St. Joseph’s College – Long Island Student-Athlete Handbook

A reference guide of policies and procedures
for St. Joseph’s College – Long Island Intercollegiate Student-Athletes
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Dear Student-Athlete:

Welcome to St. Joseph’s College –Long Island and the Golden Eagle Family! We hope that you will find your student-athlete experience challenging yet rewarding and filled with plenty of success. The varsity intercollegiate sport programs here at SJC-LI, have set a high standard for commitment, achievement and character and thus student-athletes who choose to join these programs, choose to make sacrifices and accept responsibility that is distinctly different than anywhere else.

This handbook has been derived to provide you with a basis for what is expected of you as an SJC-LI student-athlete while participating in our varsity intercollegiate sport programs. It will provide you with pertinent NCAA, Conference and institutional information to help you maximize your potential as you strive for both academic and athletic excellence. Student-athletes are responsible for acquainting themselves with the information contained within and carrying out these processes to the best of their ability.

As a Golden Eagle, you will be looked upon to lead as positive stewards on campus and within the community and we look forward to helping you foster the skills and characteristics necessary to do so. It is our hope that via your actions, you will honor the values, integrity, civility and pride of those that have come before you, while working hard to establish those of your own. Should you need guidance beyond the information provided in this manual, please know that our coaches and staff are here to assist you. I look forward to celebrating many achievements with you during the year and wish you all the best!

Sincerely,

Shantey Hill  
Asst. VP and Sr. Director of Athletics

**Fast Facts**

Nickname: Golden Eagles  
Mascot: Hot Wyngz the Eagle  
Colors: Navy Blue, Gold, White  
President: Donald Boomgaard, Ph.D.  
Founded: 1916  
Enrollment: 3,849
Sport Sponsorship

St. Joseph’s College–Long Island (SJC-LI) sponsors 20 varsity intercollegiate teams (10 men, 10 women) and is an NCAA Division III member institution. SJC-LI competes as a full member of the Skyline Conference with the Track & Field team competing as an associate member of the New Jersey Athletic Conference.

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Conference Member Institutions

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<td>St. Joseph’s College (Brooklyn)</td>
<td>Bears</td>
<td>Brooklyn, NY</td>
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<tr>
<td>St. Joseph’s College (Long Island)</td>
<td>Golden Eagles</td>
<td>Patchogue, NY</td>
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<td>United States Merchant Marine</td>
<td>Mariners</td>
<td>Kings Point, NY</td>
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<tr>
<td>Academy Yeshiva University</td>
<td>Maccabees</td>
<td>New York, NY</td>
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Athletic Facilities

The John A. Danzi Athletic Center, which opened in 1997, houses the Golden Eagle basketball, volleyball and swim teams. This world-class facility contains a number of outstanding features and boasts a six-lane 25 yard heated swimming pool, gymnasium with three regulation-size basketball and volleyball courts, indoor batting cages, 1/12 mile elevated track, an aerobics room, several locker rooms and a state of the art fitness center complete with the latest cardiovascular equipment.

The Outdoor Field Complex opened in April 2012. We are located approximately one mile east of the Long Island Campus on the Sunrise Highway South Service Road. The complex is home to the Golden Eagles men’s and women’s soccer, tennis, track and field, women’s lacrosse, softball and baseball teams.

Gregg Alfano Baseball Field
Features a synthetic turf infield, clay pitcher’s mound, natural grass outfield that reaches 403 feet in center field (310 feet to right and 326 feet to left), bleachers for up to 300, a press box and dugouts.

Softball Stadium
Includes a clay infield, a natural grass outfield that reaches 210 feet to dead center and 200 feet to right and left field. There is seating for 400 spectators along with a press box and dugouts.

Tennis Courts
SJC’s six new tennis courts were constructed with a Deco Turf surface, the same material the pros play on at the U.S. Open.
Mission and Philosophy

St. Joseph’s College Mission Statement

The mission of St. Joseph’s College is to provide a strong academic and value-oriented education at the undergraduate and graduate levels, rooted in a liberal arts tradition that supports provision for career preparation and enhancement.

The College prepares each student for a life characterized by integrity, intellectual and spiritual values, social responsibility and service - a life that is worthy of the College’s motto, *Esse non videti*: “To be, not to seem.”

