2018-2019
STUDENT-ATHLETE HANDBOOK
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1.0 Athletic Department Information

1.1 Director of Athletics’ Greeting

Welcome to the Alfred State College Athletic Program!

It takes a great deal of commitment to be a student-athlete, both in and out of the classroom. We are committed to excellence in all areas of the College and will challenge you to excel in the classroom and in your athletic endeavors. This is an exciting time for the growth of the college, and specifically, intercollegiate athletics as new members of NCAA Division III, and we are excited that you are a part of it.

Your participation in our athletics program carries with it a unique privilege. You have been selected for our team based upon the talents you can lend to your sport and for how you will represent all of our programs. With the privilege of being a Pioneer student-athlete, you must carry out the necessary responsibilities of such involvement. We ask that you always bear in mind that you now represent your teammates, coaching staff, the Athletics Department and your College at all times. You should continually show the highest level of sportsmanship and act in a socially sound manner.

This handbook was designed to help you enjoy your experience even more by giving you important information about the intercollegiate athletics program. If you have questions, feel free to ask your coach or me for more information.

I challenge you to successfully earn your degree and prepare yourself to contribute significantly to our society. I wish you the utmost success in your athletic pursuits while at Alfred State College.

Go Pioneers!

Jason Doviak
Director of Athletics
1.2 Staff Directory
All phone numbers begin with (607)587-

<table>
<thead>
<tr>
<th>Administration</th>
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</tr>
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<tbody>
<tr>
<td>Director of Athletics</td>
<td>Jason Doviak</td>
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<tr>
<td>Department Secretary</td>
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</tr>
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<tr>
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<td>Fitness Center Manager</td>
<td>Gene Doorley</td>
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<tr>
<td>Facilities Manager</td>
<td>Jerry Jusianiec</td>
<td>-4365 <a href="mailto:jusianJM@alfredstate.edu">jusianJM@alfredstate.edu</a></td>
</tr>
<tr>
<td>Equipment Manager</td>
<td>Zach Handy</td>
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</tr>
<tr>
<td>Pool Director</td>
<td>RC Weston</td>
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<tr>
<th>Head Coaches</th>
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<tr>
<td>Baseball</td>
<td>Mike Armstrong</td>
<td>-4369 <a href="mailto:armstrmd@alfredstate.edu">armstrmd@alfredstate.edu</a></td>
</tr>
<tr>
<td>Men’s Basketball</td>
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</tr>
<tr>
<td>Women’s Basketball</td>
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<tr>
<td>Cheerleading Advisor</td>
<td>Sandy Kinnerney</td>
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</tr>
<tr>
<td>Cross Country (M&amp;W)</td>
<td>Steve Paternostro</td>
<td>-4358 <a href="mailto:PaternSA@alfredstate.edu">PaternSA@alfredstate.edu</a></td>
</tr>
<tr>
<td>Football</td>
<td>Scott Linn</td>
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</tr>
<tr>
<td>Lacrosse / Men’s Soccer</td>
<td>Jonathan Hoover</td>
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</tr>
<tr>
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<td>Anne Holmok</td>
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</tr>
<tr>
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<tr>
<td>Swimming (M/W)</td>
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<tr>
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<tr>
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</tr>
<tr>
<td>Wrestling</td>
<td>Rob Hirsch</td>
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</tr>
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1.3 Athletic Programs

<table>
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<tr>
<th>Fall</th>
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<th>Spring</th>
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<tr>
<td>Men’s Cross Country</td>
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<tr>
<td>Women’s Cross Country</td>
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<td>Men’s Lacrosse</td>
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<tr>
<td>Football</td>
<td>Men’s Swimming &amp; Diving</td>
<td>Softball</td>
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<td>Men’s Soccer</td>
<td>Women’s Swimming &amp; Diving</td>
<td>Men’s Outdoor Track &amp; Field</td>
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<tr>
<td>Women’s Soccer</td>
<td>Men’s Indoor Track &amp; Field</td>
<td>Women’s Outdoor Track &amp; Field</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Wrestling</td>
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</tr>
<tr>
<td>Western Equestrian (F &amp; W)</td>
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</tbody>
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**19 sports:**
- 6 Fall, 7 Winter, 5 Spring, 1 Fall/Winter
- 9 Team Sports, 10 Individual Sports
- 8 Women’s Teams, 10 Men’s teams, 1 mixed team

All sports, except Western Equestrian, are National Collegiate Athletic Association (NCAA) sponsored sports. Western Equestrian is a member of the Intercollegiate Horse Show Association (IHSA) and competes in the Zone 2, Region 1. In regards to the 18 NCAA sports, each has a conference affiliate within the NCAA.

1.4 College and Athletic Department Principles

**Institutional mission statement**
Alfred State delivers outstanding associate and baccalaureate degree programs through hands-on learning, preparing in-demand and involved students in a caring community.

**Institutional vision statement**
Alfred State will be THE premier regional college of technology, creating opportunity for our students to achieve successful careers and purposeful lives.

**Department vision statement**
As an integral part of the College’s educational mission, the Alfred State College Intercollegiate Athletics Department is committed to creating a comprehensive NCAA athletics program where student-athletes will succeed in the classroom, competition and contribute to society at a high level through a dedication to excellence.

**Department mission statement**
The Department of Athletics, Physical Education & Recreation seeks to advance the mission of the college by recruiting, developing and empowering student-athletes toward lives marked by high achievement, personal responsibility, and public contribution in a diverse society through teaching standards of fair play, sportsmanship, amateur competition, and ethical conduct. The Department's commitment to student health and well-being is demonstrated through the provision of athletic and fitness opportunities fairly and equitably provided to all students. The character of the athletics, physical education and recreational programs will reflect the priorities of health, fitness, teamwork, and a desire to achieve excellence as critical factors in a well-rounded education.
College Core Values

Respect: Showing that something is important, serious, etc., and should be treated appropriately.
Integrity: The quality of being honest, fair, and adhering to a code of especially moral values.
Service: Donating time, skills, and energy as a way to contribute to the welfare of others.
Dedication: A very strong feeling of support, loyalty, and devotion to someone or something.

Department Core Values

Academic Integrity & Moral Leadership: Dedication to the principles of academic excellence, the encouragement of degree completion, the development of the whole person, and support in securing a productive place in society for all student-athletes.
Sportsmanship: Whether on the field of play, within the community or in the classroom, a commitment by our student-athletes, coaches, staff, and spectators to create and enhance an atmosphere of fair play and respect at all times toward the participants, coaches, support staff and game officials at all times.
Equity: Maintain an environment that promotes gender equity, embraces diversity, and provides fair and equitable treatment of all student-athletes and staff.
Athletic Achievement: Dedication to maximum athletic performance within an environment focused on equity and sportsmanship.
Fiscal Integrity: Development and implementation of comprehensive fiscal policies and practices to ensure control and accountability throughout the program.
Governance: Compliance with Federal, State, College, NCAA and Conference regulations
Personal Development: Encourage all personnel and student-athletes toward personal and professional growth.
Quality Support: Dedication to providing the finest staff, facilities, services and equipment to ensure that all student-athletes have the opportunity to train and compete in a safe and supportive atmosphere.

1.5 Principles of Community

As members of Alfred State, we choose to be part of an academic community dedicated to those principles that foster personal and professional integrity, civility, and inclusion. We strive toward lives of personal integrity and academic excellence – We will encourage in ourselves, and in one another, those responsible actions which lead to lives of productive work, personal enrichment, and useful citizenship in an increasingly interdependent world. We commit to treat one another with civility – Recognizing that there will be differences of opinion, we will explore these differences in a courteous and forthright manner, always acknowledging individual rights to freedom of expression and association. We support inclusion – We encourage those of all cultures, orientations, and backgrounds to understand and respect one another in a safe and supporting educational environment. This set of principles set forth by the college is supported by policies including the Student Code of Conduct and the Policy on Academic Integrity.

1.6 Gender Equity

Title IX provides that: “no person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance”. Title IX compliance requires equity as that term has been defined under the law. Alfred State believes in the educational value of intercollegiate athletics and as such offers a broad-based intercollegiate athletic program that is sustained by the same level of support for each of it sports teams. Alfred State supports all sports on a comparable level relative to each specific sport and its
inherent costs of preparation and competition.

**Athletic related Title IX complaints, grievances or inquiries:**
Title IX Coordinator  Nikkie Herman  4076  hermannr@alfredstate.edu  
Senior Woman Administrator Jen Enke  4383  enkejz@alfredstate.edu  
Director of Athletics  Jason Doviak  4361  doviakjm@alfredstate.edu

2.0 Section Two: Student – Athlete Guidelines and Principles of Conduct

2.1 Code of Conduct

"It matters how I present myself when I represent more than myself"

Alfred State recognizes that a college education includes the development of morals, values, and ethics. The Athletic Department understands the magnitude of its role within this educational agenda. This code of conduct and policies are designed to support this aspect of our student-athletes’ education. Student-athletes are held to high behavioral standards by our athletic department, Alfred State, and society.

When you become an Alfred State student-athlete you become a member of a larger family that carries with it a great deal of responsibility. Your behavior will be watched and judged while you are on campus and while you are off campus.

**An Alfred State Student Athlete Exhibits:**

- Proper language  
- Suitable dress  
- Sportsmanship  
- Respect to others

**Athletic Department Expectations:**

- Be a positive representative of Yourself, Your Team, Athletic Department and Alfred State.  
- Follow Alfred State [Student Code of Conduct](#) & [Academic Integrity Code](#) reporting any and all violations to your Head Coach or Director of Athletics.  
- Abide by the policies in this Alfred State Student Athlete Handbook.  
- Follow all team rules and expectations as established by your head coach/coaching staff.

