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Introduction

This handbook was created to provide the college’s student-athletes with pertinent information on the goals, expectations, policies and procedures of participating in athletics at Farmingdale State. The intercollegiate athletic program is dedicated to enhancing the overall educational experiences of the student-athlete by providing high quality, organized and healthy competition against other institutions of higher learning. It is our hope that you find this information useful during your participation at Farmingdale State.

Mike Harrington & Tom Azzara
Directors of Athletics

In the area of Sports Information, the Athletic Department has taken many steps to provide our student-athletes, their families and friends as well as the entire community with an exciting and informational website. The website – www.farmingdalesports.com – is updated on a daily basis and provides information regarding all 18 intercollegiate teams. Current rosters, bios, schedules, game results, recaps, statistics, facility/weight room hours and all other athletic department information is available for your enjoyment. We encourage you to sign-up for email updates, join our social media platforms and download our athletics app, which will provide you with up-to-date articles and info as soon as they are available.

I hope you enjoy the information we provide and wish you the best of luck during the 2020-21 year!

Ryan Williams
Sports Information Director

Follow the Rams on Twitter (©FarmStateRams) and Instagram (@fscgorams), become a fan on Facebook (Farmingdale State Rams) and download our athletics app (FSC Rams Front Row) on the App Store and Google Play!
About the Athletic Department

Farmingdale State is a Division III member of the NCAA (National Collegiate Athletic Association) offering 18 intercollegiate sports (9 Male, 9 Female). The College currently holds membership in the Skyline Conference, ECAC and the NJAC (for track). To access schedules and follow results of all our teams, please visit our Department of Athletics website at www.farmingdalesports.com.

Farmingdale State Athletics Directory

Main Office Number - 934-420-2482

Administration and Support Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Director of Athletics</td>
<td>Mike Harrington</td>
<td>934-420-2482</td>
</tr>
<tr>
<td>Director of Athletics</td>
<td>Tom Azzara</td>
<td>934-420-2599</td>
</tr>
<tr>
<td>Associate AD/ SWA</td>
<td>Deana Ward</td>
<td>934-420-2178</td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>Tara Velsor</td>
<td>934-420-2482</td>
</tr>
<tr>
<td>Assistant AD/SID</td>
<td>Ryan Williams</td>
<td>934-420-2699</td>
</tr>
<tr>
<td>Academic Counselor</td>
<td>Erin Calkins</td>
<td>934-420-2156</td>
</tr>
<tr>
<td>Life Skills Coordinator</td>
<td>Kristy Nix</td>
<td>934-420-5219</td>
</tr>
<tr>
<td>Student-Athlete Services</td>
<td>Bill Musto</td>
<td>934-420-2253</td>
</tr>
<tr>
<td>Equipment Coordinator</td>
<td>Steve Raisfeld</td>
<td>934-420-5463</td>
</tr>
<tr>
<td>Travel Coordinator</td>
<td>Liz Pennino</td>
<td>934-420-5287</td>
</tr>
<tr>
<td>Facilities Operations</td>
<td>John Principato</td>
<td>934-420-2606</td>
</tr>
<tr>
<td>Asst. Facilities Operations</td>
<td>Alix Lamarre</td>
<td>934-420-5286</td>
</tr>
<tr>
<td>Asst. Facilities Operations</td>
<td>Vincent Danetti</td>
<td>934-420-5286</td>
</tr>
<tr>
<td>Head Athletic Trainer</td>
<td>Jennifer Bergstein</td>
<td>934-420-2539</td>
</tr>
<tr>
<td>Associate Athletic Trainer</td>
<td>Jessica Dautner</td>
<td>934-420-5281</td>
</tr>
<tr>
<td>Assistant Athletic Trainer</td>
<td>Ray Zdrodowski</td>
<td>934-420-5282</td>
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Coaching Staff

