liaison and promote effective communication between student-athletes, coaches, and the athletic administration to advance the interests of all athletic programs at Widener University.

**The Role of SAAC is to enhance the total student-athlete experience by:**

- Providing a student-athlete voice within the athletic department, the MAC, and the NCAA.
- Building a sense of community within the athletic department involving all athletic teams.
- Encouraging active involvement of student-athletes for community and campus service projects.
- Emphasizing support from faculty and staff for all athletic programs.
- Promoting athletics as a positive, inclusive, and exciting experience.

**Membership and Organizational Structure:**

- Representatives from each varsity team.
- Student-athletes will be elected co-chairs and share in organizational duties of organizing and facilitating group meetings that will be held once a month throughout the fall and spring semesters.
- In addition, SAAC Chairs will also attain responsibilities as MAC SAAC representatives.

## Widener Athletic Leadership Initiative (WALI)

The Widener Athletic Leadership Initiative (WALI) was founded on the principle that collegiate athletics is a breeding ground for aspiring leaders. We believe the student athlete experience at Widener University has the power to create influential leaders who will implement tangible management skills in their respective communities, careers, and personal lives in profoundly positive ways.

WALI's curriculum is centered on helping our student-athletes hone their leadership skills as both a teammate and a team leader during their years competing for the Pride. Student-athletes move through the program in class-affiliated levels, and the foundational programming for each level is delivered through interactive sessions that maximize athlete-athlete engagement and personal discovery. We will provide opportunities for experiential learning, mentoring, and workshops with guest speakers to augment the curriculum.

Widener Athletic Leadership Initiative's goals are to:

- Increase our student-athlete's personal understanding of their leadership style and create positive environments to develop leadership skills.
- Create a personal leadership philosophy and practical tools they can bring back to their respective sports programs.
- Interact and connect with current campus leadership and Widener University alumni who have real-world leadership experience.

Widener Athletic Leadership Initiative will assist students in the following areas:

- Increase content knowledge within the area of leadership development.
- Exposure to leadership development training to enhance personal leadership skills.
- Structured reflection opportunities for student-athletes to assess their leadership ideas and experiences with peers.
- Provide experiences outside of the Widener University community to enhance leadership learning and adaptation.
- Structured opportunities, both verbal and written, for students to assess their own leadership experiences and to determine what leadership means to them on a personal level.
- Construct leadership-development experiences students can share within a community of students who can teach and learn from one another while gaining greater appreciation of diverse perspectives and approaches to leadership.

### The H.U.B (Health, Unity, and Belonging)

The H.U.B is a safe space for student-athletes to unwind. This space will be open daily from 9 a.m. to 7 p.m. The H.U.B. pairs with campus partners, including CAPS, to provide workshops throughout each semester on Mondays at 2 p.m. These workshops will include discussions about life after sports, self-care, and stress management.

The H.U.B. serves as a space for student-athletes to unwind, relax, and have a safe space designated just for them. The workshops are held to allow student-athletes to participate in guided discussions to help cope with athletic-related stress.

<https://widenerpride.com/sports/2023/3/27/the-den.aspx>

## Student Athlete/Coach Conflict Resolution Process

### **Purpose**

The purpose of this policy is to define the parameters and process for student-athletes who believe that a coach has administered a department or team policy or procedure incorrectly or unfairly. This process is restricted to complaints regarding disciplinary decisions of coaches pertaining to non-performance related activities off the field, including student conduct and behavior adversely affecting team dynamics and the reputation of the Athletics Department and the University.

### **Guiding Principles**

Three principles guide this policy and procedure:

1. Coaching staff have the right to determine who does and does not participate in team activities.
2. Student-athletes have the right to challenge decisions to remove them from team activities, when that decision is based on off-the-field behavior.
3. Although the Student Code of Conduct process (and other University policies) and coaching actions may at times operate simultaneously, they are nevertheless separate from one another.