To accomplish this, St. Joseph’s College has established the following goals:

- To offer curricula that foster the knowledge and intellectual skills associated with the liberally educated person
- To encourage students to develop personal value systems and responsible self-direction
- To foster committed participation in the local and global communities
- To help students develop as whole persons by providing individual attention, interactive teaching and opportunities for active participation in academic and extracurricular programs
- To prepare students for their careers by offering the necessary professional and pre-professional education
- To provide for the needs of a diversified student population with varied educational and professional experiences
- To foster an environment of openness to the exploration and understanding of diverse ideas, traditions and cultures
- To support educational programs and services that will contribute to the vitality of the communities served by the Brooklyn and Long Island campuses

Department of Athletics Mission Statement

Intercollegiate athletics is a key component to the success of St. Joseph’s College and provides unique opportunities for student-athletes. Our mission is to build strong, competitive athletic programs while remaining dedicated to developing diverse, educated and well-rounded individuals. It is our goal to have the college represented by men and women whose behavior reflects personal character, discipline, competitiveness and leadership while striving for the college’s academic requirements for graduation. We will always seek to be at the forefront of our athletic peers remaining faithful to our Foundations of Athletic Excellence with belief that the success of the overall department is greater than that of any individual or team.

Golden Eagles Foundation of Athletic Excellence:

- Sportmanship
- Dedication
- Drive
- Resilience
- Leadership
- Service
- Integrity
- Respect
NCAA Division III Philosophy Statement

Colleges and universities in Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students’ academic programs. They seek to establish and maintain an environment in which a student-athlete’s athletics activities are conducted as an integral part of the student-athlete’s educational experience, and in which coaches play a significant role as educators. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their student-athletes and athletics staff. (Revised: 1/10/95, 1/9/06 effective 8/1/06)

To achieve this end, Division III institutions:

(a) Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels; (Adopted: 1/16/10 effective 8/1/10)

(b) Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;

(c) Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;

(Revised: 7/24/07)

(d) Primarily focus on intercollegiate athletics as a four-year, undergraduate experience; (Adopted: 1/14/12)

(e) Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;

(f) Encourage participation by maximizing the number and variety of sport offerings for their students through broad based athletics programs; (Revised: 1/14/12)

(g) Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;

(h) Assure that athletics participants are not treated differently from other members of the student body;

(i) Assure that student-athletes are supported in their efforts to meaningfully participate in non-athletic pursuits to enhance their overall educational experience; (Adopted: 1/14/12)

(j) Assure that athletics programs support the institution’s educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution’s athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission; (Revised: 1/9/06 effective 8/1/06)

(k) Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process; (Adopted: 1/12/04 effective 8/1/04)

(l) Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student-athletes; (Adopted: 1/14/12)

(m) Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body; (Adopted: 1/9/06 effective 8/1/06)
(n) Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;
(Adopted: 1/9/06 effective 8/1/06)

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

(p) Support ethnic and gender diversity for all constituents; (Adopted: 1/12/99)

(q) Give primary emphasis to regional in-season competition and conference championships; and

(r) Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities. The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

**Skyline Conference Mission Statement**

Formed on May 16, 1989, as a men’s basketball conference, the Skyline Conference now conducts championships in 17 sports – nine for men and eight for women. Reflecting the tremendous and vital diversity of the New York metropolitan region, the mission of the Skyline Conference is:

- To embrace the NCAA Division III philosophy statement and recognize that athletic programs and student-athletes are integral parts of the educational experience,
- To conduct athletic competitions among our members and determine conference champions,
- To foster the growth of leadership opportunities for our student-athletes so they may be productive members of society.

Members of the Skyline Conference share the belief that broad participation in intercollegiate athletics by the men and women attending our institutions develops good sportsmanship, productive teamwork, and positive citizenship embracing cultural diversity and gender equity in the greater community. We appreciate that the benefits of these elements of character accrue to the whole institution. Therefore, each member is committed to providing a comprehensive, equitable, fiscally responsible athletic program, which is available to the entire student body and where athletic participants are treated the same as other students.

Through the Skyline Conference, our goal is to support our student athletes in their efforts to reach high levels of academic and athletic performance consistent with the academic goals of our member institutions and without providing athletically related aid. We strive to provide all sponsored teams with adequate facilities and support, competent coaching where fairness, openness, and honesty are exhibited, and challenging competitive opportunities.