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Baseball</td>
<td>Keith Osik</td>
<td>934-420-2123</td>
</tr>
<tr>
<td>Basketball (M)</td>
<td>Brendan Twomey</td>
<td>934-420-2079</td>
</tr>
<tr>
<td>Basketball (W)</td>
<td>Mark Dellecave</td>
<td>934-420-2204</td>
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<tr>
<td>Cross-Country (M/W)</td>
<td>Daniela Georgieva</td>
<td>934-420-5285</td>
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<tr>
<td>Men’s Golf</td>
<td>George Cangero</td>
<td>934-420-5424</td>
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<td>Indoor Track (M/W)</td>
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<td>Sean Chamberlain</td>
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<td>Outdoor Track (M/W)</td>
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<td>934-420-5285</td>
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<td>Chuck Schimpf</td>
<td>934-420-2620</td>
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<tr>
<td>Soccer (W)</td>
<td>Chris Roche</td>
<td>934-420-2383</td>
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<td>Softball</td>
<td>Liz Pennino</td>
<td>934-420-5287</td>
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<td>Tennis (M/W)</td>
<td>Adam Waterhouse</td>
<td>934-420-2381</td>
</tr>
<tr>
<td>Volleyball (W)</td>
<td>Kristy Nix</td>
<td>934-420-5219</td>
</tr>
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</table>
Farmingdale State Athletics Philosophy Statement

Office of the President:
The purpose of the Intercollegiate Athletic Program is to support and expand the total educational experience offered by the College. The program serves as a laboratory for the education of the student-athletes and is conducted in keeping with the general educational mission of the College.

The program is designed to educate student-athletes in such areas as: good sportsmanship, leadership, teamwork, health, well-being, loyalty and overall character development. The program, available for men and women, offers student-athletes a wide variety of opportunities for participation.

The College is committed to the ideals of a quality intercollegiate athletic program that contributes to its objectives of offering its students a well-rounded educational experience. The College supports the intercollegiate program and student-athletes within the guidelines of the State University Board of Trustees.

GOALS AND OBJECTIVES

The athletic program at Farmingdale State has established the following goals and objectives:

1. To allow student-athletes an opportunity to develop their skills to the highest level by providing them with adequate facilities, competent coaching and appropriate competitive opportunities.

2. To build self-confidence, self-esteem and respect for others through participation in a community which values each student as an individual.

3. Individual social skills development of teamwork, leadership, organizational role development, work ethic and perseverance to prepare participants for life.

4. Individual fitness development to enable participants to meet physical and mental challenges.

5. Individual mental development through problem-solving and decision-making strategy development and quick responses.

6. Individual emotional development through the process of adjusting to success and disappointment.

7. To foster in the student-athlete the importance of academic success.
NCAA Division III Philosophy Statement

Colleges and universities in Division III place the highest priority on the overall quality of the educational experience and on the successful completion of all students’ academic programs. They seek to establish and maintain an environment in which a student-athlete’s athletics activities are conducted as an integral part of the student-athlete’s educational experience, and an environment that values cultural diversity and gender equity among their student-athletes and athletics staff.

To achieve this end, Division III institutions:

- Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;
- Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;
- Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;
- Primarily focus on intercollegiate athletics as a four-year, undergraduate experience;
- Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
- Encourage participation by maximizing the number and variety of sport offerings for their students through broad-based athletics programs;
- Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
- Assure that athletics participants are not treated differently from other members of the student body;
- Assure that student-athletes are supported in their efforts to meaningfully participate in nonathletic pursuits to enhance their overall educational experience;
• Assure that athletics programs support the institution’s educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution’s athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;

• Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process;

• Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student-athletes;

• Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;

• Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;

• Provide equitable athletics opportunities for males and females and give equal emphasis to men’s and women’s sports;

• Support ethnic and gender diversity for all constituents;

• Give primary emphasis to regional in-season competition and conference championships; and

• Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.
Behavioral Expectations

In accordance with the Farmingdale State Code of Conduct, the Athletic Department establishes policies consistent with standards of the State University of New York.

