WESTFIELD STATE UNIVERSITY
Athletics Program Philosophy

UNIVERSITY MISSION
Westfield State University fosters intellectual curiosity, encourages critical thinking, inspires civic engagement, and promotes a global perspective. Westfield State is grounded in its founding principles of academic excellence and educating all in a diverse and welcoming community. Westfield State develops the knowledge, skills, and character essential for students to reach their full potential and become responsible leaders in society. Community involvement is a cornerstone of the department’s link to the University mission. Through team participation and Student-Athlete Affairs programming, all student-athletes are provided the opportunity to assume leadership roles in their communities and become involved in meaningful community activities. The University mission statement, in its entirety, can be found online at www.westfield.ma.edu choose About the University and Mission & Visions.

ATHLETIC DEPARTMENT MISSION
Athletic Department Mission Intercollegiate athletics are a vital component of the total educational process. The responsibility of the athletics department is to provide the opportunity for all student-athletes to succeed both academically and athletically, with the goal of academic success and graduation. The athletics department is committed to initiating, stimulating, and improving intercollegiate athletics by promoting physical fitness and sports participation. Leadership development and teaching social responsibility and citizenship are also priorities. The athletics department is committed to providing the support necessary for its student-athletes to achieve high levels of performance within the Massachusetts State Collegiate Athletics Conference, the Little East Conference, and the National Collegiate Athletic Association.

NCAA Division III
Discover | Develop | Dedicate
Westfield State University supports the mission of NCAA Division III to govern in a fair, safe, equitable and sportsmanlike manner, and to integrate intercollegiate athletics into higher education so that the educational experience of the student-athlete is paramount.

ATHLETIC ENVIRONMENT
The athletic environment is ultimately one that encourages and teaches social responsibility and citizenship. Student-athletes are encouraged to follow their passions and discover their potential through participation in all aspects of the University experience and be integral members of the student body. As a member in good standing of the NCAA, the athletics department promotes the principles of fair play, equitable treatment of men and women, and the recruitment of athletes that reflect our multi-cultural society. The athletics department strongly encourages participation by maximizing the number and variety of opportunities for students in varsity, intramural, and club sports. The athletics department is committed to providing a safe environment for competition. The health and welfare of student-athletes is of primary concern. The athletics department fosters sportsmanship, positive attitudes, and ethical conduct. Student-athletes, fans, and staff members are all expected to represent the University in a positive manner. The athletics department promotes open communication between athletes, coaches, and administrative staff, and supports the tenant that athletic participants are not treated differently from other members of the student body.
WESTFIELD STATE UNIVERSITY
Gender Equity

Gender Equity AND Title IX
Westfield State University is committed to complying with Title IX of the Education Amendments of 1972, which provides that: “No person in the U.S. 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.” Westfield State does not discriminate on the basis of sex in the educational programs and activities that it operates. As such, Westfield State University is committed to maintaining a safe and healthy learning, living and working environment that is free from all forms of discrimination, harassment on the basis of sex, as well as retaliation for the purpose of interfering with any right or privilege secured by Title IX. Westfield State University prohibits all forms of sexual violence and gender-based misconduct. These behaviors are antithetical to the University’s educational mission and prohibited forms of harassment under Title IX. The University provides educational and prevention programs, services for individuals who have been impacted by sexual violence and/or gender-based misconduct, and accessible, timely and equitable methods of investigation and resolution of complaints. Students, faculty/staff and third parties (if there is an impact on access to education programs/activities) are covered by Title IX. Areas of coverage include, but are not limited to academics, extracurricular programs, sports, field trips, and social activities, on or off campus. Title IX has been defined to apply to intercollegiate athletics in three specific areas: Participation, Scholarships (does not apply to Division III) and Treatment of Existing Athletes and Programs. Under the Equity in Athletics Disclosure Act of 1994, institutions must provide annual reports on issues relating to gender equity and the operating expenses of every varsity athletics team. The reports, compiled by the Westfield State University Athletics Department on an annual basis, are available to the public.

For questions about the EADA please contact:

NANCY BALS
Associate Athletics Director/Senior Women’s Administrator
Westfield State University, Woodward Center, Room 246
#413 572 5515
Email: nbals@westfield.ma.edu

Members of the University community who believe that Title IX has been violated should discuss their concerns and/or file a complaint with the University’s Title IX Coordinator:

DR. JALISA WILLIAMS
Westfield State University, The Horace Mann Center, Room 202
#413 572 8670
Email: jdwilliams@westfield.ma.edu

SUE LAMONTAGNE
Deputy Title IX Coordinator, Dean of Students
Westfield State University, Ely 209
#413 572 5425
Email: slamontagne@westfield.ma.edu
WESTFIELD STATE UNIVERSITY
Organizational Listing

STAFF LISTING
Dr. Ramon S. Torrecilha
President
Dr. Carlton Pickron
Vice President, Student Affairs
Richard Lenfest
Director of Athletics

(413) 572-xxxx

Associate Athletics Director for External Affairs and Media Relations
Dave Caspole x5433

Associate Athletics Director for Business & Operations/Senior Women’s Administrator
Nancy Bals x5515

Asst. Athletic Director for Compliance, Eligibility
Andrea Bertini x8105

Head Women’s Basketball Coach
Richard Sutter x5509

Assistant Athletics Director/Head Men’s Basketball Coach
Nathan Bashaw x8155

Assistant Sports Information Director/Head Baseball Coach
Cheryl Lee-Scechina x5418

Assistant Athletic Trainer
Katie Sylvain x8270

Assistant Athletic Trainer
Lauren Jimison x8220

Head Ice Hockey Coach/Athletic Facilities Manager
Bob Miele x8221

Associate Head Ice Hockey Coach/Evening Facilities Manager
Mike D. Young x8252

Faculty Athletics Representative
TBD

Administrative Assistant I
Michelle Storozuk x5405

Accountant II
Terry Hamel x5512

Equipment Manager
Kathy Saltis x5419

Equipment Assistant/Launderer
Lou Kanavaros x5419

Head Women’s Soccer Coach/Club Sports
Todd Ditmar x8828

Recreation & Intramural Coordinator
Lou Ann Simchak x5417

Assistant to the Athletics Director/Recruiting / Assistant T&F Coach
Marlee Berg-Haryasz x5633