**An Alfred State Student Athlete Will Not Be Involved With:**

- Illegal drugs, substance abuse, underage alcohol use and/or NCAA banned substances.  
- Organized gambling activities related to intercollegiate or professional athletics competition.  
- Cheating, plagiarism, submitting another’s work  
- Disorderly conduct, fighting, vandalism  
- Misrepresentation in word or deed  
- Violation of the NYS Penal Code  
- Harassment-verbal, racial, and/or sexual
Head coaches will establish team policies/expectations. Disciplinary procedures are reported to and determined by the Director of Athletics and Head Coach.

2.2 Social Media Policy

Alfred State student-athletes are representatives of the College and community. The Athletic Department requires student-athletes to exercise good judgment in their use of social media and to conduct these activities in a responsible and respectful manner.

Social Media Requirements

- It is impermissible for student-athletes to post information, photos, or other representations of sexual content, inappropriate behavior (e.g., drug or alcohol use), or items that could be interpreted as demeaning or inflammatory.
- Student-athletes are required to abide by all team policies, athletic department policies, and NCAA rules when utilizing social media websites.
- It is not permissible to comment on injuries, officiating, coaching, or team matters that could reasonably be expected to be confidential to team members.
- Student-athletes are required to follow all respective social media website rules.

Best Practices:

- Think twice before posting. If you wouldn't want your coach, parents, or future employer to see your post, don't post it.
- Be respectful and positive.
- Remember you are looked up to. Many different audiences view your posts including fans, alumni, kids, local authorities, parents, faculty, etc.
- The internet is permanent. Even if you delete something, it's still out there somewhere.
- Be in the right state of mind when you make a post. Do not post when you're judgment is impaired.
- Use the privacy/security settings made available on these sites.

Violation of the Student-Athlete Social Media Policy may result in disciplinary action— including temporary or permanent suspension from the team.

2.3 Sportsmanship Policy

Alfred State Athletics will promote the character development of participants, to enhance the integrity of higher education and to promote civility among student-athletes, coaches, and all others associated with these athletics programs. All events with athletes and athletic personnel will adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values will be manifested not only in athletics participation but also in the broad spectrum of activities affecting the athletic program.

Policy at athletic competitions: The National Collegiate Athletic Association and Alfred State promote and expect good sportsmanship by student-athletes, coaches, staff and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Cheer for your team, not against the opponents. Profanity, racial or sexist comments or other intimidating actions directed at officials, student-athletes, coaches or team representatives are not acceptable and are grounds for removal from the site of competition. The consumption or possession of alcoholic beverages is prohibited.
2.4 Hazing Policy

Hazing by any Alfred State athletic program will not be tolerated. Violators will be subject to the full force of college, state, and federal laws.

Definition of Hazing:

Hazing is against the law in New York. Any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person. Hazing includes active or passive participation in such acts and occurs regardless of the willingness to participate in the activities. Hazing creates an environment/climate in which dignity and respect are absent.

If you answer “yes” to any of these questions, it is hazing!

- Is alcohol involved?
- Will active/current members of the group refuse to participate with the new members?
- Does the activity risk emotional or physical abuse?
- Is there risk of injury?
- Do you have any reservation describing the activity to your parents, a professor, or university official?
- Would you object to the activity being photographed for the school newspaper or filmed by a local TV news crew?

Report all incidences of hazing to your coach, athletic director or campus personnel.

2.5 Non-Discrimination Policy

Alfred State is first and foremost an institution of learning and teaching, committed to serving the needs of society. Our campus community reflects and is a part of a society comprising all races, creeds, and social circumstances. The successful conduct of the college’s affairs requires that every member of the college community acknowledge and practice the following basic principle

- We affirm the inherent dignity in all of us, and we strive to maintain a climate of justice marked by respect for each other. We acknowledge that our society carries within it historical and deep-rooted misunderstandings and biases, and therefore we will endeavor to foster mutual understanding among the many parts of our whole.
- We affirm the right of freedom of expression within our community and also affirm our commitment to the highest standards of civility and decency toward all. We recognize the right of every individual to think and speak as dictated by personal belief, to express any idea, and to disagree with or counter another’s point of view, limited only by College regulations governing time, place, and manner. We promote open expression of our individuality and our diversity within the bounds of courtesy, sensitivity, and respect.
- We confront and reject all manifestations of discrimination, including those based on race, ethnicity, gender, age, disability, sexual orientation, religious or political beliefs, status within or outside the College, or any of the other differences among people which have been excuses for misunderstanding, dissension, or hatred. We recognize and cherish the richness contributed to our lives by our diversity. We take pride in our various achievements, and we celebrate our differences.
✓ We recognize that each of us has an obligation to the community of which we have chosen to be a part. We will strive to build a true community of spirit and purpose based on mutual respect and caring.

Alfred State Athletics is committed to safety, fairness and respect for all participants. Collegiate athletics provides an opportunity for students to compete with and against others who come from a variety of backgrounds, but all of whom share the common goal of achieving athletics excellence. Valuing this common ground enhances the social and competitive experience for all and is important to team success and to individual development. Teams that value each member's contribution to the unit, while respecting individual differences, provide a healthy foundation for the team and each member of the team to focus on achieving their athletics and educational goals.

We have an obligation to provide equal opportunity for our student-athletes and staff. All those involved in athletics shall be aware of these obligations and treat them as core values. Discrimination toward lesbian, gay, bisexual, transgender and questioning people (actual or perceived) negatively affects all who participate in athletics competition. If discrimination is accepted as part of the common practice of an athletics department, it undermines the core principle of equal opportunity.

2.5.1 Gender Identity and Expression Inclusion Policy
As an institution committed to creating a culture of inclusion, the athletic department shall provide equal opportunity for transgender, non-gender binary and gender fluid students to participate and prohibit discrimination on the basis of gender identity or expression.

Our intercollegiate athletic teams are separated and compete as women’s, men’s or mixed teams according to NCAA and Sport Association policies. Students will not be disqualified on the basis of gender identity and expression. To be eligible for NCAA sports participation, students may not be taking testosterone, and those whose assigned sex at birth was ‘male’ must provide documentation that they have been taking testosterone suppressing hormones for at least one calendar year. More information can be found in the NCAA Inclusion of Transgender Student-Athletes publication, August 2011:

2.6 Sexual Harassment Policy
Alfred State is committed to maintaining an environment that is conducive to learning and free of sexual harassment. Conduct is sexual harassment if it is an unwelcome sexual advance, request for sexual favors, or any other verbal, physical or visual behavior of a sexual nature.

Report sexual harassment to university police, your coach, any athletic department personnel, health center or any campus official.

2.7 Participation by Impaired Student-Athlete Policy
The college provides athletic opportunities with intercollegiate, club and intramural sports and places primary importance upon inclusion, participation and the physical safety and continued wellbeing of the participants. To this end, any student wishing to participate in intercollegiate athletics must be cleared by our Team Physician and Athletic Training Staff. Accommodations for some impairments can be made, but if serious contraindications, with respect to participation in athletics are present, the student may not be cleared for some or all intercollegiate sports.
2.8 Equipment Policy

Equipment and apparel are issued by the equipment manager and head coach. All issued equipment and apparel are the property of the institution and must be returned at the conclusion of each academic year or conclusion of the playing season.

Equipment Policies

- Student-athletes must be on the squad list in order to be issued equipment and/or apparel.
- If equipment and/or apparel are lost, stolen, damaged, or not returned at the end of the academic year/conclusion of playing season, the student-athlete shall be held financially responsible and will be charged (student account).
- If a student-athlete wishes to receive new equipment/apparel, it will be done on an exchange basis.

2.9 Team Travel Policy

Only competition eligible student athletes, coaching staff and student managers may travel with the team. All athletes are to travel with the team to and from the off campus competitions. Athletes may not drive personal vehicles to competitions. Exceptions to this policy require 24 hour advance approval of the Head Coach, the Director of Athletics and written request/approval submitted. Any adjustment to this policy will be in the event of extenuating circumstances that are determined at the sole discretion of the Athletic Department.

Athletes will still stay with the team and participate in all activities designed for the team during travel. Teams will dine together and coaches will pay for meals. Most meals have a preset limit, which is consistent among sports, specific to the location and situation.

All athletes will stay with the team on overnights and the Coaches will assign roommates. Incidental are the financial responsibility of the SAs, such as snacks and movies and should not be charged to the room, nor should hotel property be removed.

Teams are responsible for making sure the bus or vans are cleaned of all trash immediately upon return. Failure to do so will jeopardize the team’s future travel.

On a team trip, or at any team related function, team members are prohibited from consuming alcohol products, tobacco, or using any illegal drugs. This includes travel to and from competition, practice and any organized team sponsored event.

