Dear Golden Eagle Student-Athlete,

Welcome to Oral Roberts University! The Athletic Department anticipates another great year in athletics and academics. Over the last 20 years, ORU Athletics has produced 152 Conference Championships, three NCAA Champions, 82 NCAA Tournament appearances and 96 All-Americans. The Golden Eagle Student-Athletes posted an unbelievable 3.28 GPA last year and have had an average GPA of 3.0 or better 19 of the last 20 years. ORU student-athletes graduate intellectually, physically, socially and spiritually prepared for life. We look forward to the challenges ahead of us for the 2018-19 year in athletics and in the classroom.

The responsibility and commitment of the Athletic Department administrative staff is to provide the support necessary for you to be successful in both of these arenas. In short, we want to help you prepare for life after athletics. This is a serious responsibility, and we do not take it lightly.

During this year, you will encounter both success and failure, but you must view these as temporary achievements and obstacles on your road to life. Our staff is here to share in those joys and disappointments and to be available to you.

I wish you all the best in your athletic and academic endeavors. May God richly bless you.

Very truly yours,

Mike Carter
Director of Athletics
ORAL ROBERTS UNIVERSITY  
CALENDAR OF ACADEMIC EVENTS  
COLLEGES OF ARTS & CULTURAL STUDIES, SCIENCE & ENGINEERING,  
BUSINESS, EDUCATION, NURSING, AND THEOLOGY & MINISTRY  

**Fall Semester 2018**

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**Spring Semester 2019**

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Revised 01.09.18
MISSION

DEVELOPING WHOLE PERSON CHAMPIONS

GOALS

Athletic Excellence    Spiritually Alive
Intellectually Alert   Socially Prepared

CORE VALUES

“All In”

EXCELLENCE
ACCOUNTABILITY
GOD FIRST
LOVE
ETHICAL
SERVICE
Oral Roberts University
ELI Academic Center
Academic Release Form

By signing this Academic Release Form, you give your consent to disclose to authorized representatives of this institution, its athletics conference and the NCAA, the following documents: 1) this form, 2) educational records (including but not limited to GPA, grades, attendance), 3) graduation status, 4) Race and gender identification 5) Records concerning your financial aid; and 6) any other documents or information pertaining to NCAA eligibility and/or recognitions. You agree to disclose these records to determine your eligibility for intercollegiate athletics, your eligibility for athletically related financial aid, for evaluation of school and team success, for purposes of inclusion in summary institutional information reported to the NCAA.

______________________  _______________________
Full Name (Please print)  Sport

______________________  _______________________
Signature  Date

In addition to releasing educational records to authorized representatives of Oral Roberts University, you may release this information to parents/guardians. By signing below, you give your consent to disclose the aforementioned educational records to parents/guardians.

______________________  _______________________
Signature  Date

Print name of parent(s)/guardian(s): ________________________

Print phone number of parent(s)/guardian(s): _________________
PROCESS OF VALIDATION

It is a requirement at ORU that all students be validated in order to complete the registration process. Student-athletes are responsible to get validated; failure to do so will result in loss of academic schedule, and late registration fees will occur. Student-athletes must resolve any financial or academic hold in order to validate.

The following steps must be completed in order to be validated:

Step 1: Register for classes
- For student-athletes, there is an ELI Academic Center hold placed on each account. This hold will prevent student-athletes from registering and dropping/adding courses. They must meet with an athletic academic advisor to complete this step.

Step 2: Housing/Board/ORU Email
- Complete the housing application thru VISION.
- Email set-up on VISION.

Step 3: Financial Aid/Student Accounts
- Scholarships must be signed and arrangements for payment must be made.
- Financial Aid awards must be accepted or declined through VISION

Step 4: Student Health Requirements
- Insurance verification must be completed by the Sports Medicine Team.
- All required health documentation must be in Student Health Office.

Step 5: Final Validation with Student Accounts
- Receive validation stamp.

The ELI Academic Center hold will prevent student-athletes from validating online through Vision. Student-athletes will need to validate in person at GC 2½ W or by phone.
ORU ATHLETIC ACADEMIC SERVICES

ORU Athletic Academics is committed to providing a comprehensive program that supports and nurtures the academic, personal, and professional growth of its student-athletes. The Athletic Academic office is also responsible for helping monitor each student-athlete's progress toward a program of study/major while maintaining athletic eligibility according to NCAA standards and guidelines.

Facilities

The ELI (Education, Life Skills, Integrity) Academic Center is the hub of academic services for student-athletes at Oral Roberts University. The ELI Academic Center is located on the second floor of the Graduate Center (GC) in room 2109 and houses the computer lab, private study rooms, athletic bookstore, and general study area.