Coaching Staff

Baseball: Nathan Bashaw
Basketball, Men: Richard Sutter
Basketball, Women: Andrea Bertini
Cheering: Danielle Oldread
Cross Country, Men & Women: Bill Devine
Field Hockey: Jessica Bergen

Lacrosse, Women: Jeff Pechulis
Volleyball: Fred Glanville
Golf, Men: Richard Sutter
Golf, Women: Jim Blascak
Swimming & Diving, Women: David Laing
Track & Field, Men & Women: Sean O’Brien

Soccer, Men: John Evans
Soccer, Women: Todd Ditmar
Softball: Colleen Bannister
Ice Hockey, Men: Bob Miele
Clearance by Department of Athletics

The student-athlete must be cleared for athletics participation through the athletics department’s eligibility “Clearance Procedure” for each sport. The “Clearance Procedure” is as follows:

1. The name of each student-athlete must be submitted by a coach to the compliance officer for academic clearance and to the athletic trainers for medical clearance prior to participating in a practice or a try-out. See page 11 for Medical Clearance requirements.
2. A recent physical (within 6 months of the first day of practice) must be on file in the health services department AND in the Athletics Department.
3. Student-athletes must be instructed on all rules and regulations of the institution, the athletics department, and the NCAA prior to competing.
4. Before participation in intercollegiate competition each academic year, each student-athlete shall sign the NCAA Student-Athlete Statement in which each student-athlete submits information related to eligibility, recruitment, financial aid, amateur status, previous positive drug tests and involvement in organized gambling activities related to sports.
5. Each student must be insured through a personal insurance plan or purchase the University medical insurance plan. An Assumption of Risk and Injury Waiver Form must be on file with the athletic training staff prior to participating.
6. All procedures and guidelines in this handbook, including the Student-Athlete Code of Conduct and team requirements, must be followed.

Academic Eligibility Requirements

1. The student-athlete must be enrolled as a matriculated full-time, fee-paying student carrying a minimum of 12 credit hours throughout the semester in order to practice or compete. Exceptions to the 12-hour rule may be granted to students enrolled in a full-time graduate program as defined by Westfield State University, or in their final undergraduate semester. A student-athlete who is enrolled in a graduate or professional school of Westfield State University (University previously attended as an undergraduate), a student-athlete who is enrolled and seeking a second baccalaureate or equivalent degree at Westfield State University, or a student-athlete who has graduated and is continuing as a full time student at Westfield State University while taking course work that would lead to the equivalent of another major or degree as defined and documented by Westfield State University, may participate in intercollegiate athletics, provided the student has eligibility remaining (see Clearance Procedure above).

A full-time continuing education student, who is matriculated, can be eligible for athletics. Approval must be received from the Dean of Graduate and Continuing Education, as well as from the Director of Athletics. The annual athletics fees must be paid if a student is not a full-time day student or an undergraduate.

Students enrolled in non-matriculated programs are not allowed to practice or compete in varsity sports per NCAA bylaws and the MASCAC policies. This includes the following:

a. Students who have not met the entrance requirements but have been admitted by Admissions as “special pre-matriculated” students.
b. Students approved by continuing education to take a full load of classes but who have not met the entrance requirements.

2. Academic standing for all undergraduate degree and non-degree students is based on a student’s number of overall attempted hours and institutional GPA according to the chart below. Academic Standing is evaluated at the end of the fall and spring semesters, however, because of differences in the pattern toward the completion of degree requirement, part-time continuing education students will not be evaluated until they have attempted at least twelve credits.
<table>
<thead>
<tr>
<th>Attempted Credits</th>
<th>Satisfactory GPA</th>
<th>Probation GPA</th>
<th>Dismissal GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-23</td>
<td>1.75</td>
<td>1.25-1.749</td>
<td>Under 1.25</td>
</tr>
<tr>
<td>24-47</td>
<td>2.00</td>
<td>1.50-1.999</td>
<td>Under 1.50</td>
</tr>
<tr>
<td>48+</td>
<td>2.00</td>
<td>1.75-1.999</td>
<td>Under 1.75</td>
</tr>
</tbody>
</table>

The GPA is based on quality points received only from Westfield State University while the number of attempted credits is the combination of Westfield State University credits and all transfer credits that have been awarded.

Regardless of GPA, students who are making satisfactory progress and receive 3 or more F Grades in a given semester will be placed on academic probation. The same standards apply to part-time continuing education students who receive 3 or more F grades in the span of attempting twelve credits.

Starting September 1, 2012 transfer courses will no longer be used to replace/repeat low WSU grades and will no longer be applied to the institutional GPA. (See entire repeat and transfer policies in the University Catalog online at www.westfield.ma.edu and choose Undergraduate Transfer Courses Taken at Other Institutions after Matriculation.

**If a student-athlete is not on probation but needs credits to meet the 24 hour credit rule, it is still permissible to transfer in credit only from another institution provided the classes meet all institutional transfer policies set forth by the registrar’s office.**

**Academic Probation**

Refer to the University Catalog online at www.westfield.ma.edu for Probation Policy: Students on academic probation are prohibited from participating in all co-curricular activities, including but not limited to intercollegiate athletics, intramural sports, clubs and social organizations.

3. The student-athlete must have passed at least 24 hours of credit during each academic year. Any student who fails to do so shall be ineligible during the following semester until he or she has passed 24 hours of credits during two consecutive academic semesters.

4. All transfer student-athletes must be cleared by the Athletics Department Compliance Coordinator.

5. If a student-athlete does not maintain satisfactory academic progress or incurs any health or disciplinary problems, the Athletic Director can declare that student-athlete ineligible.