2.10 NCAA Banned Drugs & Alcohol and Other Drug Policy

Every year, each student athlete must sign the Drug Testing Consent Form prior to competition in intercollegiate athletics per NCAA Constitution 3.2.4.6 and Bylaw 14.1.4. By your signing, you agree to allow the NCAA to test you on a year round basis for drugs in the banned drug classes listed in Bylaw 31.2.3

The list of NCAA banned drugs is in Section 5.2 of this document and http://www.ncaa.org/drugtesting. Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC) at 877/202-0769 or www.dfaxis.com(password ncaa3)
Banned Substance Policy
It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The following information outlines the Alfred State Athletic Department’s alcohol and other drug policy (AOD). Each student-athlete shall read and sign-off on this policy at the start of each academic year. The goal of the athletic department's AOD policy is to ensure that it works in coordination with and as a part of the Alfred State Student Code of Conduct so student-athletes practice and compete to the best of their ability, free of the influence of drugs and alcohol. Five objectives accompany this goal:

✓ Contribute to the education of the student-athlete regarding the abuse of AOD by participating in and encouraging student-athlete participation in campus-wide substance abuse prevention programs.
✓ Aid student-athletes in finding medical assistance and counseling for AOD related violations.
✓ Facilitate compliance with NCAA regulations concerning substance abuse.
✓ Protect the health and safety of all student-athletes.
✓ Prevent an unfair competitive edge by those who abuse certain chemicals.
✓ Any use of a substance belonging to a class of drugs currently banned by the NCAA, at the levels the NCAA determine, may be cause for loss of eligibility. For further information regarding chemical substances visit NCAA.org or contact the athletic training department, your coach, or the athletic compliance office.

Consent

At the beginning of each academic year, each student-athlete will be informed of the Athletic Department's AOD policy and asked to sign the policy form.

Each student-athlete shall sign the NCAA Drug Testing Consent Form signifying they are aware they may be drug tested at NCAA championships.

ASC individualized testing based upon reasonable suspicion.

The Alfred State athletic department reserves the right to conduct drug testing on any student-athlete if a member of the athletic department can show reasonable suspicion that a particular student-athlete is using, or in the case of anabolic steroids, has used any substances in violation of this policy. A positive test result will be considered a violation of this policy and may subject the violator to the consequences discussed below.

"Reasonable suspicion" is defined as tangible evidence and/or indication of performance enhancing drugs, at the time of making the decision to test and that the information relied on pertaining to the use of drugs and/or alcohol, is accurate. Said information would include, but is not limited to police reports, and/or campus judicial information, which would allow for a determination of responsibility.
Violations

If a student athlete is discovered to be consuming illegal substances or NCAA banned substance(s), the student-athlete's status on the team may be jeopardized. Illegal consumption includes any action that breaks federal, state, or city law, or College policy. In effect, if the student-athlete receives a citation for a drug, alcohol or illegal substance citation and is found guilty/responsible, pleads no contest, or is convicted, the following department procedures will be set in motion. (e.g. underage drinking, open containers of alcohol, providing alcohol to minors, illegal possession of drugs, drug sale, driving or operating a motor vehicle under the influence of drugs and/or alcohol.)

Protocol for Violations

The following protocol for responding to the student-athlete with a possible substance abuse problem is proposed to ensure consistency and fairness in dealing with student-athletes. The primary principle, which underlies this approach, is that any student-athlete with a substance abuse problem needs to receive appropriate treatment and counseling. Secondarily, the sanctions imposed on the student-athlete with regard to participation in athletic competition should be consistent with the goals of the individualized counseling program. This protocol attempts to address and balance treatment and sanctions, recognizing that the medical fitness of a student-athlete to play and the safety of other members of the team will be a paramount concern.

1. First Violation
   a. Conference with the athletic director and head coach to discuss the situation. Potential loss of practices and/or competition, as determined by the athletic director.
   b. Attend mandatory counseling or education sessions on campus. College health care professionals will determine the length of counseling. Attendance is mandatory, such that, inadequate attendance will be construed as a breach of this policy by the student-athlete. Such a breach may result in immediate dismissal from the team or suspension as determined by the athletic director.
   c. Depending on the severity of the violation, the athletic director, at his or her sole discretion may cancel or reduce any sanction, and/or suspend a student-athlete from the team, practice and/or competition should he or she feel such a penalty is warranted.
   d. Team rules may be more stringent than the AOD policy. Accordingly, the Head Coach may enforce sanctions at his or her discretion with the approval of the Athletic Director.

2. Second Violation
   a. Minimum suspension of 10% of the season. This includes competition and may include practice as determined by the athletic director. Also, if the violation occurs out-of-season, the suspension will become effective at the start of the student-athletes next season of competition. For student welfare concerns, the coach may opt to begin the suspension after conditioning activities have been completed.
   b. Attend mandatory counseling or education session on campus. Appropriate college health care professionals will determine the length of counseling. Additionally, the student-athlete must undergo a third-party evaluation to
determine the nature and severity of the dependency. The third-party may be an official drug and alcohol treatment center or clinic with no direct ties to Alfred State, as determined by ASC Health Services. All expenses in securing the third-party evaluation will be the sole responsibility of the student-athlete. The student-athlete is required to follow the treatment recommendations outlined by the third-party treatment center or clinic.

c. There will be a second conference between the student-athlete, the athletic director, and the head coach. Subsequent to the meeting and based upon the severity of the violation, the athletic director, in his or her sole discretion, may increase the time of the suspension or reduce or cancel any and all disciplinary actions.

d. Team rules may be more stringent than the AOD policy. Accordingly, the Coach, at his or her discretion may enforce additional sanctions in-season, with the approval of the Athletic Director.

3. Third Violation

a. Immediate removal for one season of competition and may include dismissal from the team. The student-athlete may seek reinstatement by submitting a written request detailing the reasons why he or she seeks reinstatement to the Director of Athletics. This request should include the reasons and circumstances surrounding the violations, ways in which the student-athlete is seeking to address the pattern of abuse, reasons why he/she should be considered for reinstatement to his/her athletics team and any other relevant information. The director of athletics shall determine whether reinstatement shall be fully granted, granted with conditions or denied.

The AOD policy is in effect year round. As such, in terms of possible sanctions or penalties, there is no difference between an in-season and an out-of-season violation. Violations of the policy may accrue during the entire academic and athletic career of the student-athlete at Alfred State. By signing this form each academic year, the student-athlete affirms that he/she has read the specifics of the College’s alcohol and other drug policy for student-athletes and agrees to adhere to its requirements.
2.11 Tobacco Policy

Alfred State adheres to the NCAA policies prohibiting tobacco use. The use of tobacco products is prohibited by all student athletes, coaches, trainers, managers and game officials in all sports during practice and competition. Anyone who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.

2.12 Gambling Policy

Sports wagering is prohibited (as defined in NCAA Bylaw 10.02 and 10.3) for student-athletes, athletic department personnel or college personnel that oversee athletics. Members of the college community are encouraged to report any violations to the Director of Athletics. Those that are found to be violating this policy will be reported to the NCAA and sanctioned by NCAA, campus and athletic department policies.

2.13 Exiting the Team

If it comes a time that you or the coach chooses that you will not continue with the team, you must return all equipment in a timely manner. In addition, if this exit takes place when school is not in session (preseason, winter break, etc.) and you were on campus for sport activities, you will have to move out of the residence halls and your athletic food expenses will no longer be available.

2.14 Violations of These Policies, Principles and Code of Conduct

Students are expected to abide by the laws of the town, state, nation, NCAA and by all rules and regulations set forth in this manual. Any student-athlete who violate the athlete code of conduct, academic integrity code, NCAA regulations, training rules of a particular sport, College regulations, and/or local or federal laws assumes the risk of the College Judicial process and/or additional sanctions from the head coach and Director of Athletics.

It is the responsibility of the SA to report to the Head Coach or Director of Athletics any past, present or pending charges relating to criminal, student judicial, or academic integrity proceedings occurring or imminently occurring that they have knowledge of.

Within the Athletic Department, disciplinary action taken with any student-athlete will be based upon the significance of the violation of policy and the policy violated. It is the responsibility of the head coaches to discipline student-athletes for minor violations. Sanctions regarding multiple or major violations will be the responsibility of the Director of Athletics and the head coach. Depending on the severity of the violation, sanctions can vary from a verbal warning to dismissal from a team.
3.0 Section Three: Compliance and Eligibility

Compliance with NCAA, IHSA, conference affiliations and institutional regulations is an integral part of the Alfred State Athletic Department. As a student-athlete, you have a vested interest in ensuring compliance and it is your responsibility to know and abide by the guidelines set forth by those groups. Failure to abide by these guidelines may result in your ineligibility to participate and/or your team’s forfeiture of games, matches, or tournaments. Please check with the Athletic Director or the Compliance Coordinator if you have any questions about any regulations.

NCAA legislation can be found at www.ncaa.org and you may download a rule book at www.ncaapublications.com. Applicable legislation for student athletes is abridged in the “The Summary of NCAA Division III Regulations” found in Section 5.1 of this document.

3.1 NCAA Division III Eligibility

Alfred State College follows the NCAA regulations concerning eligibility for practice and competition.

Eligibility for Practice:
- Be registered as a full time student during the academic fall and/or spring terms. (During breaks in semesters, students do not need to be registered for the next term until that term begins)
- Be medically cleared by Health Services
- Be medically cleared by the Athletic Training Staff & Team Physician
- Be educated by the Head Coach about Team expectations/rules
- Attend an NCAA eligibility meeting and complete all required paperwork
- International student-athlete form (if needed) that shows no conflicts of amateurism regulations

Eligibility for Competition:
Meet all the requirements for Eligibility for Practice (above) **PLUS** academic eligibility requirements:

*Continuing Student-Athletes:*
- Be in good academic standing as defined by [Alfred State’s Academic Regulations](#).
- Making progress toward a degree by passing 67% of the credits attempted.

Be registered for a minimum of 12 credit hours during the fall and spring semesters.