Farmingdale State College is committed to providing an environment in which living and learning can occur. In order to function effectively and to provide an educational climate in which members can fulfill their academic pursuits and the educational objectives of the campus community, guidelines for defining individual rights and responsibilities are outlined in the Student Code of Conduct.

The Student Code of Conduct has been adopted for the purpose of maintaining a quality of life that shares rights, privileges and responsibilities among its citizens, not for the purpose of duplicating public statutes. Respect for dignity and rights of students, staff, and groups in the campus community. Alleged violations of the Student Code of Conduct, local, state or federal statutes on campus will not be tolerated and are subject to the campus judicial processes. Each student, as a representative of the College, is expected to uphold the good name of the College and respect the rights and privileges of the College community.

Student-athletes shall conduct themselves as responsible representatives of the College…while participating in all athletic contests, while traveling to and from away contests and while attending any athletic events where Farmingdale State teams are represented.

Incidents which occur off campus, that are alleged violations of local ordinances, State Federal law on or off the College’s premises, or at College sponsored or supervised activities where said alleged violations pose a possible threat and/or danger to the safety of the campus community will be adjudicated on campus and may simultaneously be handled by law enforcement agencies, if necessary.

Student-athletes shall endeavor to maintain a positive relationship with coaches and teammates and shall be supportive of other Farmingdale State athletic teams.

Student-athletes are additionally responsible for abiding by NCAA regulations that govern collegiate sports and should request clarification of rules, if necessary.

Thus, the application of the Farmingdale State Code of Conduct will be enforced in conjunction with all university departments and the Office of the Dean of Students. While all rules and regulations apply to every student-athlete, the below listed offenses are specifically prohibited.

Alcohol and Drugs

Farmingdale State does not condone the illegal or otherwise irresponsible use of alcohol or other drugs. The Department, its personnel, athletic trainers and administration strongly believe that the use of alcohol and illicit use of drugs can be detrimental to the physical and mental well-being of its student-athletes. The Department will not tolerate such abuse or use, particularly while participating in athletic competition or practice.
It is the responsibility of every member of the college community to know the risks associated with alcohol and other drug use and abuse. This responsibility obligates student-athletes, faculty and staff to know relevant college policies, federal state and local laws and to conduct themselves in accordance with these policies and laws. Farmingdale State has explicit policies regarding the use of alcohol and other drugs on campus. The Department supports these policies and requires the student-athletes and athletics staff to abide by them. With this in mind an annual education session is required for each athlete.

**Gambling**

Gambling on any sports activities (whether high school, college or professional) is prohibited by the College and NCAA.

**Hazing**

Hazing is defined as “any action take or situation created intentionally, whether on or off campus, to produce mental or physical discomfort, embarrassment, harassment, or ridicule.”

All student organizations are responsible for encouraging an atmosphere of learning, social responsibility, respect for human dignity and for providing a positive influence and constructive development for members of aspiring members. All organizations are expected to utilize good judgment to determine the abilities of individual students as they relate to organizational activities and requirements. Hazing is unproductive and hazardous behavior that is incongruous with this responsibility and hazing has no place in our college life, either on or off campus.

**Sexual Harassment**

The President and the College community will not tolerate sexual harassment, nor condone it in any form, and are committed to providing and preserving an atmosphere free from harassment in any manner. Sexual harassment is a form of misconduct, which undermines the integrity of employment and educational pursuits.

No one should be subjected to unsolicited and unwelcome sexual overtures or conduct, either verbal or physical. For these reasons, harassment of any kind is unacceptable at the College. For anyone who violates this code, consequences will follow, including but not limited to immediate interim suspension from the College, expulsion or other disciplinary/legal actions as determined.

In a policy adopted by the NCAA Board of Governors in August of 2017, NCAA coaches, college athletes and athletics administrators are required to complete education each year in sexual violence prevention.

