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Welcome Student-Athletes

Dear Eagle Student-Athlete:

Welcome to the University of Mary Washington Department of Athletics. We are glad that you are among our approximately 500 current student-athletes and the thousands of alumni who have played before you. You are part of the Eagle family, and that is a special connection you will always have to your alma mater.

Being a student-athlete is a wonderful privilege that comes with strong responsibilities. You will be expected to represent UMW, our department, and your team in a first-class manner at all times. You must try your best to make the right choices, whether on a Wednesday afternoon or a Saturday night. In particular, you must think carefully as you navigate the world of personal relationships, academics, drugs, alcohol, social media, and hazing. As a student-athlete and leader you are expected to promote a positive atmosphere of diversity and inclusion. We have a special opportunity in athletics to life people up and bring them together. You will have a lot on your plate, but always know that you have a strong support system behind you in your teammates, coaches, and the athletic department. Our number one goal is to help you grow in a positive fashion and graduate from UMW as a happy and productive young adult.

Remember that nothing worthwhile is easy and that success is a sometimes long process. Be patient, stay focused, and keep your eye on the prize. Maintain your commitment, have a plan, and stay organized. Take advantage of all the wonderful resources at UMW, including academic support, cultural and social events, and leadership opportunities.

Remember that you are a student-athlete, and that the student part must come first. Don’t just stay eligible, excel. Challenge yourself in the classroom and you’ll be pleased with the results. Never forget that the biggest “game” on your schedule is graduation day!

Play hard and with great sportsmanship and always play to win. We are committed to excellence and championships at UMW, and we are extremely proud of our past athletic accomplishments. However, we have our sights set on CAC championships and NCAA appearances. We are committed to providing our student-athletes and coaches the resources, facilities, and support necessary to make these dreams a reality.

Finally, remember that you don’t play at the University of Mary Washington; you play for the University of Mary Washington. You play for all those who came before you, as well as those who will come after. Draw strength from this fact and make every day a great day to be an Eagle!
NCAA DIVISION III PHILOSOPHY

As stated in the NCAA Division III Manual, 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. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their student-athletes and athletics staff.

To achieve this end, Division III institutions:

A. Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (students, alumni, institutional personnel) than on the general public and its entertainment needs;
B. Award no athletically related financial aid to any student;
C. Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
D. Encourage participation by maximizing the number and variety of athletics opportunities for their students;
E. Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
F. Assure that athletics participants are not treated differently from other members of the student body;
G. 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;
H. Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admissions process;
I. Provide equitable athletics opportunities for males and females and give equal emphasis to men’s and women’s sports;
J. Support ethnic and gender diversity for all constituents;
K. Give primary emphasis to regional in-season competition and conference championships; and
L. 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.
STATEMENT OF MISSION AND VALUES FOR UMW ATHLETICS

Every day in the Department of Intercollegiate Athletics at the University of Mary Washington we engage our community to teach, support and celebrate our student-athletes in their quest for excellence. We bring Eagles together through events we host on campus and participate in across the nation. At the same time, we provide opportunities for tomorrow’s leaders to develop strong values through athletic competition: teamwork, sacrifice, preparation, adversity and success. The words of our mission statement capture the passion our coaches and staff bring to the workplace. We understand our role within the university and the community of Fredericksburg. A university campus is a living and learning environment where professors, coaches, researchers, administrators, alumni and students are continuously teaching and learning from each other. Eagle athletics is integrated in the academic and research framework of our university. In all that we do, the Athletic Department strives to be a value to UMW and those individuals and businesses that support our programs.

We also take pride in the value that Eagle Athletics brings to campus and the community of Fredericksburg. Events held on campus serve as an opportunity and a revenue source to private businesses and other campus operating units. In addition, our coaches, student-athletes and administrators are leaders in regards to community outreach, including relationships with charitable organizations and engagement in the K-12 classrooms.

Eagle Athletics is proud to be part of a great university and engaged in the community, and we understand our role. As we celebrate our championships and achievements, we also celebrate the accomplishments of those that work beside us in academics, student life, and the arts. The significance of our university and the attractiveness of our community are due to the collective and diverse success of everyone working together.
UMW ATHLETIC DEPARTMENTAL GOALS

Athletics is the most visible component of UMW, and we serve as the “front porch” of the university, welcoming people to our beautiful campus “town square.” Athletic events and accomplishments generate thousands of dollars annually in positive media exposure, which in turn can benefit student enrollment, financial opportunity, fundraising, campus spirit, and connections with alumni and other areas of campus. Athletics brings richness to the campus experience, and fosters a sense of “Eagle Nation” identity and success that is evidenced through increased campus pride. Eagle Athletics also improves the quality of life in the region through extensive community service, affordable quality entertainment, and positive role models for young people. Finally, Eagle Athletics is an economic driver for the region, as the contests and visiting teams bring substantial business to the Fredericksburg area.