*Transfer Student-Athletes in their first semester at Alfred State:*
- Must meet the transfer admittance standards of four-year degree-seeking students. This standard is enrollment in a bachelor degree program at Alfred State OR a 2.0 grade point average from previous collegiate institution, if enrolled in an associate degree program. Required to complete an academic year of residence (without competition) before being eligible unless the student satisfies applicable transfer requirements or receives an exception or waiver (NCAA Bylaw 14.5.1 & 14.5.4).
**First Semester New Student-Athletes:**

Be registered in a Bachelor Degree Program at Alfred State OR if registered in an Associate’s Degree Program possess a high school cumulative grade point average of 78% or above AND an SAT score of 930 (new) or above OR ACT Composite of 18 or above upon enrollment.

3.2 Recruiting Perspective Student Athletes

From time to time you may be asked by your coach to serve as a host to a prospective student-athlete during his or her visit to campus. Your guidance will help the PSA learn what it is like to be an Alfred State Student. You are expected to provide a positive experience and must follow the NCAA regulations concerning unofficial or official visits of the prospective student athlete. Take this responsibility seriously and be sure to contact your coach about any concerns you may have about hosting a recruit for your team. If you encounter an emergency situation during the visit call University Police (607-587-3999). Section 5.3 of this document contains the contracts for both the recruit and host with the specific guidelines for overnight recruiting visits.

3.3 Complimentary Admission to Athletic Competitions

Complimentary admissions for football and basketball contests are provided only through a pass list for individuals designated by the coach, student-athlete or through parent passes. Each Alfred State student-athlete on the team where there is a competition admission fee is entitled to a maximum of two complimentary admissions per game for the sport in which they participate.

3.4 Athletic Facility Usage

The Athletic Administration develops policies regarding the use of facilities of the Department of Athletics. The Head Coach will advise athletes as to the proper use of these facilities. As an overview of these policies, student athletes using all athletic facilities must adhere to:

- All student-athletes are responsible for leaving areas in the same condition in which they found them.
- Staff offices are public areas and athletes are expected to dress appropriately in these areas. (Shirt and shoes required)
- Students are not allowed in the coach’s office without permission.
- Office equipment is to be operated by Athletic Staff.
- Telephone use for long distance by a student athlete is strictly prohibited.
- No cleats are to be worn inside the buildings.

4.0 Section Four: Student-Athlete Welfare

4.1 Student-Athlete Input

The Alfred State Athletic Department values student-athlete input and has committees in place that allow for student-athlete involvement in the administration of the athletic department.

4.1.1 Coaching Evaluation & Satisfaction Survey

All student-athletes complete an online evaluation of their coaches and athletic satisfaction survey at the end of the season.
4.1.2 Student-Athlete Advisory Committee (SAAC)

The SAAC membership is comprised of representatives from each of the intercollegiate athletic teams. The mission of the Alfred State Student-Athlete Advisory Committee (SAAC) is to provide a means of communication between Alfred State student-athletes and the Athletic Department administration. The SAAC by-laws are in Section 5.4 of this document.

4.1.3 Intercollegiate Athletics Board

The Intercollegiate Athletics Board (IAB) is a designated body outside athletics with direct oversight for athletics. The IAB has five student-athletes as full voting members (about one third of the committee).

4.2 Senior Woman Administrator (SWA)

The Senior Woman Administrator ensures the representation of women’s interests, experiences and perspective into the decision-making process in intercollegiate athletics. One SWA responsibility is student-athlete well-being. The SWA position description is in Section 5.5 of this document and their contact information in the Staff Directory.

4.3 Faculty Athletics Representative (FAR)

The Faculty Athletics Representative is a member of the institution’s faculty that represents the Athletic Department, the College, and its faculty in the institution’s relationship with the NCAA and Alfred State conference affiliations. One FAR responsibility is student-athlete well-being. The FAR position description is in Section 5.6 of this document and their contact information in the Staff Directory.

4.4 Special Events

Each year the department will sponsor several events which promote student athlete well-being. For some programs, student athlete participation will be required. Some examples of these events include this Student-Athlete Orientation, Educational Programming, and the Athletic Awards Ceremony.

4.5 Academic Support

Academic Services

Academic Eligibility is calculated after each semester and winter and summer sessions. Coaches will inform student athletes their status and the student athletes are responsible for choosing to use eligibility or not.

Academic Mentor - The Athletic Department’s Academic Mentor is available to help all student-athletes with academic concerns or difficulties. See the Staff Directory for the person to contact or ask your coach for more information.
Academic Progress Reports - Throughout the semester the Athletic Department receives feedback from faculty in regards to athlete’s academic performance including current grade, attitude, and attendance.

Midterm grades are monitored and recorded with the coach and athletic department.

Tutorial Services - There are labs open Monday through Friday in the SSC during the daytime. Sunday evening there are lab hours open as well. You can obtain online tutors and individual tutors for specific subjects. Tutors are acquired through the Student Success Center.

4.5.1 The Student Success Center

The Student Success Center offers tutoring services and special programing to help with academic success! The Athletic Department encourages all student-athletes to make use of the services offered by the SSC located in the Hunter Student Development Center. The SSC is a valuable resource for all student athletes, even those not experiencing problems. Please contact the Learning Center at your first sign of having academic difficulty. DO NOT DELAY!

4.5.2 Missed Class Policy

Alfred State faculty are willing to provide reasonable accommodations, when possible, to any student who provides timely written notification of conflicts between their academic and athletic competition schedules. The official Academic Regulation 503.2 policy statement:

- Participation in authorized College functions such as field trips; athletic events; choir, band, and drama tours; and other intercollegiate activities shall be an acceptable reason for class absence, provided that prior to the absence the student makes arrangements with his/her instructors to make up work to be missed.

Instructors need not extend make-up privileges when a student's total absence exceeds 10 percent of the scheduled class meetings.

Missed Class Time Procedures

- Pursuant to NCAA Division III bylaw 17.1.4.2 student-athletes are not permitted to miss class time for practice or travel to a non-traditional season game.
- It is the Head Coach’s responsibility to ensure that scheduling of athletic events are minimally disruptive to academic pursuits. The Director of Athletics will approve all team schedules.
- It is the Head Coach’s responsibility to ensure that student-athletes are aware of departure and return times for team travel and are provided class absence forms.
- It is the student-athlete’s responsibility to contact her/his instructors and provide a class absence form at least 1 week prior to an absence.
- It is the student-athlete’s responsibility to ask the instructor how to make up the class, material, assignments or if there is another section that she/he can sit in on.
- The student-athlete is responsible for all academic work that is missed for an athletic competition.
- If an instructor will not make arrangements for missing an assignment (e.g. presentation, test) the student-athlete should contact the FAR. They will in turn, determine whether or not to intervene on behalf of the student-athlete.
- Regular season competition will not be scheduled during final exams.
4.6 Athletic Training

The Athletic Training staff will perform any and all duties that are directly and/or indirectly related to the functions of a comprehensive athletic injury program. The Athletic Training policies and procedures are contained in Section 5.8 of this document.
Summary of NCAA Regulations – NCAA Division III

For: Student-athletes.

Purpose: To summarize NCAA regulations regarding eligibility of student-athletes to compete.

DISCLAIMER: THE SUMMARY OF NCAA REGULATIONS DOES NOT INCLUDE ALL NCAA DIVISION III BYLAWS. FOR A COMPLETE LIST, GO TO WWW.NCAA.ORG. YOU ARE RESPONSIBLE FOR KNOWING AND UNDERSTANDING THE APPLICATION OF ALL BYLAWS RELATED TO YOUR ELIGIBILITY TO COMPETE. CONTACT YOUR INSTITUTION'S COMPLIANCE OFFICE OR THE NCAA IF YOU HAVE QUESTIONS.

TO: STUDENT-ATHLETE

This summary of NCAA regulations contains information about your eligibility to compete in intercollegiate athletics.

This summary has two parts:

1. Part I is for all student-athletes.

2. Part II is for new student-athletes only (those signing the Student-Athlete Statement for the first time).

If you have questions, ask your director of athletics (or his or her official designee) or refer to the 2018-19 NCAA Division III Manual. These forms are available via the NCAA website (http://www.ncaa.org/2018-19-division-iii-compliance-forms). The references in brackets after each summarized regulation show you where to find the regulation in the Division III Manual.

Part I: FOR ALL STUDENT-ATHLETES.
This part of the summary discusses ethical conduct, amateurism, financial aid, academic standards and other regulations concerning your eligibility for intercollegiate competition.