### **Conflict Resolution Process**

Student-athletes challenging a disciplinary decision of the coaching staff must use the following process:

- Student-athletes should direct their complaints, in writing, directly to the coach or team staff member whose action, or lack thereof, led to the complaint/concern. Every attempt should be made to resolve the conflict at this time. Afterwards there will be a meeting with the head coach and/or coaching staff member. Coaches are advised by the athletic administration to include an additional member of the staff when meeting with a student.
- Student-athletes unsatisfied with the response of the coaching staff, or in rare cases if there are appropriate and justifiable reasons for not addressing the conflict/concern directly with the coach and/or involved party, may request a meeting with the Director of Athletics or the Associate Director of Athletics/Senior Woman Administrator (or appropriate designee).
- If the Director of Athletics or Associate Director of Athletics/Senior Woman Administrator (or appropriate designee) does not believe there is good reason to circumvent the first step of speaking directly with the coach or staff member, the student-athlete may be directed back to the coach or staff member.
- The Director of Athletics or Associate Director of Athletics/Senior Woman Administrator (or appropriate designee) will request all written documentation pertaining to the complaint prior to meeting with a student-athlete.
- Additional steps may include a meeting with the student-athlete and members of the athletic department administration, the coach and/or involved parties.

- At the conclusion of these meetings, Athletic department personnel will provide a determination of resolution in writing to the student-athlete and all included parties, generally within three business days.
- If a student-athlete believes the resolution to be unsatisfactory, the student-athlete may appeal within three business days, in writing, to the Dean of Students.
- The Dean of Students (or an appropriate designee) will make a final determination generally within three business days of receiving the appeal. Out of respect for everyone involved, all staff members and coaches will endeavor to reduce the length of the process to arrive at a resolution in a timely manner without compromising the integrity of the process. The decision of the Dean of Students is final and not subject to further appeal.

### **Consequences**

Participation in athletics at Widener University is a privilege, not a right, that comes with heightened responsibilities and expectations. Any violation or alleged violation of NCAA or MAC rules/policies, Widener University policies (including Honor Code) or community standards, Athletics Department policies, and/or team rules may result in athletics-related consequences – up to and including dismissal from the team or temporary or permanent loss of the privilege of representing Widener University in intercollegiate varsity athletics. Team-related consequences may be imposed on an entire team or individual members of a team by that team’s coach and/or the Director of Athletics, in their sole discretion. Permanent loss of participation in Widener University’s intercollegiate varsity athletics may be imposed by the Director of Athletics, in his/her sole discretion, upon consultation with the head coach.

Note that any athletics-based consequences are entirely separate from any discipline or disciplinary process that may be applicable under the Widener University Student Code of Conduct or other University policies. Athletics-based consequences are not contingent upon any outcome or process under the Widener University Student Code of Conduct or other University policies.

## Student-Athlete Honors and Awards

Student-athletes are eligible to receive formal recognition from the University for individual and team athletic and academic accomplishments. Varsity Letter Certification is recognized in all sports following their season. Other forms of recognition sponsored by the University, MAC, ECAC, NCAA or other governing bodies are as follows:

- Academic All-America, Academic All-District
- All-America, All-Region
- NCAA Post-Graduate Scholarship
- MAC Academic Honor Roll
- Philadelphia Inquirer Academic All-Area Team
- MAC, ECAC Player of the Week

- MAC Scholar-Athlete Awards, MAC All-Academic Teams
- All MAC Teams, Commonwealth Conference Teams

## Athletic Department Honors and Awards

### **The George A. Hansell Scholar-Athlete Award**

The award is given to two student-athlete participants, one each from men's and women's sports, who have made a significant impact on the University both in and out of the classroom and deemed most outstanding in scholarship and athletics. The honor rewards a student-athlete based on their participation in honors programs, significant campus leadership and post-graduate plans.

### **Blue & Gold Pride Cups**

These awards are given annually to the top student athlete participants, one each from men's and women's sports, based on their athletic performance and leadership over their four-year career as a Widener University student-athlete.

### **Senior Student-Athlete Four-Year Participation Award**

Award given to Senior student-athletes to mark their participation as a member of a Widener University Athletic Team.

### **Heather L. Pontello Cheerleading Award**

Annual award given to the squad member demonstrating academic excellence, leadership, character and school spirit in their service to the Cheerleading program and Widener University Sports Programs.