The UMW Athletic Coaches recruit regionally and nationally throughout the year touting the virtues of the University of Mary Washington and the Fredericksburg region. Athletics plays a significant role in enhancing diversity on campus by bringing in minority and out-of-state student-athletes, and the department is strongly committed to the principles of Title IX and gender equity. The UMW Athletic Department instills a sense of institutional pride by constantly reminding our student-athletes that they don’t play at Mary Washington, they play for Mary Washington. This creates a sense of responsibility and investment that will connect them with UMW for the rest of their lives. We have four overriding departmental goals that guide our work:

- To recruit, retain and graduate quality student-athletes who will become engaged alumni
- To be competitively successful at the conference, regional and national level
- To provide a quality student-athlete experience that is safe, nurturing, and instills the values of leadership, teamwork, and sportsmanship
- To align with the mission of the University and serve as a prominent advocate for the University
<table>
<thead>
<tr>
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<th>Last Name</th>
<th>Title</th>
<th>Phone (540)</th>
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<tr>
<td>Rich</td>
<td>Adams</td>
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<tr>
<td>TBA</td>
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<tr>
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CONFERENCE AFFILIATIONS

There are 23 intercollegiate varsity sports programs at the University of Mary Washington. The University of Mary Washington’s affiliations are listed below.

National Collegiate Athletic Association (NCAA)
The NCAA is a national organization designed to maintain intercollegiate athletics as an integral part of the educational process and the student-athlete as an integral part of the student body. The NCAA policies include issues of admissions, financial aid, eligibility and recruiting.

The University of Mary Washington intercollegiate athletic department is a proud member of NCAA Division III, the largest of the three NCAA divisions. Our student-athletes do not receive athletic scholarships; they compete purely for the love of their sport.

Capital Athletic Conference

Formed in 1989, a nine-member coalition of four-year, co-educational institutions promotes intercollegiate athletic competition among schools located in close geographic proximity that have similar educational and athletic philosophies. The Capital Athletic Conference (CAC) strives to develop a harmony of good feeling and a spirit of competitive sportsmanship, fellowship, and uniformity of practice among member institutions. Conference members are required to operate their intercollegiate athletic programs under the highest ethical standards and to maintain a program consistent with the overall educational philosophy of the member institutions.

Today, the current CAC membership includes the following ten institutions: Christopher Newport University, Frostburg State University, Marymount University, Penn State University Harrisburg, Salisbury University, Southern Virginia University, St. Mary’s College of Maryland, University of Mary Washington, Wesley College and York College of Pennsylvania.

In 1991-92, the first Conference All-Sports Award, given annually to the Conference institution that accumulates the most points toward the “total” athletic program, was awarded to Mary Washington College. In June 2007, the Board of Directors added a “Men’s Commissioner’s Award” and a “Women’s Commissioner’s Award” to promote the best men’s and women’s programs in the conference in addition to the overall best program.

The UMW Equestrian Team is a member of the Intercollegiate Horse Show Association. The IHSA provides collegiate riders of all skills the opportunity to compete individually and as teams in equestrian competition.
ACADEMICS

Eligibility

In order to participate in intercollegiate athletics at the University of Mary Washington, student-athletes must meet all NCAA eligibility requirements and must be enrolled in a minimum full-time program of studies leading to a degree (min. 12 credits undergraduate, 9 credits graduate). It is the student-athletes’ responsibility to speak to the coach prior to dropping any classes. Student-athletes must maintain satisfactory-progress requirements as determined by UMW. As stated in the UMW undergraduate catalog, students in Bachelor of Arts, Bachelor of Science, and Bachelor of Liberal Studies degree programs are expected to make satisfactory academic progress by maintaining a 2.00 overall cumulative UMW GPA, the standard required for graduation. Students who fall below a 2.00 overall cumulative UMW GPA are in academic jeopardy and are subject to these probation, suspension and dismissal policies.

The purpose of probation, suspension and dismissal is to warn students that they are not doing satisfactory work, to stimulate them to improve their performance, or, finally, to serve notice that the institution does not choose to allow them to continue because there is little or no likelihood of their finishing successfully.

Evaluation of academic standing is based on two factors: the number of attempted credits and the minimum overall cumulative GPA. For both full-time and part-time students, the number of attempted credits is calculated by adding the UMW attempted hours (including UMW graded credits, PA, SA, UN, W and repeated credits) to the AP credit, IB credit, CLEP credit, Cambridge credit, and transfer credit hours. The minimum overall GPA is calculated on UMW GPA credits (Grades of PA, SA, UN and W are not considered in calculating the UMW GPA.)