As part of the new policy, leaders on each NCAA campus — the school president or chancellor, athletics director and Title IX coordinator — must attest annually that coaches, athletics administrators and student-athletes were educated in sexual violence prevention.
Social Media

Social Media refers to the use of web-based and mobile technologies to turn communication into interactive dialogue. Examples of Social Media include, but are not limited to: Facebook, Snapchat, Twitter, Instagram, YouTube, TikTok, Myspace, LinkedIn, Podcasts and Blogs.

All student-athletes participating in NCAA Intercollegiate athletics at Farmingdale State are a representative of the College and are ALWAYS in the public eye. Student-athletes are held to a higher standard than other students on campus. The athletic department encourages student-athletes to keep in mind the following guidelines as they participate on the various Social Media sites.

- Student-athletes will not post sexist, racist, obscene or profane material of any kind.
- Student-athletes will not use social media to degrade, demean, or attack any person or school.
- Student-athletes will not post material relating to acts in violation of any Federal or State laws, FSC policies, or team rules.
- Student-athletes will not post material which reflects negatively on themselves, Farmingdale State College, Farmingdale State athletics, their respective teams or other schools.

Any inappropriate activity or language, including first time offenses, is subject to investigation and possible sanction by the Dean of Students and/or the Athletics Department. Sanctions imposed may include, but are not limited to, the following…

a. Meeting/investigation by the Dean of Students.
b. Written notification from the Director of Athletics or assignee to the student-athlete outlining the policy and requiring that the unacceptable content be removed or the social network profile deactivated.
c. Suspension from the team for a prescribed period.
d. Dismissal from the team.
e. Dismissal from school.

Farmingdale State College Social Media Policy for Student-Athletes
Academic Expectations

Every student-athlete must meet minimum eligibility requirements as defined by the college, the NCAA and our conference. In order for a student to be eligible for practice and competition, all student-athletes must meet the following academic requirements:

Full-Time Enrollment

Student-athletes must be matriculated and enrolled in a minimum of 12 credit hours in order to practice and compete. Semester schedules should provide the student-athlete with availability to attend all practices and games.

Good Academic Standing

A student is considered in good academic standing if they meet the standards of GPA and credit hours, as set forth by the College, the NCAA and the Athletic Department.

<table>
<thead>
<tr>
<th>Class</th>
<th>GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freshman</td>
<td>1.75 or higher</td>
</tr>
<tr>
<td>Sophomore</td>
<td>2.00 or higher</td>
</tr>
<tr>
<td>Junior</td>
<td>2.00 or higher</td>
</tr>
<tr>
<td>Senior</td>
<td>2.00 or higher</td>
</tr>
</tbody>
</table>

All student-athletes must “maintain satisfactory progress” towards their degree to be eligible for intercollegiate competition, as per the policies established by the College.

Academic Counseling

Any of our student-athletes who hold a 2.5 or lower GPA will be required to see our Academic Counselor on a bi-weekly basis and receive progress report forms to give to their professors.

Failure to see the Academic Counselor could result in suspension from games and/or dismissal from the team.

An example of the bi-weekly Attendance / Academic Report Form is on the following page:
FARMINGDALE STATE COLLEGE ATHLETICS
ATTENDANCE/ACADEMIC REPORT FORM

DUE DATE: Thursday, October 10th
PROFESSOR: John Smith
FROM: Erin Calkins, Coordinator of Student-Athletes Academics
COURSE: MTH 116
STUDENT-ATHLETE: Jane Doe
TEAM: Women’s Soccer

The person above is registered in your class. Our student-athletes must meet strict National Collegiate Athletic Association (NCAA) academic regulations. In an attempt to help our student athletes maintain satisfactory academic progress, we seek your assistance.

This form will be given to you bi-weekly by the student-athlete as to monitor their academic performance. I would appreciate you completing the information below and sign at the bottom.

Please inform my office if the student requests a withdrawal, or must be withdrawn for any reason. My office number is (934) 420 – 2156. Thank you.