Hours

Throughout the year, the ELI Academic Center is open and staffed Monday through Friday, 8 a.m.-5 p.m. In order to accommodate the student-athlete’s demanding schedule, during the fall and spring semesters hours are extended:

- Monday through Thursday: 8:00 a.m. to 5:00 p.m.
- 7:00 p.m. to 10:00 p.m.
- Friday: 8:00 a.m. to 5:00 p.m.
- Closed Saturday AND During Chapel Hours
- Sunday: 3:00 p.m. to 6:00 p.m. (Fall Only)

Computer Lab

The ELI Academic Center Computer Lab is accessible to all student-athletes and is open during ELI Academic Center hours. The lab contains 18 computers, each with access to high-powered laser printing, Internet, Email, D2L, as well as Microsoft Office and other software. The ELI Academic Center computers are frequently updated by the IT Department of ORU. (Please note: in order to maintain the computer lab, food and drinks are not permitted in the area.)

Academic Advisement

Are available to help student-athletes through the educational process. They will provide specialized academic support such as the following:

- Planning class schedules
- Adding/dropping classes
- Identifying academic support strategies
- Declaring majors/minors
- Facilitating preregistration and validation
- Setting academic goals
Career planning
• Monitoring eligibility and progress toward degree
• Tracking academic status through faculty interaction

Student-athletes are assigned an athletic academic advisor by sport. Freshman and sophomore student-athletes should visit their athletic academic advisor regularly to build a solid academic foundation. Junior and senior student-athletes will work with both their athletic academic advisor and their assigned faculty advisor within their major department to accomplish similar tasks. The sport assignments and staff are as follows:

Kyle Jones 495-7671
(basketball, baseball, and volleyball)

Whitney Cook 495-7141
(track/cross country and women’s soccer)

Helen Erb 495-7651
(men’s soccer, golf and tennis)

Life Skills
The life skills program seeks to enhance the spiritual and personal development of student-athletes and provide opportunities for individual and team community outreach. The mission of the CHAMPS/Life Skills Program is to provide a systematic personal development program designed to reach each student-athlete based on his or her individual needs. The focus of the program is on the individual as a whole person (academically, athletically, and emotionally) and on the changing needs and skills of that individual during college and in the years after graduation.

Tutoring
Peer tutoring is an essential practice of the ELI Academic Center. Students in high academic standing are hired, trained, and scheduled to facilitate supplemental learning and academic skill building for student-athletes in a one-on-one or small group setting. ELI Academic Center tutors cover primarily general education courses and upper-level courses in select majors. Student-athletes may request a tutor through their academic advisor, coach, graduate assistants, or on a walk-in basis. Tutors are available to all student-athletes in the ELI Academic Center during scheduled study hall hours and by appointment. Student-athletes may acquire study hall hours for time spent in tutoring sessions.

Study Hall
Study hall is a monitored study program designed to provide student-athletes with organized study and tutoring time in a flexible environment conducive to successful learning. Study hall is required for all incoming freshmen, transfer students, returning student-athletes whose cumulative Grade Point Average falls below a 3.0 and any others who have been identified by their academic advisor or coach. Study hall requirements are eight hours per week, and student-athletes may record these hours during the ELI Academic Center’s hours of operation. The study hall hours are recorded by swiping in and out at the ELI Academic Center front desk computer designated for study hall. **ALL STUDENTS MUST SWIPE IN/OUT WITH THEIR ORU IDS.** The study hall week is Monday-Sunday, with a report going to the coaches on Monday with the names of those student-athletes that failed to meet the previous week’s requirements.
Objective-Based Study Hall

The Objective-Based Study Hall program has been designed to enhance student academic success. Specifically, this approach will assist identified student-athletes in developing strong study skills and habits. Student-athletes required to participate in Objective-Based Study Hall are identified by their Academic Advisors/Coaches, and often based on previous academic performance. Objective-based study hall participants are assigned a specific tutor with whom they meet and create weekly objectives that must be met and signed-off by the assigned tutor. All unmet study hall objectives for the week will be considered failed objectives, with coaches being notified.

Course Performance Evaluation

Three times during each semester, the ELI Academic Center will submit Course Performance Evaluations to faculty members who teach student-athletes. On these evaluations, faculty members have the opportunity to report on grades, absences, and classroom performance. All comments and evaluations with unsatisfactory responses will be taken seriously, and actions to achieve improvement may be promptly taken, including notification to coaches.

HONOR CODE STATEMENT

The Code of Honor is the central criterion of conduct for all who are a part of the ORU community. It is a concept of personal honor based on the principles of integrity, common sense, and reverence for God, esteem for man, and respect for social and spiritual laws. It is assumed that a student deemed worthy of admission to the University already exemplifies these integral facets of the Christian character.

In accepting and following the Code of Honor, students accept responsibility and discipline, which will enhance their moral and spiritual growth. Such qualities should be an inherent part of the ethical code held by an educated individual. In addition, students are protecting and preserving their own reputation, as well as that of their family at the University.