Probation. A student is placed on probation whenever the student’s overall cumulative UMW GPA falls below 2.00. Students on probation who achieve an overall cumulative UMW GPA of 2.00 or higher at the conclusion of either the fall or spring semester will be removed from probation. Any student previously on probation whose overall cumulative UMW GPA falls again below a 2.00 at the conclusion of either the fall or spring semester will be returned to probation. A student placed on academic probation is expected to consult with his or her faculty advisor and the Office of Academic Services no later than the first week of the ensuing semester. A student placed on “academic probation” may continue to participate in any extracurricular opportunities offered by the institution except those activities that require a specific GPA threshold.

Suspension/Dismissal. Students who do not make satisfactory progress (please see the following chart) while on probation will be suspended/dismissed. No student can be suspended after only one semester at the University; a period of probation of at least one semester duration will always precede suspension/dismissal action. As appropriate, a notation of the student’s suspension/dismissal status is entered on the student’s permanent record. A suspended student may not register for any classes at UMW (fall or spring semester) until his or her term of suspension expires. However, a student under first suspension may enroll in UMW’s summer school after consultation with the Office of Academic Services. A student under first suspension may take up to two courses at another college or university for transfer to UMW but must obtain written approval from Academic Services and the Registrar before registering for classes during the semester of suspension. A dismissed student is ineligible to obtain a degree from UMW or to continue enrollment in courses offered by the University. The academic records of all students on probation are subject to review for academic suspension/dismissal at the conclusion of the fall and spring semesters. All students on probation must
have met the appropriate minimum overall cumulative UMW GPA, based upon their number of credits (including AP, IB, CLEP, Cambridge, and transfer credits as well as all UMW attempted GPA hours). All students on probation who have not achieved the requisite minimum overall cumulative GPA at the conclusion of each fall or spring semester will be suspended/dismissed, according to the terms on the following chart:

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A Faculty Athletic Representative (FAR) is a member of the faculty that has been designated by the institution to serve as a liaison between the institution and the athletics department, and also as a representative of the institution in conference and NCAA affairs. The role of the FAR is to ensure that the academic institution establishes and maintains the appropriate balance between academics and intercollegiate athletics.

**Attendance**

A primary responsibility of students is class attendance. Learning is an experience which requires active participation, and the University expects participation of students in all their scheduled classes. **Student-athletes are not permitted to miss class for practice, workouts, or nontraditional competition according to the NCAA Bylaw 17.1.4.2.** If class is missed due to an approved contest, the student-athlete is responsible for advising the class instructor in advance of the missed class and for making up any missed assignments.
INTERCOLLEGIATE ATHLETICS

Student-Athlete Responsibility

The Athletic Department at the University of Mary Washington expects the actions of its student-athletes, both on and off the playing field, to reflect the positive values and traditions of excellence fostered by the University. You are expected to exemplify the standards of self-discipline, personal integrity and social responsibility that will bring honor to yourself, your team and your University. Remember, you do not play at UMW, you play for UMW. Failing to uphold these responsibilities could result in sanctions up to and including dismissal from the program.

Student Athlete Advisory Committee (SAAC)

SAAC stands for the Student Athlete Advisory Committee. Every NCAA member institution has its own SAAC. SAAC is an organization run by student-athletes that operates on behalf of all UMW varsity athletes to influence the rules and policies regulating Eagle athletics, and to serve our general needs through cooperation with the administration. SAAC meetings are coordinated by an advisor and all student-athletes at UMW are eligible to be a part of this committee.

Awards

The University Of Mary Washington Department Of Athletics honors its student-athletes by hosting an awards banquet in the spring.

Services

Student-athletes can and are encouraged to use any of the academic services that Mary Washington offers. These services include, but are not limited to, the writing center, speaking center, tutors, and academic advising. For further information and a complete listing, refer to the undergraduate catalog, pages 35-48.
POLICIES

Try-Outs

The University of Mary Washington is a proud member of NCAA Division III. As a Division III institution, we do not offer athletic scholarships nor do we utilize the National Letter of Intent program. However, all of our sports are very competitive and roster spots must be offered and earned. Each head coach, in consultation with the director of athletics, has the autonomy to determine the final roster for their sport. If the prospective student-athlete participates in preseason activities, the prospective student-athlete will have at least one opportunity to participate in sport-related activity observed by the head coach during the championship or non-championship segment. The head coach will make the determination as to whether participation in preseason activities or a tryout opportunity will be offered to a prospective student-athlete. Roster spots are evaluated annually, based on criteria including academic and athletic performance, team commitment and chemistry, and social responsibility. Any questions about a current or prospective student-athlete’s roster status should be directed to that sport’s head coach.