**Policies for Student-Athlete Conduct at St. Joseph’s College Long Island**

**Student-Athlete Code of Conduct**

It is considered a privilege, and not a right, to be a member of a varsity intercollegiate athletic team at St. Joseph’s College – Long Island. Membership on an athletic team means accepting the responsibility of representing one’s self, the team, the college, as well as our alumni and surrounding community in a positive and appropriate manner. Any behavior exhibiting racial, ethnic, religious, or sexual harassment is prohibited. Physical or verbal abuse of any member, guest, or host of the College (including officials, opposing teams, etc.); disruptive or disorderly conduct; or any offensive or inappropriate behavior will not be tolerated.

Expectations for student-athletes are as follows:

- Comply with the NCAA rules and regulations as established;
• Maintain academic standards as established by the College for all students;
• Comply with eligibility standards of the College, Conference and NCAA before participating in the intercollegiate athletics program;
• Demonstrate high sportsmanship and proper conduct standards while participating in the intercollegiate athletics program;
• Conduct themselves in a manner that reflects positively on themselves, their teammates and the College;
• Refrain from illegal gambling activities on or off campus;
• Refrain from the use of any tobacco product;
• Refrain from the use of all illegal drugs; and
• Refrain from the use of alcoholic beverages regardless of age at any event sanctioned by the NCAA or by the College, including but not limited to extended travel.
• Seek treatment/rehabilitation from the athletic training staff and refrain from further participation in the intercollegiate athletics program while existing and/or physical impairments that could jeopardize the student-athlete’s health still exist;
• Respect and give proper care to facilities, uniforms, and equipment;
• Return all issued equipment on time, as per requested by the coach and/or athletic department

The SJC-LI athletic department will not allow a student with a pending or suspected file from SJC or previous institutions to participate on any intercollegiate athletic team without a full investigation or complete resolution.

Breaches of conduct or any actions deemed inappropriate may result in disciplinary action, loss of privileges or in removal from sport programs.

**Drug Policy**

St. Joseph's College recognizes its duty to uphold existing State and Federal laws regarding the unlawful possession, use and sale of illegal drugs. Any student-athlete in possession of or attempting to sell such substances will be dealt with in accordance with the official College policy. In addition, student-athletes are bound by all NCAA rules regarding banned substances, the use of which is strictly prohibited by the Department. Positive tests could lead to loss of athletic eligibility and/or dismissal from a team and/or the entire department.

**Alcohol Policy**

In accordance with the SJC-LI Student Handbook, drinking by students on St. Joseph’s College – Long Island premises, is prohibited. No alcoholic beverages are allowed at student-sponsored events, which includes transportation to and from such events, as well as any overnight accommodations. Varsity intercollegiate student-athletes may not consume alcohol while representing SJC-LI at an intercollegiate event/trip. The College follows the state law regarding the drinking age however, this policy is in effect for all student-athletes regardless of age. Any alcoholic beverages found in the possession of a student shall be subject to confiscation. Failure to comply, or repeated violations, will result in sanctions as described in the Enforcement Section of the SJC-LI Student Code of Conduct and student-athletes should keep in mind that the athletic department and/or coaches have the discretion to establish more stringent policies regarding alcohol consumption.

**Tobacco Policy**

St. Joseph’s College is a smoke-free campus. The NCAA prohibits the use of all tobacco products by student-athletes, coaches and staff in all practices and competitions. Additionally, tobacco products are prohibited during team travel as well as in any other setting where a student-athlete interacts with coaches, fellow students, staff and faculty.

**Gambling Policy**

The NCAA opposes all forms of legal and illegal sports wagering on college, professional or fantasy sports. NCAA rules specifically prohibit varsity student-athletes and athletics department staff members from wagering on any sport (amateur, collegiate, professional) that the NCAA sponsors a championship in. A student-athlete’s eligibility may be compromised should they knowingly provide
information to individuals involved in organized gambling activities concerning any sports competition. Additionally, a student-athletes eligibility may be compromised should they themselves solicit a bet on a sports team and/or accept a bet on a sports team.

Student-athletes wishing to reference more information in regards to gambling should contact the Assistant Director of Athletics for Compliance and Student-Athlete Services or can visit the NCAA website at: http://www.ncaa.org/enforcement/sports-wagering.

**Sportsmanship**

Student-athletes are expected to act with honesty and sportsmanship at all times. During practice, competition, while in travel and even as spectators, it is expected that student-athletes represent themselves and the College with dignity and honor. Fighting, profanity, racial or sexist comments, or other intimidating actions directed at officials, student-athletes, coaches or staff will not be tolerated and can lead to removal from venue and/or suspension/dismissal from the sports program.