<table>
<thead>
<tr>
<th>ATTENDANCE: (PLEAS CHECK)</th>
</tr>
</thead>
<tbody>
<tr>
<td>GOOD: X</td>
</tr>
<tr>
<td>TOTAL NUMBER OF ABSENCES AS OF TODAY’S DATE: None</td>
</tr>
<tr>
<td><em>Excused absences due to athletic competition, not a practices</em></td>
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<td>MAJOR ASSIGNMENTS/EXAMS MISSING? YES NO X HOW MANY</td>
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<td>PARTICIPATION: GOOD X AVERAGE NEEDS IMPROVEMENT</td>
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<tr>
<th>ADDITIONAL COMMENTS:</th>
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PROFESSOR’S SIGNATURE: ____________________________
Athletic Participation and Standards

Athletic Clearance Policy

It is mandatory for all student-athletes to complete a medical orientation session with the College Health and Wellness Center and submit the necessary forms to our athletic trainers. At the medical orientation, the following will need to be completed before they are eligible for practice or competition.

Freshman and Transfers:
- Completed Health & Wellness first-time student medical form (including physical examination, blood work, tuberculosis shot, etc.)
- Proof of Insurance form / Insurance Card
- Medical History Form
- Sickle-Cell Testing or Waiver
- Completion of DragonFly MAX Online Athlete Dashboard (for athletic training room)
- Concussion Baseline Test

Returning Student-Athletes:
- Physical Examination
- Proof of Insurance form / Insurance Card
- Updates on DragonFly MAX (for athletic training room)

***Proper clearance (WHITE CARD) must be obtained before any coach is permitted to allow the student-athlete to practice or play with the team.

Both new and returning student-athlete medical clearance paperwork can be found on the Sports Medicine page on the athletics website.

Eligibility

Student-athletes must meet the academic standards of the College and NCAA, as well as, complete an NCAA education workshop prior to their first contest of each season. At the workshop, all student-athletes will be advised of the standards for eligibility and will be required to sign a drug testing consent form. Student-athletes that maintain academic eligibility may compete in a specific sport for 4 years. However, the 4 years must be completed within the first 10 full-time semesters of college enrollment.

Transportation

Transportation to all off-campus contests is provided by the Athletic Department. The coaching staff at the College are designated drivers and chaperones for their respective teams. For any trips over two hours away, a coach bus will be provided. If at any time a coach or player is unable to travel with the team, arrangements must be approved with the Athletic Director. Athletes who will NOT be riding in college-sponsored transportation must inform their coach, in writing, prior to the event and sign an Athletic Department Transportation Waiver.
**Dress Code**

Student-athletes must abide by the dress code set for them by the Athletic Department.

Men -
- Pants, slacks or khakis
- Dress shirt, polo shirt or sweater
- Dress shoes, belt
- Or Team Warm-Up/Uniform

Women -
- Pants, slacks or khakis
- Blouse, button shirt, polo shirt, sweater
- Skirt, dress
- Dress shoes
- Or Team Warm-Up/Uniform

**NO JEANS** should be worn by male or female athletes!

**Equipment**

Required equipment varies upon each intercollegiate sport.

**Locker Assignments**

The Coach will assign each athlete their own locker and combination locks for use during the playing season.

**Drug Testing**

At the beginning of each season, there will be a mandatory meeting for all student-athletes addressing issues of drug and alcohol education. The compliance coordinator will review the NCAA drug testing programs and regulations, as well as, any changes in testing procedures from the previous year. Each student-athlete must sign a drug-consent form before competing in his or her first game of the season. Every student-athlete has the potential of being tested during NCAA post-season games. A list of banned substances is available in the training room or on the [NCAA website](http://www.ncaa.org).

**Missing Classes**

**NO** professor is required to allow you to miss class for athletics!!

Here are the guidelines that should be followed for missing classes:
1. At the beginning of each term, student-athletes should inform their professors of possible schedule conflicts because of athletic participation.