UMW Athletics Drug Testing Program

The University of Mary Washington recognizes the dangerous nature of illicit and harmful drugs. The Department of Athletics strongly believes that drugs and alcohol have a negative impact on the lives of student-athletes, who are a particularly high-risk population due to pressure to excel, high visibility, and their role as institutional representatives.

To monitor and prevent the use of drugs and alcohol among student-athletes, the Department of Athletics has developed a mandatory drug testing policy. This policy is designed to complement the drug screening program administered by the NCAA and is a condition of participation for all student-athletes.

Drug-Testing Consent Form

You must sign this form to participate (i.e., practice or compete) in intercollegiate athletics per University of Mary Washington (UMW) Department of Athletics policy. To view the complete drug testing policy and procedures, please visit umweagles.com and click on Athletic Department. Questions should be discussed with the Director of Athletics. I hereby consent to the following:

1. Collection and testing of my urine at various times during the academic year for drugs, alcohol, and/or other banned substances.
2. Release of the results of any collection of testing to the Director of Athletics or designee, Assistant Athletic Director, Head Coach, the Head Athletic Trainer or Assistant Athletic Trainer(s), Team Physician, Appeals Committee.
3. Acknowledgement that the University of Mary Washington Student Athlete Drug Education and Drug Testing Program is separate and distinct from the National Collegiate Athletic Association
(NCAA) drug testing program and its sanctions, and that the University of Mary Washington may impose sanctions under its program upon a positive result under the NCAA drug testing program.

4. Hereby release of University of Mary Washington, its officers, employees, and agents from legal responsibility and/or liability for the release of any information and/or record as authorized by the consent form and release, fully and forever, and discharge the aforementioned parties from any claims, demands, rights of action, or cause of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from my participation in the University of Mary Washington Department of Athletics Student Athlete drug education and drug testing program including those claims, demands, rights of action, or causes of action arising out of any positive result under such program.

I voluntarily consent to have a sample of my urine collected during my participation in intercollegiate athletics at UMW for the academic year, to be tested for the presence of alcohol (ethanol), cocaine, amphetamines, opiates, barbiturates, phencyclidine (PCP), benzodiazepines, and THC (marijuana). I further understand that certain prescription and/or over the counter drugs that I may be taking can affect the results of these tests and that I will inform appropriate Department of Athletics Staff prior to testing of any prescription and/or over the counter drugs that I am taking.

Student-Athlete Printed Name: ________________
Student-Athlete Signature: _____________________________
Parent/Guardian Name (print) if athlete is under 18: _____________________________
Parent/Guardian Signature:_____________________________
Date: ___________

Consequences of failure to participate in or cooperate with testing

1. If the student-athlete declines to execute the required individual consent form, eligibility to participate in intercollegiate athletics will be suspended.

2. If the student-athlete fails to appear at the designated time (more than 10 minutes late) and location for testing, he/she will be suspended from athletic participation for a minimum of one contest. This will be treated as a positive test result. However, a student athlete may test at the testing location as long as testing is still being conducted, or at AnyLabTest Now, 1135 Jefferson Davis Highway, Fredericksburg, VA 22401 within 24 hours at student athlete expense to fulfill the requirement of the drug test. If the drug test is positive, all sanctions will be imposed.

3. Any student-athlete failing to sign the memorandum regarding notification of random selection shall be suspended from all athletic participation.
Sanctions Following Positive Drug Screen Results

1st Positive

1. Director of Athletics notified

2. Director of Athletics will notify Head Coach

3. Additional drug screening whenever the Department of Athletics conducts random drug screening over the next twelve (12) months. The cost will be incurred by the student-athlete.

4. Suspended immediately upon positive notification for 20% of the total number of countable traditional season contests. This includes suspension from all team activities. If the suspension of contests is not a whole number rounding will occur. Anything .4 and below will round down, anything .5 and above will go to the next whole number.

5. The student-athlete will be required to have a counseling evaluation. If utilizing the Talley Center for Counseling Services (TCCS) at UMW, the scheduling of a drug assessment must be made within 1 week of the notification and will be completed in a timely manner, based on TCCS availability. The evaluation may also occur at an external agency. Recommendations from counseling services or any external agency will be forwarded to the Director of Athletics and the student-athlete must comply with the recommendations. The evaluation and any recommendation must be completed within a two-week period of the incident. The student-athlete is responsible for all costs incurred for these services.