1. Ethical Conduct – All Sports.
   a. You must act with honesty and sportsmanship at all times so that you represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports. [NCAA Bylaw 10.01.1]
   b. You have engaged in unethical conduct if you refuse to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or your institution. [Bylaw 10.1-(a)]
   c. You are not eligible to compete if you knowingly provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition, solicit a bet on any intercollegiate team, accept a bet on any team representing the school or solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value. [Bylaw 10.3]
   d. You are not eligible to compete if you knowingly participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card or any other method employed by gambling. [Bylaw 10.3]
   e. You are not eligible to compete if you have shown dishonesty in evading or violating NCAA regulations. [Bylaw 14.01.3.3]

2. Amateurism – All Sports.
   a. You are not eligible for participation in a sport if after full-time collegiate enrollment you have ever:
      (1) Taken pay, or the promise of pay, for competing in that sport;
      (2) Agreed (orally or in writing) to compete in professional athletics in that sport;
      (3) Competed on any professional athletics team (as defined by the NCAA) in that sport [Bylaw 12.02.5]; or
      (4) Used your athletics skill for pay in any form in that sport. (Prior to collegiate enrollment, an individual may accept prize money based only on his or her place finish or performance from the sponsor of an open athletics event, the United States Olympic Committee or the appropriate national governing body. An individual may also accept actual and necessary expenses associated with the individual's practice and competition on a professional team.) [Bylaws 12.1.3 and 12.1.5]
   b. You are not eligible in a sport if you ever have accepted money, transportation or other benefits from an agent or agreed to have an agent market your athletics ability or reputation in that sport. [Bylaw 12.3.1]
c. You are **not eligible** in any sport if, after you become a student-athlete, you accept any pay for promoting a commercial product or service or allow your name or picture to be used for promoting a commercial product or service, unless:

1. The individual became involved in such activities for reasons independent of athletics ability;

2. No reference is made in these activities to the individual's involvement in intercollegiate athletics; and

3. The individual's remuneration under such circumstances is at a rate commensurate with the individual's athletics ability or reputation. [Bylaw 12.5.1.3]

4. You are **not eligible** in any sport if, because of your athletics ability, you were paid for work you did not perform, or were paid at a rate higher than the going rate. [Bylaw 12.4.1]

3. **Delayed Collegiate Enrollment.**

The following rules are applicable to all Division III student-athletes first entering a collegiate institution on or after August 1, 2014:

- If you did not enroll in college as a full-time student by the next opportunity after a one calendar year period following the graduation of your high school class and you participated in any of the activities listed below, you have used a season of intercollegiate competition for each calendar year or sport season in which you participated in such activities. [Bylaw 14.2.4.4]

1. **Activities Constituting Use of a Season.**

   (a) Any team competition or training in which pay in any form is provided to any of the participants above actual and necessary expenses;

   (b) Any individual competition or training in which the individual accepts pay in any form based on his or her place finish or any competition or training in which the individual accepts pay in any form above actual and necessary expenses;

   (c) Any competition pursuant to the signing of a contract for athletics participation or entering a professional draft; or

   (d) Any competition funded by a representative of an institution's athletics interest that is not open to all participants. [Bylaw 14.2.4.4.2]

2. If you have used a season(s) of participation according to the regulations above, you must also fulfill an academic year in residence prior to being eligible to represent your school in intercollegiate competition. [Bylaw 14.2.4.4.1]
4. **Competition Exceptions (for delayed collegiate enrollment).**

- A student-athlete would not use a season of competition, if he or she participated in organized competition while enrolled in a postgraduate college preparatory school during the initial year of enrollment, or if he or she participated in the Olympic Games tryouts and competition, and other specified national and international competition. Both of these organized competition exceptions may be applied one time and for a maximum of one year. [Bylaw 14.2.4.4.2.1]

5. **Seasons of Participation – All Sports.**

   a. A student-athlete must count a season of participation when he or she practices or competes during or after the first contest following the student-athlete's initial participation at that school. [Bylaw 14.2.4.1]

   b. A season of participation shall not be counted when a student-athlete participates in a preseason scrimmage or preseason exhibition conducted prior to the first contest in the traditional segment following the student-athlete's initial participation at that school, or when a student-athlete participates in the one date of competition during the nontraditional segment in baseball, field hockey, lacrosse, soccer, softball and volleyball. [Bylaw 14.2.4.1.1]

   c. A season of participation shall not be counted when a student-athlete practices in the nontraditional sports segment. [Bylaw 14.2.4.1]

6. **Financial Aid – All Sports.**

   a. You are **not eligible** if you receive financial aid other than the nonathletics financial aid that your school distributes. However, it is permissible to receive:

      (1) Financial aid from anyone on whom you are naturally or legally dependent. [Bylaw 15.2.3.3]

      (2) Financial aid that has been awarded to you on a basis other than athletics leadership, ability, participation or performance. [Bylaw 15.2.3.4]

      (3) Financial aid from an entity outside your school that meets the requirements specified in the Division III Manual. [Bylaw 15.2.3.2]

   b. You must report to your school any financial aid that you receive from a source other than your school. However, you do not need to report financial aid received from anyone on whom you are naturally or legally dependent. [Bylaw 15.2.3.1]

1. **Academic Standards – All Sports.**

   a. Eligibility for Practice.
(1) You are eligible to practice if you are enrolled in a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the regulations of your school. If at any point you drop below full time you are unable to practice. [Bylaw 14.1.8.1]

(2) You are eligible to practice during the official vacation period immediately before initial enrollment, provided you have been accepted by your school for enrollment in a regular, full-time program of studies, you are no longer enrolled at your previous school and you are eligible under all school and NCAA requirements. [Bylaw 14.1.8.1.6.5]

(3) You also are eligible to practice while enrolled in less than a minimum full-time program of studies if you are enrolled in the final semester or quarter of a baccalaureate program and your school certifies that you are carrying (for credit) the courses necessary to complete your degree requirements. [Bylaw 14.1.8.1.6.1]

b. Eligibility for Competition.

(1) To be eligible to compete, you must:

(a) Have been admitted as a regularly enrolled, degree-seeking student according to the published entrance requirements of your school;

(b) Be in good academic standing according to the standards of your school; and

(c) Be enrolled in at least a minimum full-time program of studies leading to baccalaureate or the equivalent (not less than 12-semester or quarter hours) and maintain satisfactory progress toward that degree, be enrolled in a full-time graduate or professional degree program (as defined by the school for all graduate students) or be enrolled and seeking a second baccalaureate degree. [Bylaws 14.01.2, 14.1.8.1 and 14.1.8.1.6.2]

(2) If you are enrolled in less than a full-time program, you are eligible to compete only if you are enrolled in the last term of your baccalaureate or graduate degree program and are carrying credits necessary to finish your degree requirements. [Bylaw 14.1.8.1.6.1]

(3) You are eligible to compete during the official vacation period immediately before initial enrollment, provided you have been accepted by your school for enrollment in a regular, full-time program of studies and at the time of your initial participation, you are no longer enrolled in your previous educational institution and you are eligible under all institutional and NCAA requirements. [Bylaw 14.1.8.1.6.5]

(4) If you are a returning student, you are eligible to compete between terms, provided you have been registered for the required minimum full-time load at the conclusion of the term immediately before the date of competition, or if you are either continuing enrollment or beginning enrollment, provided you have been accepted for enrollment
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as a regular full-time student for the regular term immediately following the date of
competition. [Bylaw 14.1.8.1.6.6]

8. Other Rules Concerning Eligibility – All Sports.

a. You are not eligible to participate in more than four seasons of intercollegiate participation. [Bylaw 14.2]

b. You are not eligible after 10 semesters or 15 quarters in which you were enrolled at a
collegiate institution in at least a minimum full-time program of studies as determined by
the school, except for any extensions that have been approved in accordance with NCAA
legislation. [Bylaw 14.2.2]

c. You are eligible if you are enrolled and seeking a second baccalaureate or equivalent degree
or you are enrolled in a graduate or professional school, provided you graduated from an
NCAA Division III institution, you have seasons of participation remaining and your
participation occurs within the applicable 10 semesters or 15 quarters. You are also eligible
for postseason events that occur within 60 days of the date you complete the requirements
for your degree. [Bylaws 14.1.9 and 14.1.8.1.6.7]

d. You are not eligible in your sport for the rest of your season if, after enrollment in college
and during any year in which you were a member of an intercollegiate team, you competed
as a member of any outside team in any noncollegiate, amateur competition in the sport
during your college team's playing season. Competing in the Olympic Games, tryouts and
competition and other specified national and international competition is permitted. [Bylaws
14.7.1 and 14.7.3]

9. Transfer Students Only.

a. You are considered a transfer student if:

(1) You were officially registered and enrolled in a minimum, full-time program of
studies in any quarter or semester of an academic year, as certified by the registrar
or admissions office and attended class; or

(2) You reported for a regular squad practice (including practice or conditioning
activities that occurred before certification), announced by the institution through
any member of its athletics department staff, before the beginning of any quarter or
semester, as certified by the athletics director. [Bylaw 14.5.2]

b. If you are a transfer student from a four-year school, you are not eligible during your first
academic year in residence unless you meet the provisions of one of the exceptions specified
in Bylaws 14.5.5.1.1, 14.5.5.1.2 or 14.5.5.1.3.

c. If you are a transfer student from a two-year institution, you are not eligible during your
first academic year in residence at your new institution unless you meet the academic and
residence requirements specified in Bylaw 14.5.4.1 or the exception specified in Bylaw
14.5.4.2.
d. If you wish to correspond with another NCAA institution about your opportunity to transfer, the institution must have permission to contact you before any correspondence may occur.

(1) To contact another NCAA Division III school, you may seek permission from your director of athletics, or you can grant other NCAA Division III institutions permission to contact you. To grant another NCAA Division III school permission to contact you about a potential transfer (or for you to be able to contact the school), complete the Permission to Contact: SelfRelease form that is provided by the NCAA national office. The form and instructions are available on the student-athlete home page of the NCAA website at www.ncaa.org/student-athletes/resources/recruitingcalendars?division=d3.

(2) To contact Division I or Division II schools, you must seek permission from your director of athletics.

Part II: FOR NEW STUDENT-ATHLETES ONLY.

This part of the summary contains information about your recruitment, which is governed by Bylaw 13 of the Division III Manual.

• Recruitment.

a. Offers – All Sports.