## Appendix A



### 2025-26 NCAA Banned Substances

NCAA legislation requires that schools provide drug education to all student-athletes. The athletics director or athletics director's designee shall disseminate the list of banned drug classes to all student-athletes and educate them about products that might contain banned drugs. All student-athletes should be notified that the list may change during the academic year and that updates may be found on the NCAA website ([ncaa.org/drugtesting](https://www.ncaa.org/drugtesting)). They should also be informed of the appropriate athletics department procedures for disseminating updates to the list. Student-athletes should report use of all medications (e.g., prescribed, over the counter) to their primary athletics health care provider. It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance, including supplements and medications.

#### **The NCAA bans the following drug classes:**

1. Stimulants.
2. Anabolic agents.
3. Beta blockers (banned for golf and rifle).
4. Diuretics and masking agents.
5. Narcotics.
6. Peptide hormones, growth factors, related substances and mimetics.
7. Hormone and metabolic modulators.
8. Beta-2 agonists.

Note: This is neither a complete nor exhaustive list. Any substance chemically/pharmacologically related to these classes is also banned. The school and the student-athlete shall be held accountable for all substances within the banned drug class regardless of whether they have been specifically identified. Furthermore, schools should discuss and review student-athlete use of prescribed and over the counter medications. Examples of substances under each class can be found at [ncaa.org/drugtesting](https://www.ncaa.org/drugtesting). There is no complete list of banned substances.

#### **Substances and Methods Subject to Restrictions:**

1. Blood and gene doping.
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Tampering of urine samples.
5. Beta-2 agonists (permitted only by inhalation with prescription).

#### **Nutritional/Dietary Supplement and Medication Warning:**

Before a student-athlete consumes any nutritional/dietary supplement or uses any medication, they should review the product and/or medication label with the appropriate athletics department staff.

1. There are no NCAA-approved nutritional or dietary supplements.
2. Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
3. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
4. Many nutritional/dietary supplements are contaminated with banned drugs not listed on the label.
5. While third-party tested and low-level risk products may be options, complete elimination of risk is impossible.
6. All nutritional/dietary supplements are taken at the student-athlete's own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by appropriate athletics department staff before consuming. The NCAA subscribes only to Drug Free Sport AXIS for Authoritative review of label ingredients in medications and nutritional /dietary supplements. Contact AXIS at 816-474-7321 or [axis.drugfreesport.com](https://axis.drugfreesport.com) (access code: ncaa1, ncaa2 or ncaa3)

**THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.  
DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.**

Many nutritional/dietary supplements are contaminated with banned substances not listed on the label. It is the student-athlete's responsibility to check with the appropriate athletics staff before using any substance.

Drug Classes	Some Examples of Substances in Each Class	
<b>Stimulants</b>	Amphetamine (Adderall) Caffeine and sources of caffeine* Cocaine Dimethylbutylamine (DMBA; AMP) Dimethylhexylamine (DMHA; Octodrine) Ephedrine Heptaminol Hordenine Lisdexamfetamine (Vyvanse)	Mephedrone (bath salts) Methamphetamine Methylhexanamine (DMAA; Forthane) Methylphenidate (Ritalin) Modafinil Octopamine Phenethylamine (PEA) and its derivatives Phentermine Synephrine (bitter orange)
	*Sources of caffeine (e.g., Green tea extract, Guarana, Yerba Mate, etc.) <i>Exceptions: Phenylephrine and Pseudoephedrine are not banned.</i>	
<b>Anabolic Agents</b>	Androstenedione Boldenone Clenbuterol Clostebol DHCMT (Oral Turinabol) DHEA Drostanolone Epitrenbolone Etiocholanolone	Methandienone Methasterone Nandrolone (19-nortestosterone) Oxandrolone SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23] Stanozolol Stenbolone Testosterone Trenbolone
<b>Beta Blockers (banned for golf and rifle)</b>	Atenolol Metoprolol Nadolol	Pindolol Propranolol Timolol
<b>Diuretics and Masking Agents</b>	Bumetanide Canrenone (Spironolactone) Chlorothiazide Furosemide	Hydrochlorothiazide Probenecid Triamterene Trichlormethiazide
	<i>Exceptions: Finasteride is not banned.</i>	
<b>Narcotics</b>	Buprenorphine Dextromoramide Diamorphine (heroin) Fentanyl and its derivatives Hydrocodone Hydromorphone Meperidine	Methadone Morphine Nicomorphine Oxycodone Oxymorphone Pentazocine Tramadol
<b>Peptide hormones, growth factors, related substances and mimetics</b>	BPC-157 Erythropoietin (EPO) Growth hormone (hGH)	Human Chorionic Gonadotropin (hCG) Ibutamoren (MK-677) IGF-1 (colostrum; deer antler velvet) TB-500
	<i>Exceptions: Insulin, Synthroid and Forteo are not banned.</i>	
<b>Hormone and Metabolic Modulators</b>	Anti-Estrogen (Elacestrant, Fulvestrant) Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole] PPAR-d [GW1516 (Cardarine); GW0742] SERMS [Clomiphene (Clomid); Raloxifene (Evista); Tamoxifen (Nolvadex)]	
<b>Beta-2 Agonists</b>	Albuterol Formoterol Higenamine	Salbutamol Salmeterol Vilanterol