6. The student-athlete must complete his/her eight (8) semesters (four years) of participation within a maximum of the ten (10) semesters of full-time enrollment at any and all institutions.

7. If a student-athlete is ineligible to participate in athletics at Westfield State for academic or athletic reasons, that student-athlete is not eligible to participate at another 4-year institution the immediate academic year.

**NCAA Requirements**

1. Hazing is prohibited by athletes and is a crime punishable by law. Hazing includes any conduct or method of initiation.

2. Gambling is prohibited. Staff members of a member conference, staff members of the athletics department, and student-athletes shall not knowingly:
   a. Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
   b. Solicit a bet on any intercollegiate team;
   c. Accept a bet on any team representing the institution;
   d. Solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value;
   e. Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.

3. Banned Substances. A student-athlete who is found to have utilized a substance on the list of banned drugs, as set forth in
NCAA Bylaw 31.2.3.1, shall be declared ineligible for further participation in postseason and regular-season competition. See reference page in this book for the list of banned-drug classes.

4. Tobacco. No player, coach or game official may use any form of tobacco while in the athletic facilities, during a practice, game, meeting, or while attending or traveling to or from an athletic event. In addition, Westfield State University is tobacco free.

5. Missed Class. No class time shall be missed for practice activities except when a team is traveling to an away contest and the practice is in conjunction with the contest. No class time shall be missed for competition during the nontraditional segment.

**Student-Athlete Code of Conduct**

Participation in intercollegiate athletics is a privilege and such, those who participate agree to abide by the rules and regulations set forth by the NCAA, MASCAC, and Westfield State University. These rules are comprehensive and anticipate that those who participate in athletics will demonstrate a serious commitment to their teams.

1. Student-athletes will exhibit unequivocal respect and ethical conduct on and off the field for all people in and out of the University community. This includes but is not limited to teammates, opponents, officials, fans, coaches and self.

2. Student-athletes are requested to support participants and officials in a positive manner. Profanity, racial or sexist comments or other intimidating actions directed at officials, opponents, teammates, or coaches will not be tolerated.

3. Student-athletes will adhere to and respect all state, University and department rules and regulations.

**Any infraction or violation of rules and regulations require student-athletes to self-report to their coach**

4. Acts of violence and fighting will result in an immediate indefinite suspension.

5. Student-athletes will exhibit pure sportsmanship when competing. These behaviors include respect, civility, fairness, honesty and responsibility.

6. Ethical Conduct will be the guiding principle with which each person honors the letter of the rules and the spirit of the rules. Such conduct reflects a higher standard than the law because it includes, among other things, the fundamental values that define sportsmanship.

7. Any student-athlete ejected from a contest for fighting will serve an immediate minimum one game suspension. Coaches must make every effort to prevent any such actions from occurring. Sportsmanship and leadership should be demonstrated at all times.

8. Alcohol & Substance Abuse. There is NO consumption of alcoholic beverages of any kind by a student-athlete while he/she is representing the University in conjunction with an athletic event, regardless of age of the student-athlete. Each coach will indicate to his/her individual team the training rules regarding the use of alcohol both in and out of season. The athletic department’s policy concerning the use of alcohol by student-athletes will be consistent with the law and University policy for all students.

   a. If a student-athlete is suspected of substance abuse, he/she will be referred to the Substance Abuse Counselor on campus. The extent of counseling or treatment will be determined by the coach and the counselor, and shall be mandatory for continued participation on a team.

   b. Any athlete apprehended by campus or local authorities for substance abuse related incidents is subject to campus disciplinary procedures. Any student-athlete failing to complete their disciplinary obligations may be declared ineligible.

   c. As students of Westfield State University, all student-athletes are expected to abide by federal, state and local laws, including those laws regulating the possession, use, or distribution of alcoholic beverages and prohibiting the possession, use, or distribution of illicit drugs. As such, any violation of Student Conduct Code which is also a violation of federal, state or local laws will subject the offender to both the University disciplinary process and to criminal prosecution in court. In accordance with the Drug Free and Communities Act Amendments of 1989 (Public Law 101-226) (20 U.S.C. sec. 1145g), these regulations and laws pertaining to alcoholic beverages and illicit drugs shall be strictly and consistently enforced.

   d. Student-athletes must report any infraction of rules to their coach immediately.
9. The NCAA mandates that each student-athlete participate in Sexual Violence Prevention Programming. Westfield State prohibits all forms of sexual violence and gender-based misconduct. The behaviors are antithetical to WSU's educational mission and prohibited forms of harassment under Title IX. Prohibited conduct under the policy includes sexual harassment, gender-based harassment, sexual assault, rape, sexual exploitation, stalking, domestic/dating violence or coercion, all of which are defined within the campus website. Sexual misconduct may occur between a male perpetrator and female victim, a female perpetrator and male victim, or between a perpetrator and victim of the same gender.

Training Rules

1. Each student-athlete is subject to the training rules pertaining to his/her particular sport(s), as established by the head coach and the athletics department.
2. Each head coach will inform the student-athletes involved on his/her squad of the expectations relating to the rules. These rules will be posted and/or given to each student-athlete.
3. Training rules, other regulations and possible penalties shall not be detailed to the extent that there is no room for considering the circumstances under which infractions occur. Reasonable flexibility must exist so that the student-athletes and the coach can resolve a problem without either being put in a position too rigid for resolution.

Rights & Responsibilities of Student-Athletes

Every student who participates in intercollegiate athletics becomes thereby, a member of a team. By accepting this privilege of team membership, the student-athlete is responsible for conducting him/herself so as to bring credit to his/her teammates, the University, the Department of Athletics, and him/herself. The student-athlete must also meet the requirements of academic eligibility, rules of conduct (adhering to all specific team and training rules, Athletics Department, Westfield State University, the city of Westfield and the Commonwealth of Massachusetts rules, regulations, and laws) and the rules and regulations of the athletic bodies of which the University is a member (NCAA, ECAC, Little East, MASCAC).