(1) You are **not eligible** if, before you enrolled at your school, any staff member of your institution or any other representative of your school's athletics interests offered to you, your relatives or your friends any financial aid or other benefits that NCAA rules do not permit.

(2) During your recruitment, it was permissible for you to be employed in any department outside of intercollegiate athletics provided the employment is arranged through normal institutional employment policies and procedures. [Bylaws 13.2.1 and 13.2.4.1]

b. Contacts – All Sports.

(1) For purposes of this section, contact means "any face-to-face encounter between a prospective student-athlete or the prospective student-athlete's relatives, guardian(s) or individual of a comparable relationship and an institutional athletics department staff member or athletics representative during which any dialogue occurs in excess of an exchange of a greeting. Any such face-to-face encounter that is prearranged (e.g., positions himself/herself in a location where contact is possible) or that takes place on the grounds of the prospective student-athlete's educational institution or at the site of organized competition or practice involving the prospective student-athlete or the prospective student-athlete's high school, preparatory school, two-year college or all-star team shall be considered a contact, regardless of the conversation that occurs."
[Bylaw 13.02.3]

(2) You are not eligible if any athletics staff member of your school or any other representative of your school's athletics interests contacted you (as defined above), your relatives or your legal guardians in person off your high school's campus before you completed your sophomore year in high school (except for students at military academies). [Bylaw 13.1.1.1]

c. Source of Funds – All Sports.

• You are eligible for intercollegiate competition if prior to initial full-time collegiate enrollment, you received normal and reasonable living expenses from an individual with whom you had an established relationship (e.g., high school coach, nonscholastic athletics team coach, family of a teammate), even if the relationship developed as a result of athletics participation, provided:

  (a) The individual is not an agent;

  (b) The individual is not an athletics representative of a particular school involved in recruiting the prospective student-athlete; and

  (c) Such living expenses are consistent with the types of expenses provided by the individual as a part of normal living arrangements (e.g., housing, meals, occasional spending money, use of the family car). [Bylaw 12.1.3.1]

d. Sports Camps.

• You are not eligible if, before you enrolled at your school, the school, members of its athletics staff or a representative of its athletics interests gave you free or reduced admission privileges to attend its sports camp or clinic after you had started classes for the ninth grade. [Bylaw 13.11.3.2]

e. Visits, Transportation and Entertainment – All Sports.

(1) You are not eligible under Bylaws 13.5, 13.6 or 13.7 if, before you enrolled at your school, any of the following happened to you:

  (a) Your school paid for you to visit its campus more than once;

  (b) Your one expense-paid visit to the campus lasted longer than 48 hours;

  (c) Your school paid more than the actual round-trip cost by direct route between your home and the campus when you made your one expense-paid visit;
(d) Your school entertained you, your parents (or guardians) or your spouse outside a 30-mile radius of the campus during your expense-paid visit; or

(e) Your school entertained you, your parents (or guardians) or your spouse excessively during your expense-paid visit, or entertained your friends or other relatives at any site.

(2) You are **not eligible** if your school paid for you to visit its campus before January 1 of your junior year in high school. [Bylaw 13.6.1.1.1]

(3) You are **not eligible** if, when you were being recruited, staff members of your school or any representatives of its athletics interests paid the transportation costs for your relatives or friends to visit the campus or elsewhere other than the one paid visit. [Bylaw 13.5.2.8]

(4) You are **not eligible** if any person, (other than your parents or legal guardians) at his or her own expense, paid for you to visit your school once and did not accompany you on the visit or paid for you to visit more than once. [Bylaw 13.6.1.1]

(5) You are **not eligible** if, at any time that you were visiting your school's campus at your own expense, your school paid for anything more than the following:

   (a) Transportation, when accompanied by a staff member, to see off-campus practice and competition sites and other facilities. [Bylaw 13.5.3]

   (b) A meal at the dining hall of your school or a meal at an off-campus site if all institutional dining halls were closed and the school normally provides similar meals to all visiting prospective students. [Bylaw 13.7.2.1.1]

   (c) Housing at your school that is generally available to all visiting prospective students. [Bylaw 13.7.2.1.2]

(6) You are **not eligible** if, when you were being recruited, a staff member of your school's athletics department spent money, other than what was necessary, for the staff member's (or representative's) personal expenses during an off-campus visit with you. [Bylaw 13.13.2]

f. Precollege or Postgraduate Expenses - All Sports.

   • You are **not eligible** if your school, or any representative of its athletics interests, offered you money, directly or indirectly, to pay for any part of your educational expenses or other expenses during any period of time before you enrolled at your school. This applies to your postgraduate education as well. [Bylaw 13.14.1]
5.2 NCAA Banned Drugs

2018-19 NCAA Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

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. Illicit 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. See exceptions in the following examples listed for each class.

Drugs and Procedures Subject to Restrictions:

b. Gene Doping.
c. Local Anesthetics (under some conditions).
d. Manipulation of Urine Samples.
e. Beta-2 Agonists permitted only by prescription and inhalation (i.e. Albuterol).

NCAA Nutritional/Dietary Supplements WARNING:

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

- Dietary supplements, including vitamins and minerals, 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.

Check with your athletics department staff prior to using a supplement.
Some Examples of NCAA Banned Substances in Each Drug Class.

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES. 
Do not rely on this list to rule out any label ingredient.

2018-19 NCAA Banned Drugs
Page No. 2

_________

Stimulants:
- amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); “bath salts” (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethylamines (PEAs); dimethylhexylamine (DMHA, Octodrine) etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):
- Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033); etc.

Alcohol and Beta Blockers (banned for rifle only):
- alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents:
- bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triamterene; trichlormethiazide; etc.

exceptions: finasteride is not banned.

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

Peptide Hormones and Analogues:
- growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc.

exceptions: insulin, Synthroid are not banned.

Anti-Estrogens:
- anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), letrozole; etc.

Beta-2 Agonists:
- bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Any substance that is chemically related to one of the above 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 Drug Free Sport AXIS, 877-202-0769 or www.drugfreesport.com/axis password ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.
ALFRED STATEATHLETICS
PROSPECTIVE STUDENT-ATHLETE
STUDENT HOST RECRUITING GUIDELINES

To help ensure a productive and safe visit for you and the perspective student athlete (PSA), you must abide by the following NCAA and institutional guidelines:

- Conduct yourself in a responsible manner at all times.
- Be a positive representative of Alfred State, the Athletic Program and your team.
- Abide by the Alfred State College’s Student Code of Conduct located online at: http://www.alfredstate.edu/files/downloads/student-services/Student_Code_of_Conduct.PDF
- Abide by NCAA policies.
- The PSA must remain with, and be escorted by the student host at all times.
- PSAs may not leave campus for the duration of their overnight visit.
- Do not take your PSA any place where there are drugs or alcohol. Do not allow yourself or the PSA to consume illegal drugs and alcohol.
- Be concerned about the safety and welfare of the PSA. This includes comfort, food and sleeping accommodations.
- Discuss and plan with the head coach all activities that you and the PSA will take part in.
- Take PSA to academic classes; talk with the professors and fellow Alfred State students.
- Be creative in planning a fun, comfortable atmosphere (open gym, game room, student activities, etc...)
- If a problem arises with a prospect, call the head coach immediately.
  (For example: The prospect insists on going off campus or somewhere without you; or an emergency/illness/injury arises with the prospect or with the host.)

BEING RESPONSIBLE IS AN OBLIGATION OF EACH TEAM MEMBER.

ALFRED STATE, AND YOU AS A REPRESENTATIVE HOST, ARE RESPONSIBLE FOR THE WELFARE OF ANY PSA BROUGHT ONTO CAMPUS.

YOU ARE A ROLE MODEL REPRESENTING YOUR TEAM, THE ATHLETIC DEPARTMENT AND ALFRED STATE.

ULTIMATELY, OUR REPUTATION IS AT STAKE.

_______________________   _________________________
SPORT      STUDENT HOST SIGNATURE

_______________________                  _________________________
NAME/PROSPECT                                   DATE OF VISIT
ALFRED STATE ATHLETICS
PROSPECTIVE STUDENT-ATHLETE
OVERNIGHT VISIT GUIDELINES

The Athletic Department and Campus Community looks forward to welcoming you on your visit to Alfred State SUNY College of Technology! Our institution has a rich tradition of success, both academically and athletically. To help ensure a productive and safe visit we ask that you read and abide by the following NCAA and institutional guidelines:

- My visit to Alfred State is in accordance with NCAA recruiting bylaws: www.ncaa.org
- I am responsible for my own actions during my visit to Alfred State.
- I will conduct myself in a responsible manner when I arrive on campus until my departure.
- I will not participate in activities that could jeopardize the safety of myself or others.
- I will not participate in any activity or functions that involve drugs or alcohol.
- I will not leave campus for the duration of the overnight visit.
- I must remain with, and be escorted by the student host at all times.
- I will abide by the Alfred State College’s Student Code of Conduct located online at: http://www.alfredstate.edu/student-code-of-conduct

By signing below, I understand and agree to abide by all NCAA Division III recruiting bylaws and all policies set forth by the Department of Athletics at Alfred State while on my overnight visit.