6. Head Coach may administer additional sanctions with approval of the Director of Athletics

2nd Positive

1. Director of Athletics notified

2. Director of Athletics will notify Head Coach.

3. Additional drug screening whenever the Department of Athletics conducts random drug screening over the next twelve (12) months. The cost will be incurred by the student athlete.

4. Suspended immediately upon positive notification for 50% of the total number of countable traditional season contests. This includes suspension from all team activities. If the suspension of contests is not a whole number then rounding will occur. Anything .4 and below will round down, anything .5 and above will round to the next whole number.

5. The student-athlete will be required to have a counseling evaluation. If utilizing the Talley Center for Counseling Services (TCCS) at UMW, the scheduling of a drug assessment must be made within 1 week of the notification and will be completed in a timely manner, based on TCCS availability. The evaluation may also occur at an external agency. Recommendations from
counseling services or any external agency will be forwarded to the Director of Athletics and the student-athlete must comply with the recommendations. The evaluation and any recommendation must be completed within a two-week period of the incident. The student-athlete is responsible for all costs incurred for these services.

6. Head Coach may administer additional sanctions with approval of the Director of Athletics.

rd Positive

1. Director of Athletics notified.

2. Director of Athletics will notify Head Coach.

3. Permanent termination of intercollegiate athletics participation at UMW.

NOTE TO MULTI-SPORT ATHLETES: Athletes that choose to participate in more than one intercollegiate sport at UMW will face sanctions with the sport currently in season, but the suspension will continue into the next sport season if necessary.

I acknowledge that I have read and understand the policies and procedures outlined in this document.

Student-Athlete Printed Name: ________________
Student-Athlete Signature: _______________________
Date: __________
UMW Student-Athletics Code of Conduct

As a student athlete at the University of Mary Washington, I will demonstrate a high standard of conduct in the following manner:

**University and Team Policies:**

I will adhere to all university, department and team policies and rules.

**SANCTIONS:** Violations of the policy may result in disciplinary action from the institution, the department of athletics and/or your coach.

**Academics:**

I will maintain full time status (12 credit hours per semester) and maintain satisfactory progress towards a baccalaureate degree.

**SANCTIONS:** Student-athletes that fall below 12 credit hours or do not maintain satisfactory progress towards a baccalaureate degree will not be eligible for practice or competition.

**Drug and Alcohol Policies**

- I will not possess or consume alcohol or use one of the **NCAA Banned** drugs while representing UMW at home or away Intercollegiate Athletic events. This includes, but is not limited to, travel to and from all athletic events (including private, commercial and institutional vehicles), social activities during team trips, all meals or snacks consumed in or outside restaurants and in team housing accommodations.

- I will not violate the Virginia State Alcohol Laws, which prohibit possession or consumption of alcohol by anyone under the age of 21 and also prohibit those 21 or older from purchasing and/or supplying alcohol to underage persons, will be sanctioned.

- If I am 21 years of age or older, I understand that I am not **permitted** to consume alcohol less than 48 hours prior to any competition.

- If I am hosting prospective student-athletes on or off campus, I will not consume alcohol in the presence of, or provide alcohol to, prospective student-athletes.

- If I am cited for an alcohol or drug related violation, on or off campus, at any time during their traditional or non-tradition sport season, I understand that I must notify my head coach within 24 hours of the incident. I understand that I am expected to keep my coach informed as to the on-going status of the citation and any subsequent actions.
**SANCTIONS:** Student-athletes who violate the alcohol/drug policy will be subject to disciplinary action from the department of athletics. *Sanctions from the department of athletics are separate from any sanctions issued by the University of Mary Washington.

**Behavior:**

I will exemplify high principles of honor, respect, integrity, and morality and will conduct myself in a positive manner on and off campus and lead by example.

**SANCTIONS:** Athletes who have been charged with a crime may be suspended immediately pending an investigation. Those convicted of a crime and/or are found guilty of violating any university policy, will be subject to disciplinary action from the department of athletics.

*Sanctions from the department of athletics are separate from any sanctions issued by the University of Mary Washington.

**Hazing:**

As a student-athlete, it is my responsibility to prevent any form of Hazing, or any act committed against my teammates that are humiliating, demeaning, or endanger their health and safety. I will not take part in any initiations, regardless of consent or willingness to participate by others.

**SANCTIONS:** Student-athletes who are found guilty of hazing activities will be subject to disciplinary action from the department of athletics.

*Sanctions from the department of athletics are separate from any sanctions issued by the University of Mary Washington.