**Hazing Policy**

The athletic department and the College strictly prohibit any and all acts of hazing. These are defined as any behavior that is physically, emotionally or psychologically abusive to an individual or selected group of individuals for the purpose of gaining entrance or acceptance into an established group.

No one involved with athletics at St. Joseph’s College – Long Island shall act in a manner or create a situation which intentionally or recklessly endangers the mental or physical health of another or involves forced consumption of alcoholic beverages for a purpose related to initiation into or affiliation with any organization.

Student-athletes involved in hazing activities will be subject to severe penalties from the College and athletic department including team/individual suspension and/or dismissal. Please note that hazing in the State of NY is unlawful and considered a class A misdemeanor.

Examples of hazing include, but are not limited to the following:

1. Forced or required ingestion of alcohol, drugs, food or any undesirable substance or quantity of substances;
2. Participation in sexual rituals or assaults;
3. Forced or required participation in criminal conduct, conduct which violates the civil rights of others;
4. Conduct which is mentally abusive or degrading to the participants or others;
5. Acts that could result in physical, mental or emotional deprivations or harm;
6. Physical abuse which includes whipping, paddling, beating, tattooing, branding and exposure to the elements.


**Policy Against Discrimination, Sexual and Other Forms of Unlawful Harassment**

It is the policy of St. Joseph’s College not to discriminate against any individual on the basis of race, color, religion, sex, national or ethnic origin, citizenship, age, handicap, or disability, status as a Vietnam Era or special disabled veteran, or other veteran who served in a war, campaign or expedition for which a campaign badge has been authorized, marital status, or based on an individual’s status in any group or class protected by applicable federal, New York State, or New York City Law. This policy applies to all terms and conditions of employment, education programs, admissions policies, financial aid, and all other school administered programs or policies. In keeping with the spirit and intent of this policy, the college also prohibits any form of unlawful harassment against any individual based on sex, race, national origin, disability, veteran status, or based on any individual’s status in any group or class protected by applicable federal, state, or local law. With respect to sexual harassment, the College prohibits the following:
1. Unwelcome sexual advances, requests for sexual favors, and all other verbal or physical conduct of sexual or otherwise offensive nature, especially where:

- submission to such conduct is made either explicitly or implicitly a term or condition of an individual’s academic standing;
- submission to or rejection of such conduct by an individual is used as the basis for academic decisions affecting such individual;
- such conduct has the purpose or effect of unreasonably interfering with an individual’s performance or of creating an intimidating, hostile, or offensive academic environment affecting such individual;

2. Offensive comments, sexual or otherwise offensive jokes, innuendoes, and other sexually oriented statements. Examples of the types of conduct expressly prohibited by the College include, but are not limited to, the following:

- touching, such as rubbing or massaging someone’s neck or shoulders, stroking someone’s hair, or brushing against another’s body;
- sexually-suggestive touching;
- grabbing, gropping, kissing, fondling;
- violating another’s personal space;
- wolf or other offensive whistling;
- lewd, off-color, sexually-oriented comments or jokes;
- foul or obscene language;
- leering, staring, stalking;
- suggestive or sexually-explicit posters, calendars, photographs, graffiti, cartoons;
- unwanted or offensive letters or poems;
- sitting or gesturing sexually;
- offensive e-mail or voice-mail messages;
- sexually-oriented or explicit remarks, including written or oral references to sexual conduct, gossip regarding one’s sex life, body, sexual activities, deficiencies, prowess;
- questions about one’s sex life or preferences;
- repeated requests for dates;
- sexual favors in return for academic rewards, or threats if sexual favors are not provided;
- sexual assault or rape;
- any other conduct or behavior deemed inappropriate for the College environment by the College in its sole discretion.