HONOR CODE PLEDGE

In signing the Code of Honor, I fully recognize that Oral Roberts University was founded to be and is committed to being a Christian religious ministry and that it offers a lifestyle of commitment to Jesus Christ of Nazareth as personal Savior and Lord. I further recognize that the university is an integral part of the ministry’s evangelistic outreach. It is therefore my personal commitment to be a person of integrity in my attitude and respect for what Oral Roberts University is in its calling to be a Christian university.

1. I PLEDGE to apply myself whole heartedly to my intellectual pursuits and to use the full powers of my mind for the glory of God.
2. I PLEDGE to grow in my spirit in developing my own relationship with God.
3. I PLEDGE to develop my body with sound health habits through the required aerobics program and by participating in wholesome physical activities.
4. I PLEDGE to cultivate good relationships socially with others and to seek to love others as I love myself. I will not lie; I will not steal; I will not curse; I will not be a talebearer. I will not cheat or plagiarize; I will do my own academic work and will not inappropriately collaborate with other students on assignments.
5. I PLEDGE at all times to keep my total being under subjection from all immoral and illegal actions and communications, whether on or off campus. I will not take any illegal drugs or misuse any drugs; I will not engage in or attempt to engage in any illicit, unscriptural sexual acts, which shall include any homosexual activity and sexual intercourse with one who is not my spouse through ceremonial
marriage. I will not drink alcoholic beverages of any kind; I will not use tobacco; I will not engage in other behavior that is contrary to the rules and regulations listed in the *Student Handbook.*

6. **I PLEDGE** to maintain an integrity of “openness” to God’s claims on my life and to do my utmost to know and follow His will for my life.

7. **I PLEDGE** to attend class, all required chapel services on campus, and to attend the house of worship of my choice wherever God is honored and lifted up.

8. **I PLEDGE** to abide by the rules and regulations that may from time to time be adopted by the University administration. I understand Oral Roberts University is a private school, and I therefore have no vested rights in the governing of the school. I accept my attendance at ORU as a PRIVILEGE and NOT a right and that the University reserves the right to require the withdrawal of a student at any time if in the judgment of the President of the University or of the University Discipline Committee such action is deemed necessary to safeguard ORU’s ideals of scholarship or the spiritual and moral atmosphere of it as a Christian University.

I will keep the HONOR CODE carefully and prayerfully. I understand that my signature is my acceptance of the entire Code of Honor and completes a contract between me and Oral Roberts University, which is a prerequisite for matriculation or my continued association with the University and becomes a part of my permanent file. Further, my acceptance of the Code of Honor is a solemn vow and promise to God as to how I will live my life.
ATHLETIC ELIGIBILITY

Minimum Requirement for Eligibility

Student-athletes must be enrolled in at least 12 credit hours to be eligible for practice and competition. Student-athletes may not drop below or enroll in less than 12 credit hours unless they need less than 12 credit hours to graduate that term. Individuals are immediately ineligible for practice and competition if they drop below 12 credit hours. Student-athletes should never adjust their course load without consulting athletic academic staff.

NCAA Credit Hour Requirements

Student-athletes must successfully complete the following to be eligible for competition:

- 24 semester hours of academic credit prior to the start of the student-athlete’s second year of collegiate enrollment.
- 18 degree-applicable credit hours over the course of the combined fall/spring semesters to be eligible the following semester.
- 6 degree-applicable credit hours per semester to be eligible the following semester.

Designation of Degree Program

All student-athletes, including transfers, must designate a program of study/major by the start of their fifth semester and begin making progress toward the degree.

Percentage of Degree Requirements

Student-athletes must successfully complete the following percentage of credits toward their degree by the beginning of the designated semester in order to be eligible:

- 5th Semester: 40% of degree requirements (e.g., 52 of 128 degree credits)
- 7th Semester: 60% of degree requirements (e.g., 77 of 128 degree credits)
- 9th Semester: 80% of degree requirements (e.g., 103 of 128 degree credits)

Minimum Grade-Point Average

In addition to the above requirements, student-athletes must maintain the following cumulative minimum GPA in order to be eligible:

- 3rd Semester: 90% X 2.0 = 1.80
- 5th Semester: 95% X 2.0 = 1.90
- 7th Semester: 100% X 2.0 = 2.00
Admissions to Sporting Events

According to NCAA regulations, each scholarship student-athlete is allowed a maximum of four complimentary admissions per event in his/her sport if approved by the institution. Student-athletes may not receive payment for complimentary admissions nor exchange them for any item of value. This action could possibly jeopardize their future eligibility.