**Social Media and other Electronic Communication:**

The UMW athletic department is considered the front porch of the university and by being a student-athlete, I have decided to represent UMW. I understand that when I am managing private social media accounts and communicating electronically, they will be kept clean of inappropriate pictures, videos, and language. I understand information I post is subject to public knowledge and judgment. This information is a reflection of me, my teammates and the University of Mary Washington Athletic Department.

**SANCTIONS:** Student-athletes who violate institutional or departmental rules or values will be subject to disciplinary action from the department of athletics.

*Sanctions from the department of athletics are separate from any sanctions issued by the University of Mary Washington.

I acknowledge that I have read and understand the policies and procedures outlined in this document.

_________________________________                _________________________             ______
Student-Athlete Printed Name                                   Student-Athlete Signature                   Date
NCAA Banned-Drug Classes

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:


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.

Drugs and Procedures Subject to Restrictions:


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

1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result. 2. Student-athletes have tested positive and lost their eligibility using dietary supplements. 3. Many dietary supplements are contaminated with banned drugs not listed on the label. 4. 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); methylhexanamine (DMAA); “bath salts” (methylenedioxymethamphetamine or MDA); Octopamine; DMBA; phenylethylamines (PEAs); etc. Exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenedione):
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); triameterene; trichlormethiazide; etc.

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); etc. Anti-Estrogens: anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), 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, nca2 or ncaa3.

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

Wagering

Statement on Gambling: “Don’t Bet On It”
In clear, simple language, here is what the rule means: You may not place any bet of any sort on any college or professional sporting event. You may not give information to anyone who does place bets on college or professional sports.

That Means …
- No wagers for any item (cash, prize, etc.) on any professional or collegiate sporting event
- No sports “pools”, even those run by your friends in the dormitories
- No internet gambling on sports events
- No fantasy leagues that award a prize and require a fee to participate
- No sports wagering using “900” numbers
- No exchange of information about your team with anyone who gambles. In other words, no information about injuries, new plays, team morale, discipline problems, etc.

The consequences …
NCAA rules are clear. The minute you are discovered to have made a bet of any kind On any college or professional sport … OR … to have given information to someone who does gamble … You are declared ineligible to compete in collegiate sports.
Transfer Procedure

Division III has a number of rules that are important to know before the transfer process takes place. Each student-athlete has ten full time semesters to participate in four years of his/her sport. The student may not ‘transfer out of trouble’ (academic or disciplinary). If the student would not be eligible to participate at the previous institution, he/she will not be eligible to participate at the next institution.

General Transfer Information

An athletics staff member or other representatives of the institution's athletics interests shall not make any contact in any manner with the student-athlete of another NCAA or NAIA four year collegiate institution, directly or indirectly, without first obtaining written permission to do so, regardless of who makes the initial contact. Athletic staff members may speak to student-athletes at community colleges about transferring without written permission.

If a current student-athlete attends another Division III institution, he/she may issue on their own behalf, permission for another Division III institution to contact them about a potential transfer. The self release will need to be forwarded to the director of athletics and/or the compliance officer at the institution of interest. Contact may occur during the 30-day period beginning with the date the permission to contact form was signed by the student-athlete.

I’m thinking about transferring out of the University of Mary Washington, but I am not sure what to do next?
If you are seeking a transfer, you should contact your Head Coach or appropriate member of your Coaching Staff, Assistant, Associate or Director of Athletics. If you seek a transfer via the Assistant Director, Associate Director, or Director of Athletics, you should understand that your Head Coach will be informed of your intentions, should you ultimately decide to contact other institutions regarding a possible transfer. However, if you wish to leave the University of Mary Washington for another NCAA Division III institution, you do not need authorization via our athletic department for permission to contact. The NCAA has issued a “Self-Release Transfer Form” specifically for Division III athletes, which will allow release to other NCAA Division III institutions. Normally, the institution in question will contact us to inquire about your eligibility status, so we recommend coming to us first!
Permission to Contact: Self-Release – NCAA Division III

For: Student-athletes.
Action: Complete form, sign and send to the director of athletics at institution where you wish to discuss a possible transfer.
Authorized by: NCAA Division III Bylaw 13.1.1.2.1.
Purpose: To grant NCAA Division III student-athletes permission to contact other NCAA Division III institution’s athletics department staff about a possible transfer.
Period of Release: This permission to contact will be in effect for 30 days from the date this document is signed.

NAME OF STUDENT-ATHLETE: ________________________________

Name of institution you wish to contact: ________________________________

Use this form so you may contact another NCAA Division III college or university's athletics staff members (including coaches) about a possible transfer. This form does not allow you to contact athletics department staff members at NCAA Division I or NCAA Division II institutions.