Sexual harassment of one student by another student is also explicitly prohibited, and will not be tolerated. As a general rule, if you are not sure if a comment or action is appropriate, don't do it. If another person makes it clear that he or she finds your comments or behavior offensive, or your expressions of interest unwelcome, don't attempt to pursue the relationship. Any repeated unwelcome effort to pressure or force another person to enter into or continue a relationship is considered by enforcement agencies to constitute sexual harassment, as are repeated offensive comments or actions. The College takes complaints alleging discrimination and harassment very seriously. Any individual who believes he or she has been subjected to discriminatory treatment or harassment should promptly report the incident following the Procedure for Resolving Complaints Alleging Sexual and Other Forms of Unlawful Harassment and Alleged Discrimination which can be found in the SJC Student Handbook located at:


**Student-Athlete Grievance Policy**

If a student-athlete has a complaint or concern that is affecting the quality of the experience of the individual or team, it should first be brought to the attention of the head coach. When all efforts with the coach have been exhausted or if the complaint/concern involves the head coach, the student-athlete should contact the Assistant Director of Athletics for their specific sport as seen in the Athletic Department organizational chart. In the event that the grievance cannot be resolved, the Director of Athletics may become involved to facilitate the process. Student-athletes should feel comfortable approaching any/all of these individuals should an issue need to be discussed. All conversations are confidential to the extent of St. Joseph’s College policies, as well as New York State law on reporting incidents deemed mandatory.
Media Relations and Student-Athlete Interview Policy

The Manager of Athletic Communications is the primary contact for all press inquiries and communication with the news media and other interested groups in regards to the athletics department. The office produces, game-day programs, schedule cards, posters, news releases and featured stories as a part of its daily activities. This same office also coordinates all student-athlete interviews/releases and thus student-athletes should never agree to interviews of any sort unless arrangements have been coordinated through the Athletic Communications Office. If student-athletes receive an interview request, ask the media representative to make arrangements through the Athletic Communications Office. The Athletic Communications Office will inform the student-athlete when to expect authorized contact from media and other related individuals.

Student-athletes are encouraged to follow these guidelines when speaking to the media:

• Acknowledge that you’re part of a team. Every great goalkeeper needs a good backline, and easy baskets are usually the result of good defense.
• Be human. By being honest with everyone, media members and fans will see and learn of the “you” away from the game. Many sports personalities have very interesting stories to tell outside of competition.
• Be sure you understand the reporter’s question before answering it. Ask for clarification if necessary.
• Do not talk “off the record.” If you can’t make a statement to the media “on the record,” it probably shouldn’t be part of your conversation. Even “off the record” comments usually make their way into a story, since it may be left open to interpretation.
• Try not to be evasive, if possible. Answering “no comment,” will also raise suspicions. It is better to answer, “I am not familiar enough with that issue to give a fair answer,” or “I’d rather not discuss the subject.” You may always refer a question to your coach or to the Athletic Communications Office.
• Organize your thoughts before a scheduled interview. Often a comment that seems innocent verbally looks different when it appears in print. If the general tone of the interview is such that you are uncomfortable continuing, please notify the Athletic Communications Office.
• Be on time for pre-arranged interviews. Always return calls arranged by the Athletic Communications Office at the appropriate and designated time. If you should encounter problems with scheduled interviews or phone calls, notify the Athletic Communications Office immediately.
• Do not become overly sensitive about a particular question or a particular story. With very few exceptions, reporters who cover our athletics program are fair and are not out to “get” you.
• Do not criticize the athletic department, its staff, your teammates or your coaches through the media. If you have concerns, share them with your Athletic Director, teammates or your coach, not the public.
• Don’t blame officials after a tough loss; you can’t bring back the game, and you’ll probably see the same officials at a later event.
• Appearance is important. If you look good for an interview, you’ll probably sound good.
• Be confident and courteous, don’t be arrogant.
• REMEMBER, you’re always “on”. It might be practice, it might be in the locker room, it might be on campus, it might be after a big game. Be aware that you’re always “on stage.”

Social Media Guidelines

Student-athletes at St. Joseph’s College – Long Island are held in high regard and are expected to serve as role models in the community. As visible members of the campus and community, you bear the responsibility of representing your team, the College and yourselves at all times. In recent years, Yik-Yak, Facebook, Instagram, Twitter, YouTube, SnapChat and other social networking sites have increased in popularity and are used by the majority of student-athletes at SJC-LI. Student-athletes may not be aware that third parties including the media, faculty, future employers and NCAA officials can easily access their social media profiles and view personal information and views displayed on these mediums. This includes pictures, videos, comments, articles, and reposting the content of others. Inappropriate material found by third parties affects the perception of the student, the athletic department and the campus community all of which may be detrimental to a student-athletes future professional or volunteer opportunities.

Social Media behavior that violates the SJC-LI Student-Athlete Code of Conduct and/or policies set forth in the College handbook will result in reprimand which may include suspension and possible team/department dismissal. For content that is deemed inappropriate, student-athletes will be formally notified via SJC email and expected to remove the inappropriate content within 24 hours or he/she will be removed from practice/competition until it is removed.
Social Media Best Practices

A.Always think twice before posting. Remember, you represent St. Joseph’s College-Long Island, the entire athletic department and student-athletes therein.