Extra Benefits

An extra benefit is considered to be anything that is provided to student-athletes that is not available to the general student body at ORU. Accepting extra benefits could result in the loss of eligibility, scholarship, and athletic competition. Student-athletes should assume the items in the following list are extra benefits that cannot be provided to them:

- Special discounts, payment arrangements, or credit on purchases or services because of one’s reputation or name (e.g., clothing, plane tickets, etc.)
- Arrangement for employment of relatives or friends of an enrolled student-athlete
- Free or reduced cost professional services
- Use of telephone without charge for long distance phone calls
- Cash or loan of money
- Use of automobile
- Use of personal properties (e.g., summer homes, stereos, boats)
- Christmas or birthday gifts
- A loan or arrangements for a loan by signing or cosigning for the note
- Selling complimentary admissions at any price

Student-Athlete Employment

The Athletic Department is committed to our student-athletes. We want to allow our student-athletes to be able to work if it does not affect their ability to perform all responsibilities as students and as required for the athletic participation.

The NCAA requires documentation of employment in order to assure that extra benefits are not received as a result of being a student-athlete. Student-athletes are required to contact the Director for Compliance prior to employment. The Director for Compliance will give student-athletes a Student-Athlete Employment Verification Form (see pg. 17), which must be completed prior to employment. Employment will be monitored to ensure that student-athletes performed all duties for which they were paid and that the payment received was at an appropriate rate.

The following rules are applicable to any type of student-athlete employment, whether during the academic year or summer:

- Inform your head coach of your employment intention
• Student-athletes must contact the Director of Compliance prior to employment for completion of the Student-Athlete Employment Verification Form.
• The rate of pay is to be the normal rate for the duties performed.
• The hours paid must be hours worked.
• Payment in advance of hours worked is not permitted.
• Transportation to work may be provided only if transportation is available to other non-athlete employees in similar positions.

ORU STUDENT-ATHLETE SUPPORT

Grievance Procedure

It is our mission to provide student-athletes with a culturally diverse experience that enhances their opportunities for professional growth, personal development, and leadership skills. This includes providing an atmosphere that is equitable and empowering to all student-athletes. The following is the grievance and appeal procedure for resolving grievance including, but not limited to, any minority or diversity issues such as discrimination based on race, color, or nationality or ethnic origin.

A student-athlete with a grievance should take the following steps:

• 1. Prepare a written document describing the grievance in detail.
• 2. Meeting Request Contact appropriate staff:
  - Minority/Diversity issue—Athletics 495-7141
  - Academic issue—Asst. AD/Academics 495-7671
• All other grievances—Assigned Sport Administrator
  - Mike Carter—Men’s and Women’s Basketball, Baseball
  - Rhonda Fowler—Men’s and Women’s Golf, Volleyball
  - Scott Williams—Men’s and Women’s Soccer, Men’s and Women’s Track

• Initial Meeting
  This meeting should occur within 10 days of submitting a grievance complaint. This initial meeting is the first attempt at solving the grievance. An initial meeting memorandum is drafted by the sports administrator within 5 days of the meeting. This memo should describe the results of the initial meeting, state whether further review is necessary, and be forwarded to the supervisory administrator.

• Supervisor Meeting
  Student-athlete may request further review if the grievance is not resolved through the initial meeting. The same memo and meeting process applies and may continue until there is satisfactory resolution.

• Appeal Procedures (If the grievance is not resolved)
  Student-athlete may appeal the results of the Supervisory meeting by delivering the Grievance Complaint, the Initial Meeting Grievance Memorandum, and the Supervisor Meeting Grievance Memorandum to the Vice President and requesting an appeal hearing. The Vice President will make a final decision regarding the grievance and will prepare a Final Appeal Grievance Memorandum describing the grievance, the details of the hearing and the final decision regarding the Grievance Complaint. The Final Appeal Grievance Memorandum shall be delivered to the student-athlete and the Supervisory Administrator within 14 days after the appeal hearing. The decision of the vice president will be final.
Financial Aid Reduction Decision

Pursuant to NCAA rules, a head coach may decide to reduce or not renew athletic financial aid to a student-athlete (Financial Aid Reduction Decision). The student-athlete must be notified of any reduction or cancellation of athletic aid no later than July 1st for the following academic year. The student-athlete shall have the right to appeal the Financial Aid Reduction Decision by taking the following steps:

- **Appeal Procedure.**
  A student-athlete desiring to appeal a Financial Aid Reduction Decision must submit a written request to the ORU Director of Financial Aid for an appeal (Appeal Request) within 10 days of notification of reduction or cancellation of financial aid. The Appeal Request shall be signed by the student-athlete and include:
  - The student’s name, social security number, year in school, and sport.
  - Current address and telephone number.
  - Copy of the notice of the Financial Aid Reduction Decision.
  - Type and amount of previous financial aid.
  - Reasons for appealing the Financial Aid Reduction Decision, including relevant dates and names regarding discussion of financial aid.
  - Copies of any relevant documentation.