Bylaw 13.1.1.2 states that:

"An athletics staff member or other representative of the institution's athletics interests shall not make contact in any manner (e.g., in-person contact, telephone calls, electronic communication, written correspondence) with the student-athlete of another NCAA or NAIA four-year collegiate institution, directly or indirectly, without first obtaining written permission to do so, regardless of who makes the initial contact. If permission is not granted, the second institution shall not encourage the transfer. If permission is granted, all applicable NCAA recruiting rules apply. Written permission may be granted by:

(a) The first institution's athletics director (or an athletics administrator designated by the athletics director); or

(b) The student-athlete, if the student-athlete attends a Division III institution."

1. This form gives you permission to have contact with the athletics staff at another NCAA Division III college or university to discuss a potential transfer. It also gives another college or university permission to contact you. This form does not include any information about your academic or athletics eligibility; however, in order to be immediately eligible to compete at the new institution, you must not have an unfulfilled residence requirement and have been both academically and athletically eligible for athletics had you stayed at your current institution.

2. This form is effective for 30 days from the date of signature. While the form is effective, the new institution may contact you or you may contact the new institution. If this is the first time you have sent this form to a particular institution, then that institution must preserve the privacy of this contact and any further communication. If you desire, this privacy can be waived by checking the
box on Page No. 2 of this form. At the end of the 30-day period, if you decide to transfer, your new institution must notify your current institution within a seven-day period of the form's expiration date that this form was issued.

3. **If you decide not to pursue the transfer, the new college or university is not allowed to notify your current institution of the contact at any time.** If you are undecided at the end of the 30-day period, you must send a new copy of this form to have additional contact with the college or university. Further, because this second release is beyond the first 30-day period, the new college or university must notify, within seven days, your current institution that a second release was issued.

4. By signing this form, you agree that you permit the named college or university to contact you for a 30-day period from the date this document is signed. You also agree that if you decide to transfer, or if you send a second self-release, the new college or university will notify your current institution of these facts. Institutions in receipt of this form are not allowed to notify your current institution of this release, unless:

   a. You have granted permission for that notification to occur by checking the box near the end of this form;

   b. You notify the institution in receipt of the form that you have decided to transfer to that institution; or

   c. You have issued a second self-release.

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**Signature of Student-Athlete**

**Date**

Name (please print)

Name of current institution

Sport(s) of interest

Contact information (telephone number, email address, or physical address)

☐ Check this box if this is the first release issued to this institution.

☐ Check this box if you give the named college or university permission to notify your current institution of this permission to contact during the 30 days this form is effective.

**What to do with this form:** Sign and send this form to the director of athletics at the college or university you would like to contact about a possible transfer. You may send this form via facsimile, email or standard mail, but the form must include a signature. If this form is emailed, it still must include a scanned signature.

**This form is to be kept in the director of athletics’ office for six years.**
FACILITIES

Anderson Center
Opened in August 2011, this multi-use facility adjacent to Goolrick Hall provides basketball courts and seating for 2,000 spectators at UMW men’s and women’s varsity Basketball and Volleyball games, and seating for up to 3,000 for concerts and other community events.

Named to honor the 23 years of service by the University’s sixth president, the William M. Anderson Center is open to students and the public. In 2015, the arena was named for local entrepreneur Ron Rosner in recognition of his generous gift to UMW Athletics.

Goolrick Hall
Goolrick Hall was named for Virginia State Delegate C. O’Conor Goolrick. Known as the “Father of Mary Washington College,” C. O’Connor Goolrick’s efforts in the Virginia House of Delegates were integral to the founding of the school. Today, Goolrick Hall is the hub of Athletic Department operations. It houses the administrative and coaches’ offices, training room, auxiliary gymnasium, pool, and the newly renovated varsity strength and conditioning center.

Athletic Training Room
The Goolrick Hall Athletic Training Room (Rm 102) is staffed by 3 certified athletic trainers with the help of student workers and volunteers. The room is equipped with 11 treatment tables where ultrasound, electric stimulation, bio-compression and several other state of the art modalities are used. There is a taping area for pre-practice preparation and plenty of room available to perform physical therapy exercises with a variety of rehab equipment.

Battleground Athletic Complex
The Battleground Athletic Complex was completed in 2005 and named for the competitive spirit of the school’s student-athletes and the area’s military history. The complex is devoted to Eagle sporting events and practices. The Battleground Complex plays host to lacrosse, soccer, tennis, field hockey, track and field, baseball and softball, and is regarded as one of the finest facilities of its kind in Virginia.