Infractions of Athletics Department Rules

1. If a coach or the athletics director alleges an infraction of the requirements of academic eligibility, rules of conduct, training rules, and/or rules and regulations of Athletic bodies of which Westfield State University is a member, he/she may suspend the student-athlete from the team.
2. Any suspension by a coach must be reported to the athletics director/office within twenty four (24) hours. The report must include the following: the reason and the duration of the suspension, and the effect of the suspension on the student-athlete’s behavior.

Procedure for Appealing Suspension

1. Academic Suspension - If the student-athlete alleges a violation of student rights in an academic matter, he/she may seek redress under the procedures set forth in the general University policy for student academic appeals.
2. Athletics Suspension
   a. The first recourse is to appeal to the head coach of the sport in question.
   b. If no agreement is reached between the coach and the student-athlete, the student-athlete can request a meeting with the director of athletics.
   c. If no agreement is reached after the student-athlete has appealed to the athletic director, the student-athlete can take the appeal to an Athletics Policy Advisory Committee. If such an appeal is made, an Ad Hoc Committee will be formed at that time. The composition of this committee shall be:
      i. One member of the Athletics Administration.
      ii. One member of the coaching staff - other than an involved Coach.
      iii. One member of the Student-Athlete Advisory Committee (SAAC).

Athletic Training Room (ATR) Rules & Procedures

1. The Athletic Training Room (ATR) in the Woodward Center (Room 114) is maintained for the use of varsity student-athletes seeking treatment of athletic related injuries and for the clinical education of students in the Athletic Training Education Program. All others should consult Health Services.
2. The ATR hours will be dictated by practice and game schedules. Generally, for weekday practices and games, the ATR will be open from 12 p.m. until 9 p.m. Weekend and holiday hours of operation will be determined by scheduled practices and competitions.

3. There is no fee for service.

4. Staff athletic trainers may be reached in the ATR:
   - Cheryl Lee-Scecina, Head Athletic Trainer #572-5418
   - Lauren Jimison, Assistant Athletic Trainer #572-8220
   - Katie Sylvain, Assistant Athletic Trainer #572-8270

5. No student-athlete is to use the athletic training facilities unless under the supervision of the athletic training staff or the athletic training students.

6. The facility is co-ed and appropriate clothing must be worn.

7. Cleats and equipment bags are not allowed in the ATR.

8. Foul, abusive, degrading, offensive, or suggestive language will NOT be tolerated in the ATR.

9. Loitering is not allowed in the ATR.

10. Horseplay is NOT allowed in the ATR.

11. Tape must be placed in the garbage and NOT thrown on the floor.

12. During peak times in the fall, no pre-practice treatments will be given from 3 p.m. to 4 p.m. This time is reserved for pre-practice taping only.

13. Please expect that athletic training students from the undergraduate curriculum program use the ATR as a learning facility. They will be learning from actual student-athlete injuries or situations. The student-athlete is expected to make the staff athletic trainers aware if they are uncomfortable with the athletic training students and/or chose not to work with an athletic training student.

14. Failure to abide by the ATR rules may result in immediate dismissal from the ATR.

**Treatment and Return to Play Decisions**

1. Student-athletes are expected to follow instructions from the athletic training staff regarding limits on practice and competition. The decision to resume partial or full activity will be made by a physician and/or the athletic training staff. Westfield State medical staff will make all final decisions on returning to play. If student-athletes decide to seek medical attention outside the ATR, a return to play clearance note from a physician MUST be provided to the ATR staff prior to continued participation.

2. Injuries sustained in recreational, club or intramural sports will not be treated by the athletic training staff.

3. Injuries sustained outside the realm of varsity athletics will not be treated by the athletic training staff.

4. No injury sustained in a motor vehicle accident will be treated by the athletic training staff.

5. Medications such as Tylenol, Advil, and Aspirin are not given out by the athletic training staff.

6. The ATR staff can assist you in purchasing braces and protective devices.

7. Student-Athletes may not handle modality machines.

8. No supplies should be removed from the ATR without a staff athletic trainer’s permission.

9. Student-Athletes must shower before using the whirlpools or Hydro Track.

**Student-Athlete Responsibilities**

1. Student-athletes must meet the requirements for Medical Clearance (see next section) each year.

2. When entering the ATR, student-athletes must sign in prior to receiving any assistance.
3. Student-athletes must show respect to athletic training staff and students.

4. Each student-athlete is obligated to inform the athletic training staff of any medical problems (injuries and illnesses) encountered, whether athletically related or not.

5. Student-athletes must inform the athletic training staff of medication changes.

6. Student-athletes must inform the athletic training staff of insurance changes.

7. Any items or equipment borrowed from the training room MUST be returned.

8. Student-athletes are expected to inform coaches regarding their injury status.

9. Student-athletes should be patient when waiting for treatment or evaluation of an injury. Students will be helped as soon as the staff is available, with emergency situations taking priority.

10. Students should schedule appointments during off-peak times with the athletic training staff or students to lessen waiting time.

11. It is the student-athletes responsibility to leave enough time to get to practice on time. Lateness should not be blamed on the athletic training staff. Treatments and taping are done on a first-come, first-serve basis.

12. In the case of a season-ending injury, the student-athlete must complete their medical hardship waiver with the WSU compliance coordinator before May 1st of the year of the injury.

**Medical Clearance for Participation & Tryouts**

All student-athletes must complete and submit the requirements listed below to the athletic training room each year by the following deadlines in order to tryout/participate:

- July 27 – Cross Country, Field Hockey, Football, Men’s and Women’s Soccer, Volleyball
- August 31 – Men’s & Women’s Golf, Baseball, Lacrosse, Softball, Swimming & Diving
- October 5 – Men’s and Women’s Basketball, Ice Hockey, Track and Field
- January 18 – New Additions to Spring Sports

These forms MUST be completed for the Westfield State athletic training staff before you are eligible to practice and participate in intercollegiate athletics:

NEW: All medical information will now be stored on our secured ATS (Athletic Trainer System) Web Portal

1. A physical exam performed by a licensed physician within six months of the first scheduled team activity each academic year, per NCAA policy. Physicals and immunizations must be uploaded on to the Athletic Trainer Systems (ATS) web porta. Please note, you must also send a hard copy of your physical and immunization forms to Westfield State University’s Health Services. Returning students need only to upload completed forms to ATS.