_________________________                  _________________________  _________________
SPORT            DATE OF VISIT    PHONE
________________________________________                ___________________________ _______
NAME OF PROSPECTIVE STUDENT-ATHLETE   SIGNATURE OF PROSPECTIVE  AGE
STUDENT-ATHLETE

Are there any medical conditions that the coach or student host should be aware of?
______________________________________________________________________________________

PARENT/GUARDIAN
I hereby give my child/ward permission to participate in an overnight visit to Alfred State College. I am aware that any improper behavior by my child/ward will result in the College contacting me and that I will be required to pick-up my child/ward at that time. I agree not to hold the College responsible for any injuries and/or illnesses that may occur to my child/ward during this visit. I agree that in the event of any injury, Alfred State staff may act on my behalf in obtaining medical treatment for my child/ward.

_________________________________                _______________________________________
NAME OF PARENT OR GUARDIAN                 SIGNATURE OF PARENT OR GUARDIAN
__________________________________  _____________________________________
DATE       EMERGENCY CONTACT NUMBER
### 5.4 SAAC By-Laws

**ALFRED STATE**  
Student Athlete Advisory Council

#### Mission Statement
The mission of the Alfred State Student-Athlete Advisory Committee (SAAC) is to provide a means of communication between Alfred State student-athletes and the athletics administration. This collaboration will enhance the total student-athlete experience and protect the health and well-being of all student-athletes.

#### Functions
The SAAC will serve as the liaison between the student-athletes of Alfred State member institutions and the administrators. The committee will serve as a voice to represent the concerns of all student-athletes and to discuss issues affecting student-athlete well-being. SAAC will provide the department with a proper forum to educate players, coaches, faculty and staff to the daily demands that are faced by all parties on campus.

#### I. Purpose
A. To promote communication among athletics personnel, faculty, administration and student-athletes.  
B. To promote an understanding of student-athletes’ needs in the Alfred State community, conference, and NCAA.  
C. To solicit student-athletes’ input regarding proposed NCAA, conference and institutional legislation.  
D. To actively promote Alfred State Athletics to the Alfred State community.  
E. To create a vehicle for student-athlete representation on campus-wide committees that discuss academic and athletic issues pertinent to student-athlete well-being.  
F. The Alfred State SAAC is to serve as a vehicle for addressing and discussing concerns and issues facing student-athletes. The committee shall represent all student-athletes who participate in intercollegiate athletics. In addition, the committee will promote and celebrate student-athletes’ achievements.

#### Membership
A. Membership shall be comprised of a minimum of one representative from each of the intercollegiate athletic teams.  
B. Each member serves as a liaison between the committee and their individual athletic team.  
C. Members will serve a one-year, renewable term.  
D. Terms will run from September to September the next year.

#### Selection
a. Each team shall select one or more representatives which shall be approved by the coach.  
b. All representatives must be academically eligible as set forth by NCAA guidelines as well as the guidelines in this constitution.  
c. All current team representatives are automatically renewed unless voted otherwise by their team members or by members of the Student-Athlete Advisory Committee (SAAC).  
d. All team representatives’ names, email addresses and phone numbers must be
submitted to the officers, advisor and Director of Athletics no later than 10 calendar days after the start of office membership.

e. If a single vacancy occurs outside of the term guidelines, the team will nominate a new representative to be approved by the coach.

Responsibilities and Expectations

A. Members must attend all SAAC meetings and activities.
B. Members represent their team’s views at SAAC meetings.
C. Once a month Members must report to their team and coach on all SAAC activities.
D. Members must maintain copies of all committee minutes in a document file to be brought to every meeting.
E. Members must organize their team members to help with special projects.
F. Members must maintain a current team roster with phone numbers and email addresses and provide to the executive board, advisor and director of athletics.
G. Members must understand that the SAAC represents all Alfred State sponsored intercollegiate athletic teams.
H. Members must actively attend home competitions.
I. Members must keep in mind that they are representing the Alfred State community, conference, and the NCAA and are expected to conduct themselves in a professional manner at all times.
J. It is the responsibility of all SAAC members to become informed and educated about the various issues affecting NCAA Division III.
K. While attending meetings, members must be open-minded and respectful of other people’s opinion.

Attendance

A. The attendance policy shall be as follows:
   - Elected SAAC members are required to be present at each meeting such that each sport has representatives in attendance.
   - After one unexcused absence of an elected member, the SAAC president will send an email to the member reminding them of the attendance policy. The Head Coach, SAAC advisor and Director of Athletics will be copied on this email.
   - After two unexcused absences of an elected member, the SAAC president and SAAC advisor will convene a meeting of the executive board to review the conduct of the member in question.
   - SAAC members may send a designated team representative in their place if they cannot attend. Absent SAAC members must inform the advisor of his/her absence prior to the meeting and identify the individual that is attending in place of him/her.
   - SAAC member must provide temporary designate with agenda, minute binders and inform them of all duties and responsibilities as outlined in this constitution.
B. Absences are excused only in the following cases: family emergencies, athletics competition, academic conflicts or by prior approval of SAAC advisor.

Officers/Executive Board

A. The executive board shall consist of the President, Vice President, and Secretary and each will serve a one year renewable term.

B. Executive board shall meet with SAAC advisor once a month.

C. President
   a. Presides over meetings.
   b. Prepares agenda for all meetings with advisor and sends agenda via email to all SAAC members.
   c. Coordinates SAAC members’ schedule and organize meetings.
   d. Serves as the student-athlete liaison to the advisor and Director of Athletics.
D. Vice President
   a. Presides over meetings, acts and exercises all functions of the presidency in the event of the president’s absence.
   b. Oversees and communicates with subcommittees that may be formed in response to the needs of the SAAC, and the conference or NCAA SAAC.
   c. Responsible for submitting budget requests.
   d. Responsible for keeping written records of money spent and raised by the SAAC.
   e. Shall send a copy of said records to secretary.
   f. Shall send email and/or text to remind members of SAAC meetings.

E. Secretary
   a. Responsible for maintaining attendance records at meetings and activities.
   b. Responsible for recording meeting minutes and reports.
   c. Responsible for distributing minutes from previous meeting to all SAAC members, advisor, and Director of Athletics.
   d. Responsible for maintaining the SAAC binder in the athletic department and an individual binder maintained by secretary.
   e. Submit a copy of minutes to advisor via email within three days of meeting.
   f. Tabulate any written votes taken at meetings.
   g. Conduct paper and electronic voting procedures for issues requiring vote by all student-athletes.

Advisor
The advisor serves as a non-voting member of the SAAC.
The advisor will be appointed by the Director of Athletics.

Voting
   A. Each team representative or member shall get one vote at SAAC meetings.
   B. Any SAAC member may move to vote on an issue by saying “I move to vote.” Motion must be seconded by another member.
   C. Any SAAC member other than the one who moved to vote may second a motion by saying “I second that motion”.
   D. A quorum (50% of SAAC members) must be present for a motion to be voted on at a meeting. If 50% are not present, the motion must be tabled until the next meeting.
   E. Advisor or President respectively will call the vote by saying “All in favor” and “All opposed.”
   F. Results of the vote will be reflected in the meetings minutes.
   G. In votes requiring all student-athlete to vote, the team representative will contact each team member and tally the vote. Every student-athlete gets one vote.
   H. The SAAC’s action will be determined by the majority vote.

Meetings
   A. Meetings shall be held monthly or as called by the SAAC executive board.
   B. The president shall call the meeting to order.
   C. The SAAC advisor or Director of Athletics will brief the committee on topics such as proposed policy changes and NCAA legislation.
   D. Special projects may be introduced at organized committee meetings.
   E. Meetings will be opened to all student-athletes unless otherwise specified.
5.5 SWA Position Description

Senior Woman Administrator

Position Description

The NCAA defines the Senior Woman Administrator (SWA) as the highest-ranking female involved in the management of an institution’s intercollegiate athletics program. The Senior Woman Administrator ensures the representation of women’s interests, experiences and perspective into the decision-making process in intercollegiate athletics.

Duties

- Acts as a key decision-maker instrumentally involved with the athletics department as a member of the Athletic Senior Management Team.
- Strategizes ways to support and manage gender equity and Title IX plans and issues including but not limited to:
  - Equitable hiring and compensation efforts
  - Competitive equity
  - Fair recruiting practices
  - Equitable budget allocations
  - Playing and practice season opportunities
- Is active in institutional control of intercollegiate athletics
- Advocates issues important to female and male student-athletes, coaches and staff including student-athlete well-being, sportsmanship, and ethical conduct
- Serves as a role model and resource for students-athletes, coaches, administrators and others
- Leads student-athletes in successfully balancing academics and athletics
- Reviews Equity in Athletics Disclosure Act Report and the Gender Equity Plan
- Regularly attends NCAA meetings, forums, and training
- Participate in athletic conference meetings as needed
5.6 FAR Position Description

Faculty Athletics Representative

Position Description

The NCAA defines the Faculty Athletics Representative (FAR) as a member of the institution’s faculty to represent the Athletic Department, the College, and its faculty in the institution’s relationship with the NCAA and Alfred State conference affiliations. The Faculty Athletic Representative is appointed by the President.

Duties

- Be active in institutional control of intercollegiate athletics.
- Serve as one of five recognized individuals authorized to make contact with NCAA legislative services and staff.
- Function as a consultant to the athletic director on compliance and student-athlete welfare.
- Be directly involved in any investigations of alleged rules violations.
- Act as a liaison between Faculty Senate/faculty and the Athletic Department.
- Meeting periodically with Athletics administrative staff and the Student Athlete Advisory Council (SAAC).
- Regularly attend NCAA and FAR Association national meetings.
- Participating in athletic conference meetings as needed.
- Attending athletic department staff meetings on a regular basis.
- Attending the student-athlete NCAA Eligibility sessions.
- Serve as Chair of the Intercollegiate Athletics Board (IAB).
- Periodically review athletic department and NCAA reports.
5.7 Student Success Center

The Student Success Center team members help students grow personally and academically. Services include focused instruction by peer and professional tutors, help for students with disabilities and the Educational Opportunity Program (EOP), a state funded extended program for educationally and economically disadvantaged students.