Any substance that is chemically/pharmacologically related to one of the above drug classes, even if it is not listed as an example, is also banned. Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting AXIS at 816-474-7321 or [axis.drugfreesport.com](http://axis.drugfreesport.com) (access code: ncaa1, ncaa2 or ncaa3)

## Appendix B

### Myths & Facts About Hazing

**Myth #1:** Hazing is a problem for fraternities and sororities primarily.

**Fact:** Hazing is a societal problem. Hazing incidents have been frequently documented in the military, athletic teams, marching bands, religious cults, professional schools and other types of clubs and/or, organizations. Reports of hazing activities in high schools are on the rise.

**Myth #2:** Hazing is no more than foolish pranks that sometimes go awry.

**Fact:** Hazing is an act of power and control over others --- it is victimization. Hazing is premeditated and NOT accidental. Hazing is abusive, degrading and often life-threatening.

**Myth #3:** As long as there's no malicious intent, a little hazing should be O.K.

**Fact:** Even if there's no malicious "intent", safety may still be a factor in traditional hazing activities that are considered to be "all in good fun." For example, serious accidents have occurred during scavenger hunts and kidnapping trips. Besides, what purpose do such activities serve in promoting the growth and development of group team members?

**Myth #4:** Hazing is an effective way to teach respect and develop discipline.

**Fact:** First of all, respect must be EARNED--not taught. Victims of hazing rarely report having respect for those who have hazed them. Just like other forms of victimization, hazing breeds mistrust, apathy and alienation.

**Myth #5:** If someone agrees to participate in an activity, it can't be considered hazing.

**Fact:** In states that have laws against hazing, consent of the victim can't be used as a defense in a civil suit. This is because even if someone agrees to participate in a potentially hazardous action it may not be true consent when considering the peer pressure and desire to belong to the group.

**Myth #6:** It's difficult to determine whether or not a certain activity is hazing--it's such a gray area sometimes.

**Fact:** It's not difficult to decide if an activity is hazing if you use common sense and ask yourself the following questions: Is it Hazing?

**Make the following inquiries of each team activity to determine whether or not it is hazing:**

- Is alcohol involved?

- Will active/current members of the group refuse to participate with the new members and do exactly what they're being asked to do?
- Does the activity risk emotional or physical abuse?
- Is there risk of injury or a question of safety?
- Do you have any reservation describing the activity to your parents, to a professor or University official?
- Would you object to the activity being photographed for the school newspaper or filmed by the local TV news crew?

**If the answer to any of these questions is "yes," the activity is probably hazing.**

Adapted from: Allan and Madden, *Hazing in View: College Students at Risk, Initial Findings from the National Study of Student Hazing* (2008), [www.hazing.cornell.edu](http://www.hazing.cornell.edu), and <http://www.stophazing.org/>

## Appendix C

### Widener University Athletics Name, Image, and Likness (NIL) Policy for Student-Athletes

#### Overview

All incoming and current NCAA college athletes now have the opportunity to benefit from their name, image, and likeness (NIL) for commercial or promotional purposes. In order to provide all individuals with an opportunity to exercise their use of NIL rights, all three NCAA divisions adopted a uniform interim policy as of July 1, 2021.

NCAA rules, including prohibitions on pay-for-play and improper recruiting inducements remain in effect, but NIL activities protected by Pennsylvania state law will not impact student athletes' eligibility.

Institutions may not provide compensation in exchange for the use of a student-athletes' NIL. Ultimately, athletic performance may enhance a student-athletes' NIL value, but athletic performance may not be the "consideration" for NIL compensation.