B. Be respectful. Show sportsmanship, before and after athletic contests. Think about how you would like to be treated in a similar situation. This includes when communicating with fellow students, peers, faculty, staff and others associated with SJC-LI.

C. Be honest. Be transparent; always tell the truth.

D. Remember many different audiences will see your posts including fans, alumni, minors, peers, parents, staff and faculty, other members of the campus and local community as well as potential employers.

E. There should be no comments/pictures/reference about drug use, profanity, sexual humor, ethnic slurs or personal insults or anything else that violates the SJC-LI student and/or SJC-LI student-athlete handbook policies.

F. Be in the right state of mind when you make a post. Don’t post when you’re angry, upset or your judgment is impaired in any way. (I.e. before a big rivalry or after a tough loss.

G. Avoid online arguments.

H. Be professional. Use your posts to reflect interesting and positive qualities about yourself, your team and your school.

I. Remember that the internet is permanent. Even if you delete something or perceive a post to be anonymous, it is still out there somewhere and a number of people could have seen it or taken a screenshot. Search engines have a long memory, and nothing is truly private, no matter your settings.

J. Be careful who you follow, who follows you and with whom you interact. Review your connections regularly and make good decisions.

K. Abide by the terms of service of each social media platform.

L. Don’t forget your daily job (being a student-athlete)! Social media outlets can be very effective when used strategically, but they can also be huge time-burners. Have a plan for your activity. Whenever you post something, make sure it adds value so that there is a return on your investment of time.

M. ROOT FOR THE GOLDEN EAGLES!

N. Share the love! Link back to other College and athletics department postings. Follow and interact with other SJC social media accounts in a positive manner; share news, information and generally support the College community.

SJC Long Island Official Athletic Social Media Accounts

- Facebook: https://www.facebook.com/sjcnygoldeneagles
- Twitter: GoldenEaglesSJC
- Instagram: SJCGoldenEagles
- Youtube: St. Joseph's-Long Island Golden Eagles

Student-Athlete Compliance, Eligibility and Participation

Academic Eligibility

To be eligible to represent an institution in intercollegiate athletics competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies, be in good academic standing and maintain satisfactory progress toward a baccalaureate or equivalent degree.

Student-athletes must be enrolled in a minimum of 12 credit hours during the semester in which intercollegiate competition takes place. If the student-athlete drops below 12 credit hours during a semester, he/she becomes immediately ineligible for intercollegiate competition. In addition, SJC-LI student-athletes must maintain a cumulative 2.0 GPA or higher in order to be eligible to participate in intercollegiate athletics.
Missed Class Time

Academics are the first priority of every St. Joseph's College student-athlete. It is the responsibility of each student-athlete to assure that participation in practice and competition is done so without the sacrifice of academic achievement. Although the College encourages students to participate in intercollegiate athletics and various other extracurricular activities, approved absences will only be granted for competition and are granted at the discretion of the course instructor.

The following NCAA bylaws apply to all St. Joseph's College student-athletes:

1. **Missed Class Time**: A student-athlete shall not miss class for the following:
   a. Practice activities in any segment; and
   b. Competition in the nontraditional segment.

When/if a student-athlete needs to address a scheduling conflict, their action should include the following:

1. Present faculty with a copy of their competition schedules, including departure, or meeting time, at the beginning of their season. Student-athletes should not expect cooperation from the professor if conflicts are not presented to them early in the semester. In the event a student-athlete has difficulty with a professor, he/she should contact the Assistant Director of Athletics for Compliance and Student-Athlete services.
2. A student may not be excused from an activity other than a competition. Practices, team meetings or other athletic functions will not be considered.
3. If a game is postponed, students are expected to attend any classes they had anticipated missing for that competition.
4. Students are responsible for arranging to make up all missed course work. Papers or tests should be handed in or taken before the missed class.

Athletic Eligibility

NCAA Division III student-athletes have four seasons of athletic eligibility which must be completed in the first 10 semesters of enrollment. A season of intercollegiate participation shall be counted when a student-athlete participates (practice or competes) during or after the first contest in the traditional segment or when the student-athlete engages in intercollegiate competition during the non-traditional segment. The NCAA grants minimal waivers and exceptions to athletic eligibility rules and student-athletes who have questions in regards to this should contact the Assistant Director of Athletics for Compliance and Student-Athlete services.