2. The NCAA requires all member institutions to confirm each student athlete’s sickle cell trait status (SCTS). All student-athletes must provide documented proof of their SCTS prior to participating (this includes practices, contests and conditioning). This WILL impact your medical clearance status.

3. One of the following options must be chosen to meet the SCTS confirmation requirement:
   
a. Provide a copy of your newborn sickle cell test results. Contact your Hospital of birth and/or your pediatrician’s office and request your SCTS results from birth. *Most states, after March 6, 1990, require newborns to be tested for SCT.*
   
b. Contact the MA State Newborn Laboratory (if you were born in MA) at 617-983-6300. You may fax a written authorization to 617-522-2846 with full birth name, date of birth, hospital born at, and birth mother’s name requesting a copy of the test and where to send a copy. If you were born outside of MA look for your state’s newborn screening phone number. *This requires a written request from a physician.*
   
c. Provide a copy of a recent Sickle Cell Solubility test indicating your SCTS. *This requires a written request from a physician.*
d. Sign a waiver declining options a and b. While the waiver is the quickest and easiest option it is not recommended. The best option for your health and safety is to confirm your SCTS.

4. Student athletes who are positive for Sickle Cell Trait will be allowed to participate in intercollegiate athletics; this does NOT prohibit the student athlete from participating. Knowing your SCTS will help the athletics department staff (Athletic Trainers, physicians and coaches) make adjustments to your training program, monitor your health during participation and provide proper care if you become ill.

5. Front and back of the student-athlete’s insurance card uploaded to the ATS portal.

6. Completion of the pre-participation for new athletes, assumption of risk, notice of privacy practices, insurance acknowledgement, sickle cell waiver (do not do it you have submitted your sickle cell results and uploaded them with your physical) concussion acknowledgement, and hazing acknowledgement forms.

7. An on-campus musculoskeletal examination by the ATR staff and overseen by a certified athletic trainer.

8. The athletic training staff may require additional documentation to assure safe participation. This will be requested on an individual basis. Any surgery performed in the past 2 years will require a medical clearance note from a physician prior to participation in addition to an updated physical.

Medications

The student-athlete is responsible for disclosing all over-the-counter and prescription medications taken. Some common medications contain substances banned by the NCAA. If a student-athlete is taking such medications, the athletic trainers will request a letter from a doctor to be kept on file in the Athletic Training Center. The letter should include: Diagnosis, medical history of the condition, and drug dosage information. Documented history of treatment may also be requested in the case of drug testing. Some of the examples of medications requiring a letter are: Asthma medication, Ritalin and other stimulants, heart medication. This letter will be kept in the student’s file and will NOT be released to anyone, other than the Athletic Trainer, without written permission from the athlete. The letter’s potential use is limited to the event of a positive NCAA drug test. The Athletic Trainers will likely seek this information while clearing individual student-athletes before sport participation.

ADHD (Attention Deficit Hyperactivity Disorder) NCAA Policy

If a student-athlete is being treated for ADHD by a doctor/mental health professional, he/she must provide the following information to the Athletic Trainers:

1. Description of the evaluation process which identifies the assessment tools and procedures.

2. Statement of the Diagnosis, including when it was confirmed.

3. History of ADHD treatment (previous AND ongoing).

4. Statement that a non-banned ADHD alternative has been considered if the stimulant is currently prescribed.

5. Statement regarding follow-up and monitoring visits. Please see the athletic trainers if you or your physician needs more clarification on what materials need to be provided. This information will be provided to the NCAA in the event of a positive drug-test.

Concussions

Should you sustain a head injury at any time, the following signs and symptoms warrant a visit to a physician: headache, nausea, vomiting, dizziness, poor balance, sensitivity to light, sensitivity to noise, ringing in the ears, blurred vision, double vision, poor concentration, memory difficulty or problems, difficulty sleeping, excessive sleeping, undo fatigue, sadness/ depression, irritability, neck pain. If you do not have access to the athletic training staff, do not wait to seek advice. See a physician immediately. If these symptoms are present do not take anti-inflammatory or pain medications without the recommendation of a physician. Several over the counter medications can interfere with concussions. You must report any
head injury to the athletic training staff as soon as possible.

Emergency and After-Hours Care

In an emergency, always call 911.
Public Safety can be reached at #572-5262

Westfield State Health Services is located in Scanlon Hall and can be reached at #572-5415
Hours of Operation: Monday-Friday 8:30am- 5:00pm

Emergency rooms can be located in the following local hospitals:
Baystate Noble Hospital
115 West Silver Street, Westfield
Located 1.5 miles south of the University on Western Avenue

Baystate Medical Center
759 Chestnut St, Springfield
Mercy Medical Center
271 Carew Street, Springfield
Cooley Dickinson Hospital
30 Locust St, Northampton

*If a student-athlete visits an emergency room, the athletic training room will request documentation clearly stating that the student-athlete is allowed to resume participation in varsity athletics.**

Insurance

1. Westfield State University requires all students to have their own personal medical insurance or carry the student insurance offered through the University. This required policy will be considered the student-athlete’s primary insurance. To purchase student insurance through the University, please contact Student Administrative Services.

2. Some health insurance plans may not offer full coverage for varsity athletics, including football. All student-athletes should check their health insurance coverage to determine if athletics are included or excluded in their policy.

3. Students are advised to inquire on the expiration of their insurance through the carrier itself. Some health insurance plans end when the student reaches his/her 19th or 21st birthday. As a student, additional or full coverage may be extended but arrangements must be made before a claim is filed. The Athletics Department recommends that you maintain coverage as long as the policy permits for full-time student dependents.