Students wishing to seek additional information on the NCAA NIL policy can visit the NCAA Website: <https://www.ncaa.org/name-image-likeness>

#### NCAA NIL Interim Policy

Among other provisions, the interim NCAA NIL policy provides the following guidance to college athletes, recruits, their families, and member schools:

- Individuals can engage in NIL activities that are consistent with the law of the state where their institution is located;
- Student-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; and
- Student-athletes must report NIL activities consistent with state law or school and Middle Atlantic Conference requirements to the Widener University Athletics Compliance Officer/Director of Athletics.

The NCAA temporary interim policy will remain in place until federal legislation or new NACA policy is adopted.

#### Pennsylvania NIL Law

Under the Pennsylvania Senate Bill 381 Article XX-K, a student-athlete may not earn compensation as a result of the use of their NIL in connection with a person, company, or organization related to or associated with the development, production, distribution, wholesaling, or retailing of any of the following:

- Adult entertainment products and services;
- Alcohol products;
- Casinos and gambling, including sports betting, the lottery, and betting in connection with video games, online games, and/or mobile devices;
- Tobacco and electronic smoking products and devices;
- Prescription pharmaceuticals; and
- Controlled dangerous substances.

The Pennsylvania law also permits institutions to prohibit student-athletes from using the intellectual property of their schools (e.g. names, marks, and logos) for their own brands, from engaging in NIL activities that conflict with existing institutional sponsorship arrangements, or from engaging in NIL related endeavors that otherwise “conflict with institutional values.”

Pennsylvania State law Article XX-K:

<https://www.legis.state.pa.us/CFDOCS/Legis/PN/Public/btCheck.cfm?txtType=PDF&sessYr=2021&sessInd=0&billBody=S&billTyp=B&billNbr=0381&pn=0972>

### Use of Widener University, Widener Athletics, & MAC Names, Marks, and Logos

Widener University policy prohibits use of the University’s name, marks, and logos for commercial purposes or by individuals or entities in a manner that implies University endorsement or responsibility for particular activities, products, or publications involved, or by any individual group promoting itself, without prior permission from the Associate Vice President of University Relations. This includes names, marks, and logos related to Widener University Athletics.

Additionally, the Middle Atlantic Conferences (MAC) prohibits student-athletes from using the MAC logo for personal use related to remuneration for NIL ventures.

### NIL Activities that Conflict with Existing Institutional Sponsorship Arrangements

Pennsylvania law permits institutions to prohibit student-athletes from engaging in NIL activities that conflict with existing institutional sponsorship arrangements. Once a student-athlete fills out the NIL reporting form, the Widener University Athletics Compliance Officer/Director of Athletics will work with university officials to ensure there is not a conflict between the student-athletes’ NIL activities and existing institutional sponsorship arrangements.

### NIL Activities that Conflict with Institutional Values

Widener University expects that our student-athletes will not engage in NIL activities that conflict with Widener University’s Core Values: Respect, Integrity, and Excellence.

**Our Mission** - Empowering our community of learners to discover and create better futures.

**Our Values** -Widener University is committed to the core values of respect, integrity, and excellence. They unite us as we hold ourselves and others accountable to support them through our actions.

**Respect** - We care for and honor the dignity of all in our community.

**Integrity** - We stand courageously, in thought and action for what is ethical.

**Excellence** - We hold ourselves to the highest standards and support others in our community to achieve excellence in all they do.

### Student-Athlete Reporting, Compliance, and Responsibility

All student-athletes engaging in activities involving their NIL are required to report that information to the Director of Athletics at least seven days before any NIL contract takes effect. Student-athletes should use the attached form to report NIL-related activities to Widener University NCAA Compliance Officer/Director of Athletics.

Student-athletes profiting from NIL are responsible for their own legal and tax compliance and may seek professional assistance with these issues, including from agents, financial advisors, and/or attorneys. University employees are not permitted to advise or assist student-athletes with any NIL issues related to state or federal tax, or state or federal legal matters.

Student-athletes should be aware that income from NIL activities, like any other compensation, may affect their eligibility for Financial Aid. NIL student-athlete compensation may reduce need-based institutional, state, or federal financial aid.