- **Appeal Hearing**
  The ORU Director of Financial Aid shall schedule an appeal hearing with the Financial Aid Appeals Committee to be held within 10 business days after receipt of the Appeal Request. The Student-Athlete, Head Coach and Director of Compliance shall be notified in writing by the ORU Director of Financial Aid of the time, date, and place of the appeal hearing. At the appeal hearing, each party will be allowed to present their position to the Financial Aid Appeals Committee. The committee may request additional information as necessary. The presentation to the committee may be in person, by telephone, by correspondence, or waived by the student-athlete. A final decision will be made by the Financial Aid Appeals Committee determining whether the Financial Aid Reduction Decision was reasonable. The committee will provide written notice of the final decision to all parties within two weeks after the appeal hearing. The final decision shall not be subject to further appeal.

Athletic Housing Policy

Any student-athlete whose name appears on an athletic team squad list must live on campus during that academic year and any immediate summer sessions whether a full-time or part-time student. This criterion supersedes any other, such as enrollment status, allowed through the Office of Student Development. An exception may be granted for student-athletes who live at home with their parents and student-athletes who are married. Student-athletes who have exhausted eligibility and no longer appear on a team squad list may be allowed to live off campus only if (a) they are part-time students and will complete graduation requirements during that semester and (b) all other criteria to live off campus required by the Office of Student Development are met.

Stipends will only be provided to married student-athletes. Stipends will not be provided by the Athletic Department to any other student-athletes for off campus housing, including those student-athletes living at home.
To apply for off-campus housing within these guidelines, a Petition for Policy Exception must be completed by the student-athlete, approved by the Athletic Department, and submitted to the Office of Student Development for final approval.

**WHAT YOU NEED TO KNOW ABOUT SUBSTANCE ABUSE**

As it is stated clearly in the Honor Code, the use of the following items is prohibited:

**Alcohol**
Surveys of American college students indicate that 90% of all students drink alcohol; athletes are no exception. Although motivation to use alcohol varies, scientific research has clearly established that alcohol use is counterproductive to performance. For as long as 48 hours after use, alcohol demonstrates the following effects:

- Impaired reaction time, balance, and hand-eye coordination
- Distorted perception, and affected accuracy
- Reduced fine/gross motor coordination
- Decreased strength
- Increased fatigue
- Decreased aerobic capacity
- Difficulty regulating body temperature

**Marijuana**
Many athletes believe that marijuana is a safe drug, allowing the user to relax and reduce stress, while posing little or no adverse side effects. However, research has documented serious side effects of chronic usage, including:

- A-motivational Syndrome—apathy, loss of drive, unwillingness or inability to complete tasks, low frustration tolerance, unrealistic thinking, increased introversion, total involvement in the present at the expense of future goals
- Increased risk of respiratory infections
- Increased risk of cancer (marijuana contains ten times more cancer causing agents than found in cigarettes)
- Loss of athletic scholarship

Adverse effects on athletic performance include:

- Slowed reaction times
- Decreased visual tracking capability and peripheral vision
- Impaired hand-eye coordination
- Altered perception of time
- Impaired depth perception
- Impaired short-term memory

**Steroids**
Contrary to popular belief by athletes, one-time and continued abuse of one or more of the anabolic-androgenic steroids can have negative impact on exercise endurance and sport performance.

It is estimated that for every pound gained, an additional mile of arteries and veins is required for successful blood delivery. Without aerobic exercise to strengthen the heart itself, oxygen and nutrients will not reach the
new muscle tissue in sufficient quantity to support vigorous exercise. High blood pressure, not increased aerobic capacity, is the more likely result.

Adverse effects on athletic performance include:
- Personality changes (including aggressiveness when using and passivity when coming off of steroids)
- Insomnia may occur (robbing the user of sleep that is critical for performance, offsetting any possible gains)

Use of banned substances is a violation of NCAA rules and may render you ineligible for competition. All teams are subject to random NCAA drug testing.

ORU SPORTS MEDICINE

ORU Sports Medicine provides quality care to student-athletes including prevention, recognition, treatment, and rehabilitation of athletics injuries.

Staff
Sports Medicine consists of certified athletic trainers, athletic training students, and team physicians (on call). Each sport is assigned a specific trainer. Student-athletes should report to their specified athletic trainer when dealing with injuries and illnesses associated with athletics. See coach for trainer assignment.

Facilities
There are three athletic training facilities located on campus:
- Aerobic Center (AC) (918) 495-6806
- Mabee Center (MC) (918) 495-7124
- J. L. Johnson (Baseball) (918) 495-7904