Alfred Campus
John O. Hunter Student Development Center
Main Floor
Phone: (607) 587-4122

Wellsville Campus
Student Services Building
Lobby Floor
Phone: (607) 587-3112

Tutoring Services

Online Tutoring
Tutors and tutees may engage in tutoring sessions regardless of their respective locations by collaborating via the Internet.

Peer Tutoring
Alfred State College offers free peer tutoring services for most courses. Peer tutors are students who have earned an A or B in a course and have received special training. Sessions are usually face-to-face, but online tutoring may be arranged upon request. Laura Giglio, the peer tutoring coordinator, may be contacted at giglioll@alfredstate.edu.

Professional Tutoring
Professional tutoring is available in writing, grammar, math, and literature courses.

Math and Tutoring Labs
Many members of the faculty volunteer their time in the tutoring labs. Both scheduled appointments and walk-in assistance may be obtained in the labs. The Math Lab is in room 102 and the Writing/Tutoring Lab is in room 237 of the Student Development Center.

Study Groups
Students are encouraged to form independent study groups. Students desiring a trained tutor to facilitate study groups should contact the peer tutoring coordinator, Laura Giglio, at giglioll@alfredstate.edu.

Supplemental Instruction

Supplemental Instruction (SI) is a series of weekly review sessions for students taking historically difficult courses. SI is provided for students who want to improve their understanding of course material and improve their grades. SI is funded through the Perkins Grant. Attendance at sessions is voluntary. For you the student, it's a chance to get together with people in your class to compare notes, to discuss important concepts, to develop strategies for studying the subject, and to test yourselves before your professor does, so that when he/she does, you'll be ready. At each session your SI leader, a competent student who has previously taken the course or a member of the The
Learning Center staff, will guide you through this material.

**Student Disability Services**

Alfred State College is firmly committed to providing an equal opportunity for a college education to all qualified students. The philosophy of the Office of Student Disability Services reflects the interpretation of Section 504 of the Rehabilitation Act of 1973 in terms of providing reasonable and individualized accommodations. We welcome students with disabilities into our campus community and our programs. In this spirit, we are committed to providing reasonable opportunities to qualified students to participate in campus programs and activities. We recognize that the needs for each person with a disability are unique; therefore, services and/or accommodations are provided on an individualized basis. Students with disabilities are encouraged to participate in all aspects of campus life. Self-identification is essential and self-advocacy is encouraged.

**How to Access Services**

Students who will be requesting support services must identify themselves to the Office of Student Disabilities Services. To verify eligibility, documentation must be provided that clearly indicates the presence of a disability that limits a major life activity, the functional impact of the disability on the pursuit of post-secondary education, and justification of the need for accommodations. A counselor will determine eligibility for services based on the quality of the submitted documentation.

Students eligible for services/accommodations must meet with a disability counselor each semester. Student needs will be determined, put in letter form by a counselor, and delivered, by the student, to respective faculty.

If students fail to self-identify and/or provide adequate documentation of a disability, they will be unable to access services/accommodations. Early identification is encouraged.
5.8 Athletic Training Policies & Procedures

Alfred State College
Student-Athlete Rules, Expectations and Services for Athletic Training

The following information is intended to resolve any misunderstandings and to give direction regarding Sports Medicine/Athletic Training at Alfred State College.

Athletic Training Staff

Head Athletic Trainer: Alexe Pask, MS, ATC  Orvis 237  716-982-3184  607-587-4568
Asst. Athletic Trainer: Kylie Bierman, LAT, ATC  Orvis 242  585-610-8888  607-587-4391
Asst. Athletic Trainer: Rebecca Straub, MAT, LAT, ATC  Orvis 242  716-307-7995  607-587-4388

*Athletic Training Students from Alfred University when placed at Alfred State for rotations.

Staff Coverage by Sport

<table>
<thead>
<tr>
<th>Fall</th>
<th>Winter</th>
<th>Spring</th>
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<tbody>
<tr>
<td>FB: Alexe</td>
<td>MBB: Kylie</td>
<td>LAX: Becca</td>
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<tr>
<td>MSOC: Kylie</td>
<td>WBB: Alexe</td>
<td>SB: Alexe</td>
</tr>
<tr>
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<td>WR: Kylie</td>
<td>BB: Kylie</td>
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<tr>
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<td>S&amp;D: Becca</td>
<td>OT&amp;F: Alexe, Kylie, &amp; Becca</td>
</tr>
<tr>
<td>XC: Alexe, Kylie, &amp; Becca</td>
<td>IT&amp;F: Becca</td>
<td>Spring FB: Alexe</td>
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Facilities

The center of our operation where all treatments, injury evaluations and rehabs will occur is in the Athletic Training Room (ATR) in Orvis Activities Center.

A secondary ATR is located at Pioneer Stadium. This athletic training room is used seasonally for football, men’s and women’s soccer, and men’s lacrosse. Usage of this ATR will be dependent on the AT covering those sports and will be communicated with the teams appropriately.

Athletic Training Room Hours

Hours of operation will be based on the current season, practice/competition schedules and availability of staff. Although these hours are subject to change, general hours of operation and services include the following:

Open Clinic:
- Is available from 11am-3pm Monday-Friday (during the normal semester weeks)
- Is designed for:
  1: Conducting new injury evaluations
  2: Instruction/completion of therapeutic rehab
  3: One-on-one treatments
  4: If Wellsville/Clinical Rotations prevent SA’s from being available during this time then appointments can be made with an AT in advance for later in the day.

Pre-Practice/Practice Coverage:
- Is 1 hour before and 30 minutes after your scheduled practice time
- Is designed for:
  1: Heating (Hot pack or whirlpool)
  2: Self Stretching
  3: Self Foam/Stick Rolling
  4: Taping
  5: Ice (Bag, cup or whirlpool)
  6: Injury evaluation for an injury that occurred at that day’s practice!
  7: Appointments made in advance with an AT for Open Clinic services due to Wellsville/Clinical Rotation conflicts during the day.

Pre-Game:
- Athletic Trainers will be available a minimum of 2 hours pre-game and 30min post-game

24/7 Access:
- New this year will be a 24/7 ice station located outside of the Orvis ATR. This will include ice, ice bags, wrap, a shark to cut off tape and a garbage can.
- This is designed to have access to these materials outside of normal ATR hours.

Athletic Training Room Rules
1: Shoes, bags, coats and any equipment should be left outside the Athletic Training room in order to keep the room clean and free of unnecessary clutter.
2: Use your manners! Being polite and saying please and thank you are life lessons that should be used everywhere including the ATR.
3: Use of cellular phones should not impede what is being done in the ATR. Phones will be used by the SA’s to sign in and log treatments on SportsWare but should not be taking their focus away from the task at hand.
4: SA’s must shower/rinse off before entering the ATR for post practice treatments that include the use of treatment tables or whirlpools. Cutting off tape or getting an ice bag does not require a shower.
5: SA’s are NOT allowed to set up, use or adjust any equipment to perform self-treatments.
6: SA’s are NOT allowed to remove anything from the ATR unless given permission by one of the AT’s.
7: SA’s must come to the ATR dressed appropriately for treatments; typically shorts and a t-shirt. Athletes must allow for appropriate access to the injured area.
8: Treatments are decided by the athletic trainer (AT) based on an injury evaluation by the AT. SA’s will not choose or ask for specific treatments, nor will treatment be given for injuries that were not evaluated by an AT.
9: Athletic Training services are available to student athletes ONLY. If you are not on the team roster or have not signed a tryout waiver then treatment and services cannot be given.

Practice Supplies and Coverage

Practice Coverage by AT:
- On Field: FB & LAX
- On Site: M/WSOC, VB, XC, M/WBB, WR, S&D, I/OT&F, SB, & BB
  *IT&F & WE coverage by AU due to practice location at their facilities. In case of emergency the coach will contact one of the Alfred State AT’s

Practice Supplies:
Water will be provided for all sanctioned/scheduled practices.
Typically a 10gal cooler with 2 racks of water bottles. (#of coolers/water bottles will vary based on team size)

***Water bottles and cups are a privilege for practice: if water bottles begin to disappear or cups don’t get disposed of properly then athletes will be responsible for bringing their own water bottles to practices. Only water will be provided. ***

5.9 Team Travel/Event Drive Release Form

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF THE RISK AND INDEMNITY AGREEMENT

By my signature below, I acknowledge that I am aware of, appreciate the character of, and voluntarily assume the risks by traveling on my own for the following:

Event name: _____________________________________________________________

Event date: ______________________________________________________________

By my signature below, on behalf of myself, my heirs, next of kin, successors in interest, assigns, personal representatives, and agents, I hereby:

1. Waive any claim or cause of action against and release from liability the State of New York, its officers, employees, and agents for any liability for injuries to my person or property resulting from my participation in the activity listed above;

2. Agree to indemnify and hold harmless the State of New York, its officers, employees, and agents for any claims, causes of action, or liability to any other person arising from my participation in the activity listed above; and

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF THE RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT NAY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Name_____________________________________ Date of Birth _____________________________

Permanent Address __________________________________________________________________

Signature______________________________________________ Date________________________