Eagle Lounge
This room is exclusively for UMW student-athletes and athletic staff and boasts a large flat screen television, couches, a study table and bistro table. The area also houses a fully remodeled kitchen, with refrigerator, microwave oven and sink. The lounge is open weekdays from 8 a.m.-5 p.m., and during other hours by appointment.
MEDICAL

Insurance

The University of Mary Washington will assume no responsibility for the payment of, or authorization to pay, medical expenses. Any medical expenses incurred as a result of athletic participation become the responsibility of your personal insurance carrier. All student athletes at the University of Mary Washington are required to have proof of health insurance coverage that covers athletically related injuries and has a policy limit of at least $90,000. This information is updated annually along with an insurance card or legible photocopy of both sides, and must be on file before you can participate, as mandated by the NCAA.

The NCAA’s Catastrophic Injury Insurance Program covers student-athletes who are catastrophically injured while participating in a covered intercollegiate athletic activity (subject to all policy terms and conditions.) The policy has a $90,000 deductible. This coverage does not qualify as the basic coverage required for participation in athletics at the University of Mary Washington. It is supplemental coverage in the event of a catastrophic injury. More information on this program can be found on the NCAA’s web-site at www.ncaa.org

Medical Requirements

To compete in intercollegiate athletics at The University of Mary Washington, all student-athletes are required to complete the necessary medical information online. Please look under the Athletic Training forms tab at www.umweagles.com for instructions to complete your medical information forms.

In addition, there are forms that require practitioners’ signatures that must be mailed to the athletic training department. These forms can be found and printed from our online system when filling out all other information.

- ALL student athletes must submit a signed Sickle Cell Trait Verification form signed by a practitioner along with lab work
- ALL student athletes must submit a front and back copy of their insurance card
- All student athletes must submit a signed Risk Waiver form
- All new student-athletes (incoming freshman, transfer, or athletes that have not had prior participation in any intercollegiate sports) at the University of Mary Washington must mail in an ORIGINAL COPY of their Pre-Participation Health Examination form signed by a licensed practitioner.
- All student-athletes with ADD/ADHD must submit a copy of their evaluation paperwork and the ADD/ADHD Medical Exemption form signed by a licensed practitioner.
TRAVEL

Expectations

Student athletes, coaches, and any representative of the University and/or athletic department are expected to follow certain standards when representing the institution during competitions at other institutions.

Travel Code of Conduct

- Dress appropriately when representing the University.
- Be respectful and mature. Horseplay and using profanity are not acceptable.
- Vandalism and theft of any kind in hotels, restaurants, sites of competition and all other places will not be tolerated. Take proper care of hotel rooms and be respectful of other hotel guests.
- Always clean up the locker room after your team’s use.
- When staying at hotel with team, NO ONE regardless of age should enter bar or lounge area.
- Make sure your coach knows where you are at all times.

Hosting Recruit Information

The student host and visiting recruit will meet with the coaching staff to review guidelines and expectations, either on the phone prior to arriving on campus or at the start of each visit.

- As a host, treat the prospective student athletes in the matter that typifies your athletic program. Give each recruit a taste of Mary Washington’s unique environment. Do your best to represent the athletic department, your program, and UMW positively.
- Although you cannot be held directly responsible for the behavior of the visiting recruit, you should know that your actions do influence how the recruit behaves. You are expected to use good judgment in all situations.
- The student host or any member of a UMW team is not permitted to serve or supply alcohol to a recruit during his or her visit.
- Mary Washington strongly recommends that student visitors to the University remain on campus or within the Fredericksburg city limits and that they refrain from traveling in student-operated vehicles.
- The student host will not coerce, or force any recruit to do anything against his or her own will.
- Under no circumstances, unless otherwise approved by your coaching staff, should you be separated from the recruit at any time. This includes evenings prior to UMW athletic events or early practices. You are responsible for the well being of your recruit while he or she is in your care. The recruit is expected to follow your daily schedule.
- It is expected that the student host will provide a proper place to sleep and whenever possible, provide appropriate bedding for the recruit. Please inform your coach when you cannot do so.
• Each recruit will receive a For-Emergency-Use card containing names and phone numbers of people to assist in case of an emergency. This card will include the recruit’s name, student host’s name, place of residence and room number, and phone number, campus security number, the head coach’s office and home numbers, and the athletic director’s name and phone numbers.
• In the event of a serious accident, it is your responsibility to contact security and your head coach as soon as possible.

EXIT INTERVIEWS

The Athletic Department will conduct confidential interviews of selected student-athletes at the conclusion of each academic year. Student-athletes will be randomly selected to discuss and provide input on a range of athletic issues to better assess individual athletic programs and the policies of the Athletic Department. Information will be provided to the Director of Athletics to aid in program evaluation. The identity of selected student-athletes will not be revealed.