Student-Athlete Checklist of Eligibility Requirements

Prior to participation in intercollegiate competition, all student-athletes will attend a team meeting to discuss various NCAA rules affecting their eligibility for practice and competition.

ELIGIBILITY FOR PRACTICE AND COMPETITION REQUIREMENTS

1. All student-athletes must be examined and cleared by the team’s physician every year and complete the following for medical clearance:
   - Sickle Cell Trait Testing
   - Medical Insurance Form
   - Medical History Forms

2. All student-athletes must be certified eligible before they may practice or compete and complete the following NCAA compliance forms:
   - NCAA Student-Athlete Statement
   - NCAA Drug Testing Consent Form

3. All student-athletes must be enrolled in 12 or more credits per semester academically, progressing toward the completion of your
degree at the appropriate rate.
4. All student-athletes must complete 24 credits per academic year.
5. All student-athletes must achieve a minimum cumulative grade-point average of 2.0 or higher.
6. All student-athletes must declare a major at the start of their fifth semester.

If you have any questions or concerns regarding eligibility and the NCAA rules and regulations, please contact the Assistant Director of Athletics for Compliance and Student-Athlete Services.

**NCAA Extra Benefit Regulations**

The NCAA defines an extra benefit as “any special arrangement by an institutional employee or a representative of the institution’s athletics interests to provide a student-athlete or the student-athlete’s relative or friend a benefit not expressly authorized by NCAA legislation. Receipt of a benefit by student-athletes or their relatives or friends is not a violation of NCAA legislation if it demonstrated that the same benefit is generally available to the institutions’ students or their relatives or friends or to a particular segment of the student body, determined on a basis unrelated to athletics ability. (Revised: 1/10/91)”

Student-athletes are not permitted to receive extra benefits that are not available to the general student body. Examples of extra benefits include but are not limited to:

1. A loan of money in any amount from a coach, staff member or donor;
2. A coach, staff member or donor signing or co-signing a note with an outside agency to arrange a loan
3. The use of coach, staff member or donor automobile.
4. The purchase of a meal or service at commercial establishments.
5. The use of personal property (e.g., boats, summer homes, cars, stereos).
6. Receipt of gifts (e.g., birthday, Christmas)

Student-athlete who may have questions regarding extra benefits should contact the Assistant Director of Athletics for Compliance and Student-Athlete Services as violations of these NCAA bylaws can affect a student-athlete’s eligibility.

**Procedure for NCAA Rules Violation**

St. Joseph’s College-Long Island is committed to full adherence of NCAA, Conference and College bylaws and regulations. The Department of Athletics will strive to educate student-athletes, coaches, staff, faculty and alumni on these regulations in hopes of minimizing the potential for a violation to occur. However, in the event that a violation occurs or is suspected student-athletes should report it immediately to the Assistant Director of Athletics for Compliance and Student-Athlete services.

**Uniforms and Equipment**

A student-athlete must complete the following procedures prior to being issued an athletic uniform or equipment:

- Receive academic clearance from the Assistant Director of Athletics for Compliance.
- Receive medical clearance from the Athletic Training staff; and
- Receive clearance from the designated Head Coach (i.e., the student-athlete must appear on the team roster).

Student-athletes issued uniforms, practice gear and equipment must assume responsibility for the maintenance of such and return each item at the end of the season. There shall be no alterations made to any items issued and lost or stolen items are the responsibility of the student-athlete. Any equipment not returned will result in a hold being placed on the student’s account and will be billed to the student-athlete at the replacement cost.
**Team Travel**

All members of the official traveling party must travel with the team to and from all athletic contest. Team travel must always take place in an officially-approved mode of transportation supplied by the Department of Athletics and a contracted member of the coaching staff must accompany student-athletes (including travel to airports). The Director of Athletics is the only individual who may grant an exception to this requirement when extenuating circumstances exist. Permission for this exception is required prior to any student-athlete traveling independently of the team and will only be granted when the appropriate travel waiver is signed by the student-athlete(s), head coach, and parent if student-athlete is under 18. Any travel done by a student-athlete without the proper waiver being completed is not acceptable and will warrant disciplinary action. The travel waiver can be accessed via a head coach. Student-athletes requesting this waiver should note that St. Joseph’s College – Long Island cannot be responsible for any activity or incident while students are traveling independently of the team.