4. It is the student’s responsibility to be familiar with and follow through on the injury reporting process for their insurance carrier. The athletic training staff is willing to assist with this process, but it remains the responsibility of the student and/or the student’s parents.

5. The Athletics Department carries excess or “gap” medical insurance for student-athletes, student-trainers, and cheerleaders for injuries directly related to varsity athletics. This coverage has a $35,000 deductible and a $55,000 maximum medical benefit. This insurance policy is a secondary provider. Coverage is initiated after the primary insurance is utilized.

6. Westfield State University participates in the Catastrophic Injury Insurance Program sponsored by the NCAA. This is an insurance program that covers the student-athlete who is catastrophically injured while participating in a covered, recognized intercollegiate (NCAA), varsity athletic activity. The policy has a $90,000 deductible and a medical maximum of 20 million. The policy provides benefits in excess of all other available benefit plans.

7. Westfield State University participates in a Catastrophic Injury Insurance Program for cheerleaders. The insurance program covers members of the varsity cheering squad while participating (practicing, competing, traveling) in non-NCAA. This policy has a $25,000 deductible and a medical maximum of $5,000,000.
8. Injuries sustained in recreational, club or intramural sports will not be treated by the athletic training staff. Students join and participate in recreational and intramural sports at their own risk. Students are advised to investigate coverage of such injuries by their own health insurance carrier before participating.

WESTFIELD STATE UNIVERSITY
General Information

Equipment Policies

1. Varsity team equipment can only be released to a student-athlete if they are cleared academically and medically (See Clearance Procedure pg. 5).

2. All equipment and uniforms issued to a student-athlete become the sole responsibility of the student-athlete. At the conclusion of the season (last game) all equipment will be collected. Replacement charges, including shipping and handling, will be billed to student-athletes who fail to return issued equipment on the announced date. Student-athletes who have items missing (lost or stolen) will be billed immediately, and the athlete may not be allowed to participate in the next season until equipment is returned or paid for in full. Students are billed through their student account, an immediate “hold” is placed on the account which in turn affects registration, transcript requests, and grades being released.

3. All in-season student-athletes will be required to purchase sport specific practice clothing to be washed daily on a loop issued by the equipment room.

4. No equipment, including uniforms, bags, etc. is to be used for any purpose other than varsity athletics events without the express written permission from the athletics director.

5. Faulty equipment is to be brought to the equipment manager’s attention for immediate repair.

6. Purchasing or acquiring any clothing/equipment with or in the name of Westfield State University or Athletics by coaches or players must be approved and obtained by the equipment manager.

7. All student-athletes must pay for a practice roll:
   Football $36.00
   Cross Country $31.00
   All Other Sports $26.00

8. Team apparel purchases must through the online team store or through the equipment room manager adhering to the departmental and university policies and procedures.

Laundry

Laundry policies vary from sport to sport. Normally, arrangements for the cleaning and laundering of gear are made by the Equipment Manager. Student-athletes are provided a clean set of workout gear for each practice, as well as clean uniforms for each game. Student-athletes are responsible for picking up gear before practice, and for delivering it to the designated laundry drop-off area after practice. The Department uses the “loop system.” Personal laundry cannot be washed through the Equipment Room Facilities.

Facilities

Use of the athletic facilities (Alumni Field, Woodward Center field house, classrooms, and the Fitness Center) is considered a privilege. Acceptable conduct must be displayed at all times. The following policies are emphasized:

1. Student-Athletes must pay the Wellness Center fee to use the Woodward Center Fitness Center.

2. The use of obscenity, insulting or abusive language, swearing or profanity is strictly prohibited.

3. Food, beverages and chewing gum are not allowed on Alumni Field, in the Field House, the Fitness Center or in the classrooms.
4. The use of the facilities must be pre approved and booked through EMS by the Athletic Department.

5. Student-athletes may only use the fitness center or field house during posted hours unless under the direct supervision of a coach or staff member.

6. Please wear appropriate attire and clean footwear in all of the facilities. Remove cleats before entering the Woodward Center.

7. Do not take bags or backpacks into the fitness center or the field house.

8. Loud music/sound is not allowed at or near Alumni Field except for varsity games and special events. The Public Address system cannot be used without permission. Music players (boom boxes, etc.) may be allowed on the field with speakers pointed towards the new press box. Music cannot be played loud. Head coaches are responsible to uphold this policy. Student-athletes and coaches should check with an athletics administrator prior to playing any music.

**Locker Rooms**

1. Most teams will have team locker rooms assigned to them while in-season. Lockers are only assigned for the duration of each season.

2. Locks will be issued by the equipment room only. No personal locks are allowed and will be removed.

3. Individual team members must keep their equipment and personal belongings locked inside their locker. It is recommended not to keep valuables in the locker rooms.

4. Individuals must keep their lockers locked as the team rooms will not always be locked.

5. Teams must keep their locker room neat and orderly.

6. Decorations are allowed if kept to a minimum.

7. No scotch tape is allowed on the lockers or on any of the stainless steel areas.

**Music**

1. Music with inappropriate language regarding curse words, racial slurs and explicit sexual language is not allowed to be played at any function or activity associated with the Westfield State University and Athletics department. This includes in team lockers rooms at home and at away games.

2.

**Parking**

1. All staff and student-athletes must have a University parking decal if they are using their vehicles on campus. They will also follow all rules and regulations including posted signs and areas.

2. Student-Athletes may not park at the Woodward Center while attending home or away games on days when there are events at Alumni Field or the Woodward Center. The parking lot must be kept completely clear for these events.

**Team Travel**

Westfield State University adheres to a portal-to-portal transportation policy. Student-athletes, coaches, and staff will travel as a team to and from all scheduled intercollegiate events. In RARE instances, due to extenuating circumstances, students (athletes, managers, athletic training students) may request permission to travel in a personal automobile.