2. When students miss class due to competition, they are to inform their instructor of the situation at the earliest possible time and no later than 1 week prior to the absence. Absence from class does not excuse the student-athlete from class work, each student-athlete is required to make-up any missed work.

3. The student-athlete should obtain a Student Excuse Form to be signed by the professor(s) of classes missed and returned to the coach before the day of departure.
Please see the 2020 Men’s Lacrosse Class Release Form as an example:

FARMINGDALE STATE COLLEGE ATHLETICS

Class Release Form

February 2020
Dear Professor:

Below is the Spring 2020 Men’s Lacrosse schedule with contest dates and departure times for home and away games. We ask that you please excuse this student-athlete if there is a class conflict. These student-athletes understand that they are students first; however participating in intercollegiate athletics enhances the total educational experience of our students. As such, they understand that any class work missed during an absence will be made up.

Please do not hesitate to call me if you have any questions or concerns.
Thank you for your time and understanding.

Sincerely,
Erin Calkins
Farmingdale State College
Coordinator of Student Athletes
631.420.2156

2020 Men’s Lacrosse Schedule Spring Semester

<table>
<thead>
<tr>
<th>Month</th>
<th>Opponent</th>
<th>Departure Time</th>
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</thead>
<tbody>
<tr>
<td>FEBRUARY</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed. 26th</td>
<td>@ Centenary</td>
<td>12 PM</td>
</tr>
<tr>
<td>MARCH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed. 4th</td>
<td>Vs. New Paltz</td>
<td>5 PM</td>
</tr>
<tr>
<td>Tues 24th</td>
<td>Vs. Anna Maria</td>
<td>5 PM</td>
</tr>
<tr>
<td>APRIL</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed. 1st</td>
<td>Vs. Maritime</td>
<td>2 PM</td>
</tr>
<tr>
<td>Tues. 7th</td>
<td>Vs. Purchase</td>
<td>2 PM</td>
</tr>
<tr>
<td>Wed. 15th</td>
<td>@ Merchant Marine</td>
<td>4 PM</td>
</tr>
<tr>
<td>Fri. 24th</td>
<td>Vs. CMSV</td>
<td>4 PM</td>
</tr>
</tbody>
</table>

We ask that you sign and date two copies. Please keep one for your files and return the other to the student-athlete for safe-keeping.

Professor Signature Date Student-Athlete Signature Date

Erin Calkins
Coordinator of Student-Athletes
Department of Athletics
Farmingdale State College
Training Room Policies

Training Room Hours:

Monday – Friday: 11 am-end of practice/contests (subject to change)
Saturday – Sunday: 1 hour prior to scheduled practices and 2 hours prior to contests.

The training room serves as a prevention and rehabilitation center for student-athletes.

The training room should be used for these purposes, NOT as a distraction from practice or a social hang out. Athletes in rehab should appear in the training room at times previous or after practice, NOT during the scheduled practice times.

- Student-athletes must sign-in before care is given.
- All athletic equipment and bags should be left outside the room.
- NO CLEATS, soiled practice clothes or food allowed in the Training Room.

A Certified Trainer will be on hand for all competitions and practices and may utilize the assistance of other health care professionals.

Injury Procedures:

If a student-athlete sustains an injury as a result of participation in a supervised practice and/or competition, he/she must notify his/her coach and report it immediately to the athletic training staff so a thorough evaluation of the injury can be made. Many injuries, however, are not noticed until the next day. Except in the event of an emergency, the student-athlete should contact the Athletic Trainer as soon as possible the next day, prior to practice.

If necessary, the athletic trainer will refer the student-athlete to the Student Health and Wellness Center. From there, a report will be filed and further treatment will be diagnosed.

Any athletic injuries occurring during practice or competition will be covered through the student-athletes primary insurance. The NCAA’s Catastrophic Insurance becomes effective ONLY after a certain amount.

After a medical evaluation has been made, the student-athlete will be expected to report to the athletic training room for treatment (daily) and report to practice on time, unless excused by the coach or athletic trainer.