While traveling, student-athletes are considered representatives of SJC-LI and thus expected to conduct themselves responsibly and within the context of state, institutional, departmental and team regulations. It is also an expectation that all athletics personnel shall be attired in a manner that is considered professional with any form of “cut-offs” and or non-team issued apparel not considered appropriate.

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**Resources**

**Student-Athlete Advisory Committee**

The Student-Athlete Advisory Committee, herein referred to as “SAAC”, is an organization of student-athlete representatives from each varsity athletic program at St. Joseph’s College – Long Island. The mission of Division III SAAC, as defined by the NCAA, is to enhance the total student-athlete experience by promoting opportunity for all student-athletes; protecting student-athlete well-being; and fostering a positive student-athlete image, while maintaining the tenants of the Division III philosophy.

Additionally, as members of NCAA Division III and the Skyline Conference, St. Joseph’s College – Long Island SAAC provides the following as the primary mission of this organization:

- Promote the athletic program, teams and student-athletes therein as a valuable part of the St. Joseph’s College – Long Island campus community;
- Increase campus awareness of intercollegiate athletic programs;
- Cultivate and strengthen relationships between the athletic community and the campus community through SAAC sponsored endeavors;
- Support and act as a resource for St. Joseph’s College – Long Island varsity student-athletes;
- Act as a liaison between student-athletes and the athletics administration;
- Cultivate a prosperous and supportive athletic community.

Committee make-up should include two representatives from each varsity sport team and is governed by a President, Vice President, Secretary and Treasurer. Student-athletes interested in serving on SAAC should contact their head coach or any athletic administrator.
## Athletics Staff Directory

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shanley Hill</td>
<td>Director of Athletics and Recreation</td>
<td>(631) 687-1445</td>
<td><a href="mailto:shill4@sjcny.edu">shill4@sjcny.edu</a></td>
</tr>
<tr>
<td>Danielle Wilson</td>
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</tr>
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<td>Barbara Traola</td>
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<tr>
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<td><a href="mailto:doconnors@sjcny.edu">doconnors@sjcny.edu</a></td>
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<tr>
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<td>Assistant Manager of Athletic Communications</td>
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<tr>
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<tr>
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Mailing Address:  
St. Joseph’s College  
155 W. Roe Boulevard  
Patchogue, NY 11772  
Athletic Department Fax: (631) 447-3347  
Athletic Department Website: [www.sjcgoldeneagles.com](http://www.sjcgoldeneagles.com)
<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Richard Garrett</td>
<td>Head Baseball Coach</td>
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<td><a href="mailto:rgarrett3@sjcny.edu">rgarrett3@sjcny.edu</a></td>
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<tr>
<td>Kevin Spann</td>
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<tr>
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<tr>
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</tr>
<tr>
<td>Kristen Znaniecki</td>
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<tr>
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<tr>
<td>Chris Brandenberger</td>
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<td><a href="mailto:cbrandenberger@sjcny.edu">cbrandenberger@sjcny.edu</a></td>
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<tr>
<td>Tobey Pantophlet</td>
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<td><a href="mailto:rpantophlet@sjcny.edu">rpantophlet@sjcny.edu</a></td>
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# Important Campus Numbers

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Campus Security</td>
<td>(917) 209-3625</td>
</tr>
<tr>
<td>Health Services</td>
<td>(631) 687-1259</td>
</tr>
<tr>
<td>Academic Advising</td>
<td>(631) 687-1497</td>
</tr>
<tr>
<td>Bookstore</td>
<td>(631) 447-2018</td>
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<tr>
<td>Bursar</td>
<td>(631) 687-4566</td>
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<tr>
<td>Counseling and Wellness Center</td>
<td>(631) 687-4551</td>
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<tr>
<td>Callahan Library</td>
<td>(631) 687-2629</td>
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<tr>
<td>Campus Ministry</td>
<td>(631) 687-1467</td>
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<tr>
<td>Career Development and Engagement</td>
<td>(631) 687-1248</td>
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<tr>
<td>Financial Aid</td>
<td>(631) 687-2611</td>
</tr>
<tr>
<td>Student Life</td>
<td>(631) 687-4590</td>
</tr>
<tr>
<td>Registrar</td>
<td>(631) 687-1417</td>
</tr>
<tr>
<td>Student Accessibility Services</td>
<td>(631) 687-2403</td>
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