The following procedure will be used when making a request:

a. The student must first request, and be granted, permission from the head coach to travel in a personal automobile.

b. The student must execute an Automobile Waiver of Liability (www.westfieldstateowls.com go to “Student-Athlete Info”).
A parent or legal guardian will be required to sign the agreement.
c. If after an event a student wishes to travel home with a parent or legal guardian, the waiver does NOT need to be signed. However, the parents or legal guardians must speak directly with the coach in charge and inform him or her of their plans to transport their son or daughter from the contest.

Head Coaches will set their own dress code when teams and student athletes are away from the campus representing Westfield State University. As a student-athlete team member, you represent the University and will dress (and act) appropriately.

**Student-Athlete Affairs**

Student-Athlete Affairs refers to Athletic Department programs that provide student-athletes with information that enhances their growth while at Westfield State University, in order to be prepared for life after the University. The program provides each student-athlete the opportunity to achieve success by focusing academic excellence, athletics excellence, community service, personal development and career development. The Athletics Department is committed to assisting student-athletes in their academic endeavors by promoting the development of personal study habits and achievement.

1. Study Hall: All freshmen are required to attend a monitored study hall in Ely Library for seven weeks. Attendance at Study Hall is one of the criteria for playing on a varsity team, and non-attendance can lead to a student-athlete’s being ineligible for participation. Study hall will be monitored and student-athletes must sign in and sign out with the monitor. Some students will be required to attend study hall the entire school year at the discretion of the athletics department.

**STUDY HALL HOURS**

Sunday 5:00 p.m. – 9 p.m.
Monday & Wednesday 7:30 p.m. - 10 p.m.

2. WSU360: Students’ success in the classroom will be monitored by Athletics Staff and Coaches through the Startfish Early Alert™ system.

3. Tutors: Westfield State University offers a robust peer-tutoring program that is available for all students. However, we cannot guarantee the availability of tutors for all courses. Tutors are outstanding upper-level students who have been recommended by faculty. The University compensates tutors. The Tutoring Center can be found in:

   The Banacos Academic Center, Parenzo 162

**THE BANACOS ACADEMIC CENTER HOURS**

Sunday 1:00 p.m.-10:00 p.m.
Monday-Thursday 8:00 a.m.-11:00 p.m.
Friday 8:00 a.m.-5:00 p.m

4. Reading and Writing Center: The Reading and Writing Center is located in Parenzo Hall Room 218. The center helps students read, write, and learn more effectively --- Text #413-459-1151 to schedule an appointment.

   It is recommended that the need for help be anticipated and an appointment made in advance.

5. Missing Class: Student-athletes are expected to attend class. Student-athletes are not automatically excused from class for athletic competitions. It is the student’s responsibility to gain permission from their professor prior to the missed class to be excused and to make up work. Forms can be obtained from an Athletics Administrator to assist with this process. In some cases, students may need to miss a competition in order to attend class. Students can obtain schedules from their coaches in order to plan ahead.

**Fundraising**

Teams often decide to fundraise for various reasons and to further support their team. All fundraising carried out by and for Westfield State University and/or the Athletics Department and teams is also under the jurisdiction of the Office of University Development and will adhere to all rules, regulations and policies of Westfield State University, the Department of Athletics, the NCAA and the State of Massachusetts. All fundraising and proceeds become the property of the University/state and are non-refundable. Before any fundraiser is held, head coaches must seek approval via a series of forms obtained from Athletics. Student-athletes may not raise funds or purchase clothing or equipment to be bought with fundraising money without proper
approval.

Intramural Participation

Student-athletes cannot, at any time during the year of their intercollegiate athletic participation, take part in intramurals activity in the varsity sport(s) in which they participate. (Refer to the current Intramural Handbook).

Psychological Services

The Westfield State University Counseling Center facilitates self-discovery, personal growth, and self-empowerment for Westfield State University students. The Center is located in Lammers Hall Annex A.

COUNSELING CENTER HOURS
Monday-Friday 8:30 a.m.-5:00 p.m.

**After hours, help is obtained by contacting Public Safety at #413-572-5262**

Sports Information

The Sports Information office is on the second floor of the Woodward Center in the Athletics Department. The sports information director (SID) is responsible for media coverage, team photos, schedules, the Athletics Web site, social media outlets, as well as all team and individual statistical information.

CONTACT INFORMATION
Dave Caspole, Associate Athletics Director / External Affairs & Media Relations
#572 5433
dcaspole@westfield.ma.edu

Staying In Bounds

Romantic and/or sexual relationships between coaches and student-athletes are considered unprofessional and unacceptable and are prohibited. These relationships often represent an abuse of professional status and power. In these relationships there exists the potential for sexual harassment, conflict of interests, and the abuse of authority, with the adverse effects on athletes and the overall environment of a team. A policy, Staying in Bounds, is described in Appendix A. The entire NCAA Model Policy Staying In Bounds, can be found in the Athletic Director’s office.

Student-Athlete Advisory Council (SAAC)

SAAC is made up of representatives from all twenty-one varsity teams as well as athletic training students. The overall purpose of SAAC is to enhance the student-athlete experience. SAAC members have a crucial voice in the department and are encouraged to participate in decisions regarding team equity, spirit, opportunities for athletes, awards programs, and student-athlete image.

Questions about SAAC should be directed to:
NANCY BALS
#572-5515
Email: nbals@westfield.ma.edu

Social Networking Websites

The Department of Athletics understands the popularity and usefulness of social networking sites and supports their use by student-athletes provided:
• No offensive or inappropriate pictures are posted.

• No offensive or inappropriate comments are posted.

• Any information placed on the website(s) does not violate University, athletics department or student-athlete codes of conduct.

• Photos and/or comments posted on these sites do not depict team-related or University identifiable activities (including wearing/using team uniforms or gear inappropriately).

Student-athletes must remember that they are representatives of Westfield State University and are in the public eye more so than other students. Please keep the following in mind as you participate on social networking websites:

• Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online – even if you limit access to your site.

• Student-athletes should not post any information, photos or other items online that could embarrass you, your family, your team, the athletics department or Westfield State University. This includes information that may be posted by others on your page.