Fitness Center Policies

Each member/student-athlete must receive an educational before use.

* Sign-in at desk with College ID card.
* Proper attire worn – no street clothes!!
* No food or drink permitted, except water.
* Room can only be used when attendant is on duty.
* No bags or equipment of any kind permitted in room.
* All equipment used must be wiped down after each use.
* All weights must be returned to holding stations after use.
Athletic Leadership Opportunities and Recognition

Life Skills

In 2017, the athletics department implemented their Life Skills program. This program is intended to provide student-athletes the opportunity to develop as individuals, pursue positive experiences and gain confidence in their own abilities through a series of workshops throughout the year. These workshops encourage student-athletes to advance their overall well-being and mature both personally and professionally.

The life skills coordinator encourages all student-athletes to attend the many workshops. The workshops include:

✓ Community Service – each team conducts two community service initiatives each year. Build relationships with local charities, groups or schools.

✓ Class specific workshops
  o FRESHMAN: Freshman Seminar
    ▪ Time management, social media, mental health, drugs and alcohol, sexual violence
  o SOPHOMORE: Building your Brand
    ▪ Understanding your brand and reputation, leadership, effective communications, healthy lifestyle
  o JUNIOR: Stepping into your Future
    ▪ Emotional intelligence, conflict resolution, S.M.A.R.T. goals for the future, personality testing (skill set), potential careers
  o SENIOR: Welcome to the Real World
    ▪ Dress for success, resume building, career development, interviewing skills, job fairs (eye contact, body language, etc.)

Student-Athlete Advisory Committee (SAAC)

Two members of each team will be chosen to represent their sport, making up the Farmingdale State SAAC. All student-athletes selected will meet once a month to discuss various subjects pertaining to athletics at Farmingdale State. The group will also participate in fundraising activities, volunteer work, community service, educational workshops and college spirit events. A President and Vice-President are selected to head the committee and serve on the Intercollegiate Athletic Board of the College.

Follow Farmingdale State SAAC on Instagram (@fcsaac) to check out some of their work.
**Athletic and Academic Recognition**

**Conference Athletes of the Week**

On Monday mornings throughout the school year, your Sports Information Director(s) are allowed to nominate one Rookie and two Players (typically offensive & defensive) from each team for Conference weekly awards. The winners are chosen by the Conference Sports Information Director and are posted on the website either late Monday or early Tuesday morning.

**Senior Brunch**

The Annual Athletics Senior Awards Brunch is held each year at the end of the spring semester. Semi-formal attire is required and all 4-year players or graduating seniors are invited to attend. Also underclassmen are invited if they will be receiving an award at the Brunch.

Awards given at Brunch include:
1. Academic Team of the Year (team with highest GPA)
2. Chancellor’s Scholar-Athlete Awards
3. George P. LaRosa Leadership Award
4. Senior Awards
5. *All-FSC Team*

*All-Farmingdale State Team*

Approximately 10 student-athletes will be selected by the Farmingdale State Athletics Administration to receive “All-FSC Team” recognition. They will be honored at the Senior Awards Brunch for their outstanding accomplishments during the year and/or throughout their career.
Facility Hours and Procedures

Nold Hall

Office Hours: Monday – Friday 9:00am – 5:00pm

Gymnasium(s)*

Open Gym: Monday – Friday 7:00am – 9:00pm
Saturday 10:00am – 4:00pm
Sunday CLOSED

Weight Room*

Open to Members:
Monday – Friday 7:00am – 9:00pm
Saturday 10:00am – 4:00pm
Sunday CLOSED

Racquetball Courts

Available on a first come, first serve basis to all faculty, staff and students.

Training Room

Monday – Friday 11:00am – 7:00pm (subject to change)
Saturday As needed
Sunday As needed

Opens 2 hours before all home games…

Athletic Facilities are CLOSED during School Breaks and Holidays

*Hours are subject to change without notice

In cases of inclement weather, the athletic department will follow the College closing schedule.