Students seeking additional information on the NCAA NIL policy can visit the NCAA Website (<https://www.ncaa.org/about/taking-action>) or contact the Widener University NCAA Compliance Officer Sophie Bass - [sibass@widener.edu](mailto:sibass@widener.edu)

Student-athletes engaging in any NIL-related activities must comply fully with all existing University, NCAA, MAC, and Pennsylvania state policies and laws. Failure to do so could result in a loss of eligibility as well as disciplinary action. Widener University is obligated to report potential violations of NCAA legislation, including the prohibitions on pay-for-play and improper inducements.

This NIL policy is subject to change at any time.

Any changes will be communicated to student-athletes immediately.

## Widener University Name, Image, and Likness Activity Reporting Form

For: Student-athletes who will be or have been compensated for the use of their names, images and likenesses for promotional purposes.

**Action:**

- To the extent required by state law/executive action and/or institutional policy, student-athletes should report information related to their name, image and likeness activities.
- Reported information should be kept on file in a manner consistent with state law/executive action and/or institutional policy.
- The NCAA will continue its normal regulatory operations but will not monitor for compliance with state law/executive action.

**Due date:** A student-athlete must disclose any contract to a school official at least 7 days before the start of the agreement.

Describe the name, image and likeness activity and the company you are affiliated with. What are/were the terms of the agreement or transaction? When will/did the activity begin and end?

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How will you be or how were you compensated for participating in the name, image or likeness activity?

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List all parties to the agreement or transaction, other individuals and entities, and professional service providers.

Name of Person/Entity	Role	Contact Information

**I affirm, to the best of my knowledge:**

- I have confirmed that this activity is consistent with state law/executive action and institutional policy. I understand that I am responsible for determining whether this activity is consistent with state law/executive action, if applicable, and that the NCAA will not interpret state law/executive action and/or institutional policy.
- To the extent required by state law/executive action and/or institutional policy, I have provided complete and accurate information regarding any and all activities involving use of my name, image and likeness, including compensation arrangements and information about individuals and entities involved in the activity.
- Compensation was/is related to actual use of my name, image and likeness and was/is not contingent on enrollment at a particular institution or a substitute for pay for athletics performance.

I acknowledge, that my institution, or a designee of my institution, may review the accuracy of this information, and I consent to any investigation, review, or audit. I acknowledge that inaccurate or incomplete disclosure, or failure to cooperate could support a reasonable conclusion that compensation I received constituted an inducement to attend or remain enrolled at a specific school, a substitute for pay for athletics performance or participation, or an otherwise illegitimate source of compensation for use of my name, image and likeness.

Name (Please print) \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Age: \_\_\_\_\_

Date: \_\_\_\_\_

Signature of Student-Athlete \_\_\_\_\_

Date: \_\_\_\_\_

Signature of parent/guardian \_\_\_\_\_  
(if student-athlete is a minor)

Home Address: \_\_\_\_\_

\_\_\_\_\_

Sport(s): \_\_\_\_\_

## Why We Play Division III Athletics

"It's not about getting a scholarship, getting drafted, or making Sports Center. It's a deep need in us that comes from the heart. We need to practice, to play, to lift, to hustle, to sweat. We do it all for our teammates and for the student in our calculus class that we don't even know.

We don't practice with a future major league first baseman; we practice with a future sports agent. We don't lift weights with a future Olympic wrestler; we lift with a future doctor. We don't run with a future Wimbledon champion; we run with a future CEO. It's a bigger part of us than our friends and family can understand.

Sometimes we play for 2,000 fans: sometimes 25. But we still play hard. You cheer for us because you know us. You know more than just our names. Like all of you, we are students first. We don't sign autographs. But we do sign graduate school applications, MCAT exams, and student body petitions. When we miss a kick or strike out, we don't let down an entire state. We only let down our teammates, coaches, and fans.

But the hurt is still the same. We train hard, lift, throw, run, kick, tackle, shoot, dribble, and lift some more, and in the morning, we go to class. And in that class, we are nothing more than students. It's about pride—in ourselves, in our school.

It's about our love and passion for the game. And when it's over, when we walk off that court or field for the last time, our hearts crumble. Those tears are real. But deep down inside, we are very proud of ourselves. We will forever be what few can claim...college athletes."

by Sean Sornsin, Cornell College