Rules and Regulations
- The Athletic Training Room contains expensive equipment; therefore, NO HORSEPLAY ALLOWED.
- This is a coed facility. Modesty is necessary in the athletic training room, so wear appropriate clothing.
- Morning treatments are scheduled around your class schedule. Afternoons are devoted to additional shorter treatments and practice preparation. Rehabilitation takes precedence over treatment. If a student-athlete needs treatment and someone else requires rehab at the same time, the person needing rehab will be accommodated first. If a student-athlete that is competing in-season needs treatment at the same time that an out-of-season athlete does, the in-season student-athlete will be accommodated first. Appointment times are required to facilitate your treatment and rehabilitation needs and take precedence over walk-ins who need treatment and rehab.
- Student-athletes are the most important person; so report any injury/illness to the athletic trainer and/or team physician.
- For individual protection, avoid self-treatment. Athletic trainers will follow the team physician’s recommendations and standard protocol for the treatment and rehabilitation of your injury.
- The facility will be open from 8:30 a.m. to 12:00 p.m. & 1:00 p.m. to 6:00 p.m. Monday through Friday. Additional times will be based upon prescheduled events.
- Team physicians are generally available in the facility each week. The athletic trainers will schedule all appointments for ORU student-athletes to see the on-campus physician. Physicians are seen on a first come, first served basis unless a class examination/conflict exists and prior notification is given.
• The athletic trainers will schedule all appointments for ORU student-athletes to see the team physicians at Eastern Oklahoma Orthopedic Center. Please remember to take an ORU Medical Referral form with you to the doctors’ office, and return it upon arrival back onto campus.

• The athletic training room is not a lounge. Food, drinks, cleated shoes, and equipment are to remain outside the facility. You will be asked to leave if you do not need medical attention or have completed your treatment. Please understand that we have limited space to serve our injured student-athletes.

• Telephones and computers in this facility are not to be used by the student-athletes. Please do not ask.

• Student-athletes are required to provide proof of insurance (i.e., insurance card) prior to receiving prescriptions or medical treatment. If you fail to do so, your claim may be denied.

• Prescription medicines will be written/dispensed by our team physicians. All prescriptions must be approved by the sport medicine personnel before being filled at the pharmacy. Student-athletes are directed to fill their prescriptions at the authorized pharmacy for proper billing to be taken. Any student-athlete filling a prescription at an alternate pharmacy will not be reimbursed for the bill.

• All injuries/illness directly related to ORU athletic participation are to be filed first to the student-athlete’s primary insurance, and the ORU insurance will be addressed on a secondary basis.

• Medical bills are sent to you and not to ORU Sports Medicine Department (SMD); therefore, you must submit medical bills and an explanation of benefits (from your insurance company) to the ORU SMD Insurance Coordinator. The ORU SMD will then submit the documentation to the ORU Risk Management office. Failure to promptly submit the medical bills can cause difficulties regarding future enrollment at ORU and can result in a poor credit rating for you and/or your parents.

**In the event of an emergency, please alert emergency personnel and adhere to the following procedures.**

**Emergency Personnel**
Certified athletic trainer, athletic training student, coach, strength coach, and/or team physician (on call).

**Emergency Procedure**
There are designated phones for emergency communication located in the athletic training room, Athletic Department, scorers table, and/or available cell phone with certified athletic trainer. **To call an ambulance from an on-CAMPUS PHONE,** dial 911 (inform security of the emergency, provide name, address, telephone number, number or individuals involved, condition of injured, what treatment has been given, and any further information requested).

**To call an ambulance from a CELL PHONE,** dial the security office at 918-495-7750 (follow the above procedure).

**Strength and Conditioning**
The Strength and Conditioning Department embraces the mission of both the Athletic Department and the University. In addition, it is the mission of the Strength and Conditioning staff to enhance each Golden Eagle athlete's athletic ability, while minimizing the risk of injury, in assisting them to achieve peak performance in their respective sport.

**Facilities**
Training Room: (918) 495-6806
Hours:
- WED and FRI 9:00 am – 11:00 am and 1:00 pm – 6:00 pm
- MON, TUE, THU 9:00 am – 11:30 am and 1:00 pm – 6:00 pm

Weight Room/Strength and Conditioning Center: (918)495-7138
Preparation for a Mental Health Event

“The physical and psychosocial welfare of the individual student-athlete should always be the highest priority of the athletic trainer and the team physician.” – NCAA Sports Medicine Handbook, Appendix C

The mission of the Oral Roberts University Athletic Department is to “Develop Whole Person Champions” through programs that support Athletic Excellence, Intellectual Alertness, Spiritual Growth and Social Preparedness. Based on these foundational principles the Department of Athletics has an abiding interest in the emotional support and well-being of our student-athletes.

The Oral Roberts University Athletic Department recognizes both acute and chronic mental health concerns as medical conditions. The Sports Medicine Department defines acute mental health events as a sudden change in a person’s mental condition; this may be emergent or non-emergent. Chronic mental health conditions are disorders previously diagnosed by a licensed practitioner such as anxiety, depression, ADD/ADHD, etc.

The following policies and procedures are applicable to Oral Roberts University athletic administration, coaches and support staff. Although the policy is written to support student-athletes they are not required to comply with the policy and procedures. However, these policies and procedures are not exhaustive of every possible situation and Oral Roberts University reserves the right to take additional or different courses of action as deemed appropriate in the best interest of the student athlete.