• No photos, comments, or information posted may include derogatory, disparaging, or threatening remarks towards any other student, staff, WSU community members, opponent, coaches, officials and the general community.

• Any content posted by student-athletes that includes any photos or statements that depict hazing, sexual harassment, underage drinking, drug use, or threats to any third party is prohibited.

• Never post your home address, local address, phone number(s), birth date, or other personal information. You could be a target of predators.

• Coaches and athletics department administrators can and do monitor these websites regularly.

• Student-athletes could face discipline and even dismissal for violations of team, department, University and/or NCAA policies. Westfield State University, Public Safety, the MASCAC, and other local law enforcement agencies monitor these websites regularly as do potential employers and internship supervisors as a way of screening applicants. In addition, many graduate programs and scholarship committees also search these sites to screen candidates. Westfield State University student-athletes should be very careful when using online social networking sites and keep in mind that sanctions may be imposed if these sites are used improperly or depict inappropriate, embarrassing, or dangerous behaviors.

Substance Abuse Education & Counseling

The University has substance abuse education and counseling services available in Lammers Hall. The substance abuse specialist on campus provides confidential individual and group counseling, training and workshops for student groups, and directs a peer education group.
WESTFIELD STATE UNIVERSITY
Office Locations & Email Addresses

Westfield State University webpage: www.westfield.ma.edu
Westfield State University Athletics website: www.westfieldstateowls.com

Academic Achievement / Academic Advising Center | Parenzo Hall, advising@westfield.ma.edu, #413 572 8191

Banacos Academic Center Including: Disability Services, Learning Disabilities Program & Tutoring | Parenzo Hall, #413 572 5561

Campus Card Office ("Owl Bucks") | Wilson Hall, Mon-Thu 8:30 a.m.-4:30 p.m. Fri 8:30 a.m.-2:00 p.m.

Career Center | Lammers Hall, careers@westfield.ma.edu, #413 572 5206

Common Goods | Second Congregational Church (487 Western Ave.) Tue & Wed 11:00 a.m.-5:00 p.m.

Commuter Services & Student Activities | #413 572 5443

Counseling Center | Including: Substance Abuse | #413 572 5790

Dean of Students | Ely Hall, #413 572 5421

Diversity & Inclusion | Ely 069, Ashiah Richeme-Alcide, aricheme@westfield.ma.edu #413 572 5442

First Year Hotline | firstyear@westfield.ma.edu, #413 572 8402

Fitness Center | Ely Hall, #413 572 5500
Fitness Center | Woodward Center, #413 572 8228

Health Services | #413 572 5415

Information Technology Help Desk | Ely Library #413 572 4357

Office of International Programs | ipo@westfield.ma.edu, #413 572 8819

Public Safety | #413 572 5262

Registrar’s Office | Parenzo Hall, registrar@westfield.ma.edu, #413 572 5218

Residential Life | Scanlon Hall, #413 572 5402
Student Conduct & Student Life | #413 572 5403
Veteran & Military Services | Bates Hall, #413 572 8370

STUDENT ADMINISTRATIVE SERVICES

The Horace Mann Center
Admissions & Financial Aid | #413 572 8538
Student Accounts & Bursar’s Office | #413 572 8538
Appendix A
Staying In Bounds

A WSU policy to prevent inappropriate relationships between Student-Athletes and Athletics Department Personnel

Sexual relationships between coaches and student-athletes, when they occur, are a serious problem. Westfield State University prohibits such relationships with the intention that sport programs offer a safe and empowering experience for all student-athletes. This policy addresses sexual or romantic (also termed “amorous”) relationships between a student-athlete and a coach, or other athletics staff with supervisory responsibility over the student-athletes. These kinds of relationships constitute sexual abuse in sport even where both participants in the relationship claim to consent to the relationship. This policy is not designed to address sexual harassment in sport, although some relationships may involve both sexual harassment and sexual abuse. Sexual harassment can be summarized as unwanted, severe, or pervasive sexual advances that create a hostile or abusive educational or employment environment. By contrast, the definition of sexual abuse does not depend on any showing that a sexual relationship was unwelcome; it may include, but is not limited to, conduct that is sexual harassment (as where the athlete did not welcome a sexual relationship with the coach). Sexual abuse includes amorous or sexual relationships between a coach or other supervisory staff and student-athletes, even when these relationships are perceived by both parties to be consensual. Amorous or sexual relationship can be defined as any relationship that includes sexual touching, talking, or flirting; engaging in any form of sex; or otherwise developing a private, personal relationship that goes beyond the context of a staff and student professional relationship. Whereas a student-athlete is less powerful than a coach or staff member, it is this power differential that makes such relationship inherently unequal and when relationships are unequal, the concept of “mutual consent” becomes problematic. Because of this power differential, any amorous or sexual relationship between coaches and student-athletes constitutes sexual abuse.

Enforcement

REPORTING A VIOLATION: Any person may allege a violation of this policy by contacting the athletic director, associate athletics directors, Assistant Athletic Director for Compliance, or, if the person does not feel comfortable making the report to a person within the athletics department, to the director of the university affirmative action/equal opportunity office. Any person receiving such a report must immediately notify the Athletics Director.

INVESTIGATION: Upon receiving such a report of information, the Athletics Director shall immediately notify the director of the university affirmative action/equal opportunity office.

WESTFIELD STATE UNIVERSITY

Westfield State University’s Notice of Non-Discrimination

Westfield State University does not unlawfully discriminate in admission or access to, or treatment or employment in, its educational programs and activities on the basis of race, color, religion, national origin, age, disability, gender, sexual orientation, gender identity, gender expression, genetic information, marital or parental status, or veteran status.

Dr. Jalisa Williams is the University’s Director of Non-Discrimination Compliance and has been designated to handle inquiries regarding nondiscrimination policies. She may be contacted at:

Westfield State University
The Horace Mann Center, Room 202
333 Western Avenue
PO Box 1630
Westfield, MA 01086-1630
#413 572 8670
Appendix B

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.
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); phenylpropanolamines (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.