The policy and procedures will be reviewed on an annual basis and distributed to coaches, staff and student-athletes. Education will be provided annually to coaches and student-athletes to ensure individuals are aware of the resources available and the importance of reporting concerns.

In preparation for an effective and timely response, the following should be fully considered with arrangements made prior to any catastrophic event.

I. Acute Mental Health Event

In the event that an acute mental health event is suspected, confirmed, or self-reported by a student-athlete of Oral Roberts University, the situation should be managed depending on the type of event: Emergent v Non-Emergent.

A. Emergent Mental Health Event

Definition

An emergent mental health event is defined by Oral Roberts University Sports Medicine Department as a situation in which a student-athlete poses an imminent threat to self, others, or property. This can be a verbal, physical, written, or otherwise communicated threat of suicide or self-harm, reported feeling of being out of control, inability to make sound decisions, incoherence, or confused or delusional thinking that may endanger self or others.
Plan of Action

If the student-athlete appears or acts violently, call for campus and/or local law enforcement (911), and seek immediate assistance and steps to protect the athlete, bystanders, and yourself from harm.

When calling (911) be prepared to provide the following information:

- Student-athlete name and contact information
- Physical description of student athlete (height, weight, hair and eye color, clothes)
- Description of the situation and assistance needed.
- Exact location of the student-athlete, or direction student-athlete was headed

If an emergent event occurs on campus, Campus Security (918-495-7750) will be notified immediately following the 911 call.

If the student-athlete is not violent, the athletic trainer or person to whom the emergency is communicated, should not leave the student-athlete alone. Continue dialogue with the student athlete; listen, show concern, and ask non-judgmental questions. The appropriate athletic trainer must be notified. The athletic trainer will be responsible for initiating the protocol outline in this policy and referring the student-athlete to the appropriate mental health provider (Section IV).

Contact List for Assistance

University Public Safety
- Onsite emergent services (24/7)
- Hamill Center, first floor in DPS; (918) 495-7750

Laureate Psychiatric Hospital
- Emergency Care for suicidal or homicidal patients (24/7)
- 6655 S Yale Ave; (918) 481-4000

Oral Roberts University Counseling Services
- Onsite emergent services Monday through Friday 9am-5pm
- GLC 5th floor Student Support Services; (918) 495-6581

Crisis Care Center: Family and Children’s Services (24/7)
- (918) 921-3200
- 1055 S Houston Ave

Crisis Hotline
- COPES (24/7)
- (918) 744-4800

Suicide Hotline (24/7)
- 1-800-784-2433 (1-800-SUICIDE)

National Suicide Prevention Hotline (24/7)
- 1-800-273-8255
Persons to Notify

Once the student-athlete is out of the threat of immediate danger the following individuals shall be contacted as soon as circumstances allow:

- Director of Sports Medicine
- Appropriate Head Coach

The Director of Sports Medicine or their designee may contact the following additional individuals if they deem the notice to be appropriate:

- Appropriate Athletic Trainer
- Team Physician
- Senior Associate Athletic Director
- Athletic Director, Mike Carter
- Vice President of Student Development
- Oral Roberts University General Counsel
- Parent(s)/Guardian(s) of student-athlete*

*Laws governing the confidentiality of health information for student-athletes allow parent(s)/guardian(s) to be contacted in the event of a mental health emergency.

B. Non-Emergent Mental Health Event Definition

A non-emergent mental health event is defined by Oral Roberts University Sports Medicine Department as a situation in which a student-athlete exhibits a sudden change in psychological status or behavioral patterns, or verbally expresses feelings of depression, anxiety, or other mental health conditions, including, but not limited to: bipolar disorder, personality disorder, ADHD, eating disorder, body dysmorphic disorder, adjustment disorder, substance abuse, impulse control disorder, and psychosomatic illness.

Plan of Action

A. Demonstrate compassion and gather information
   a. Calm body language and tone of voice
   b. Listen to the student-athlete and gather information. Including questions of safety (“are you thinking about hurting yourself?” Elevate to emergent situation if needed.)
   c. Avoid judging the student-athlete, provide unconditional support, and offer hope
   d. Know your boundaries and abilities and when to refer
B. Contact Director of Sports Medicine, John Joslin (918) 495-6806
C. Contact the appropriate sports’ athletic trainer
D. Per the direction of the Director of Sports Medicine, a sports medicine team member will meet with the student-athlete and determine which resource/referral would most benefit the student-athlete. (See Section IV: Licensed Mental Health Care Professional Referrals)
E. The parent(s)/guardian(s) of the student-athlete will be contacted only if specified by the student-athlete, or if the student-athlete is under the age of 18 years old. If the student-athlete is under 18 years of age, the parent(s)/guardian(s) will be contacted before any official referral is made.
F. The coaching staff, academic staff, or team chaplain may not be notified unless specified by the student-athlete
G. After the initial referral, student-athletes (and/or parent/guardian) will be responsible for scheduling and attending follow-up appointments and treatments, with clear communication to the student-athlete’s athletic trainer.

**Referrals**

See Section IV for Licensed Mental Health Care Professional Referrals

**II. Chronic Mental Health Care**

**Definition**

A chronic mental health condition is defined by Oral Roberts University Sports Medicine Department as a previously diagnosed disorder such as anxiety, depression, ADD/ADHD, etc., for which the student-athlete has previously been evaluated or received treatment.

**Plan of Action**

It is the responsibility of the student-athlete to inform the Sports Medicine Department of any previously diagnosed condition, as well as any medication being taken to manage the condition. Continuation of treatment for the condition may be facilitated by the Sports Medicine Department.

All incoming student-athletes will undergo a pre-screening mental health baseline (Appendix A) as a part of the pre-participation physical examination to help diagnose the existence and/or risk of mental health conditions.

In the event that the student-athlete self-reports a previously undiagnosed chronic mental health condition at any time, proper diagnosis and treatment can be facilitated by the Sports Medicine Department. Follow the plan of action listed in the above section, steps A through F.

**III. Referrals to Personnel Providing Mental Health Care**

Evaluation and care of student-athletes with possible mental health concerns should be conducted by a **licensed mental health professional**. Such licensed professionals may include:

- Clinical psychologists;
- Psychiatrists;
- Licensed clinical social workers;
- Psychiatric mental health nurses; or
- Licensed mental health counselors

*The licensed professional must adhere to all guidelines for ethical practice of his/her respective practitioner’s association and state licensing boards.*

**Sports Performance Consultants**

Sport performance consultants are individuals that are employed or contracted, that are trained and focus on performance enhancement. These consultants can bring an important performance expertise to individuals and teams. However, unless they are licensed mental health professionals they should not be providing mental health care to student-athletes. It is important to note that issues that may initially and appropriately be viewed as related to performance may, upon further engagement, reveal underlying mental health concerns. (I.e. an athlete who appears to be “choking” or failing to perform to their capabilities on key play may be doing so because of an untreated post-traumatic stress disorder.)
The policy of Oral Roberts University Sports Medicine Department will require sports performance consultants, including sports psychologists, to be licensed mental health practitioners in the jurisdiction of their primary practice. They also should be made aware of institutional protocols for referral of student-athletes with potential mental health concerns to appropriately licensed personnel.

**Eating Disorders**

For the treatment of eating disorders, it often is optimal to include a registered dietician with eating disorders expertise in the multidisciplinary team that includes a licensed mental health professional. It is important to note that treatment of eating disorders typically is recognized as requiring specialized expert care.

### IV. Licensed Mental Health Care Practitioner Referrals

**Oral Roberts University Counseling Services**

Michelle Taylor, MA, LPC – Director of ORU Student Support Services

mtaylor@oru.edu

(918) 495-6581

**Laureate Psychiatric Clinic and Hospital**

6655 S Yale Ave

(918) 481-4000

**Laureate Eating Disorders Program**

6655 South Yale Avenue

800-322-5173

**OSU Center for Health Sciences, Department of Psychiatry and Behavioral Sciences**

Dr. David Ross, MD, Sports Psychiatrist

2488 E 81st St; 37th floor

(918) 561-8254
ADHD Medication Policy

NCAA Guidelines to Document ADHD Treatments with Banned Stimulant Medications.

The NCAA recognizes that some banned substances are used for legitimate medical purposes. ADHD medications are one of those banned medications. The Medical Exception process is as follows.

**How do I obtain a medical exception?**

**Childhood Diagnosis**

Student-athletes diagnosed with ADHD in childhood should provide records to ORU Sports Medicine prior to competition. ADHD assessment and history of treatment must come from a medical professional who specializes in treatment of ADHD.

**Adult Diagnosis**

Student-athletes treated since childhood with ADHD stimulant medication but who do not have records of childhood ADHD assessment, or who are initiating treatment as an adult, must undergo a comprehensive evaluation to establish an ADHD diagnosis.

- ORU Sports Medicine Dept. must maintain documentation from treating physician in your medical file on our campus.
- ORU requires consultation with one of the following:
  - MD’s, DO’s, Psychiatrists, Psychologist
- Treating Medical Professional must provide ORU with a Cover letter that includes, Comprehensive Clinical evaluation of ADHD, must provide ADHD rating scales, individual and family history, any substance abuse, indications of mood disorders, previous history of ADHD treatment, and incorporate the DSM criteria to diagnose ADHD (required).
- Evaluation must include information on prescribed medication, strength and frequency.
- A copy of each monthly prescription must be kept in student athletes file.
- A renewal letter is required each year from treating Medical Professional.

A simple letter from your physician is **NOT** adequate documentation.

Use of ADHD medication is not permissible and may subject student to penalties under ORU or NCAA drug testing policy. A positive drug test may result in Loss of Eligibility.