Varsity Student-Athlete Handbook
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Dear Student-Athletes,

It is my pleasure to welcome you to Mount Holyoke College. We are proud of the many accomplishments of our student-athletes and we look forward to the legacy that you will bring to Mount Holyoke.

This Student-Athlete Handbook has been developed to assist in better understanding the goals and objectives of the Athletics Department. It will also provide useful information to help you navigate campus life in general, and, more specifically, in your role as a student-athlete.

I encourage you to seek advice and input from your coach, as well as upper class student-athletes. These people are additional resources that can help you to get the most out of your academic and athletic experience. We are proud to welcome you to our program and wish you all the best for continuing success in both academics and athletics.

Sincerely,

Lori Hendricks
Chair of Physical Education and Director of Athletics
Mission and Vision Statements

Mission Statement of Department
The mission of the Department of Physical Education and Athletics is to challenge and empower individuals through intercollegiate athletics, physical education, and physical activity while developing and fostering a lifetime commitment to wellness.

Vision
The Department of Physical Education and Athletics is committed to preparing our students for purposeful engagement in the world through participation in physical activity.

Our varsity athletics program is integral to the educational process and strives to provide challenging, meaningful, and competitive experiences for student-athletes. We seek to enhance life skills and develop values that foster teamwork, sportsmanship and leadership as well as develop their talents to the highest degree possible.

Our physical education program is committed to providing quality instruction in a wide range of activities. Participation allows each student to develop a basic proficiency in a lifetime sport or physical activity and understand the components of fitness and how they relate to wellness. Students will increase their level of comfort and confidence in and through movement.

Our department is committed to providing and maintaining facilities and programming that support the recreational and fitness needs of the MHC community. In collaboration with the Office of Student Programs, the department also supports competitive opportunities through club sport participation.

Sport Sponsorship
Mount Holyoke College sponsors 14 varsity intercollegiate sport programs: basketball, cross country, field hockey, golf, hunter seat equitation, lacrosse, rowing, soccer, squash, swimming & diving, tennis, indoor and outdoor track & field, and volleyball. Mount Holyoke College boasts some of the oldest collegiate athletic programs as well as some of the top women athletes in the country, including Olympic medalists and World Championship competitors.
GOVERNING BODIES

NCAA Division III Philosophy

The following statement is the 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 athletic 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.

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.

Conferences

We participate in NEWMAC, Liberty League, CSA and the IHSA. The New England Women's and Men's Athletic Conference (NEWMAC) is an association of 11 selective academic institutions that are committed to providing high quality competitive athletic opportunities for student-athletes within an educational and respectful environment that embodies the NCAA Division III philosophy.

Student-Athlete Advisory Committee

The mission of the Mount Holyoke College (MHC) Student-Athlete Advisory Committee (SAAC) is to enhance the overall student-athlete experience by maintaining a commitment to academic and athletic excellence and promoting meaningful engagement of student-athletes in the athletic, campus, and local communities.
The MHC SAAC represents the Division III student-athlete voice in the Division III and Mount Holyoke Athletics Department governance structure by reviewing legislation, identifying and addressing significant student-athlete issues, implementing campus and national student-athlete based initiatives, encouraging community outreach, enhancing the student-athlete experience on campus, and improving understanding of Division III in general.
ACADEMICS

Academic Eligibility

To be eligible to practice/compete, the student-athlete must:

- Have been admitted as a regularly enrolled, degree seeking student according to the published entrance requirements of Mount Holyoke College;

- Be in good academic standing according to the standards of Mount Holyoke College; and

- Be enrolled in at least a minimum full-time baccalaureate degree program (not less than 12 semester or quarter hours) and maintain satisfactory progress towards that degree.

If you are enrolled in less than a full-time program, you are eligible to practice/compete only if you are enrolled in the last term of your degree program and are carrying credits necessary to finish your degree.

You are eligible to compete between terms if you are continuing enrollment, provided you have been registered for the required minimum full-time load at the conclusion of the term immediately preceding the date of competition, or if you are either continuing enrollment or beginning enrollment, provided you have been accepted for enrollment as a regular full-time student for the regular term immediately following the date of competition.

Class Attendance/ Missed Classes

At Mount Holyoke College, academics are the highest priority. Student-athletes are expected to attend all classes. It is the student-athletes’ responsibility to communicate with professors prior to missing any classes due to competition.

Physical Education Credits

Recognizing the educational value of varsity sports, two (2) physical education credits are awarded for participation on a varsity sport team.

Faculty Athlete Representative

The primary role of the faculty athletics representative (FAR) is to ensure the academic integrity of the Mount Holyoke athletics program, to facilitate the integration of the athletic and academic components of the College, and to provide oversight for student-athlete well-being.
STUDENT-ATHLETE EXPECTATIONS

Code of Conduct

It is an honor to participate in the longstanding and proud tradition of intercollegiate athletics at Mount Holyoke College. Membership on a Mount Holyoke athletic team is a privilege, not a right. While Mount Holyoke expects all varsity participants to experience personal growth as a student and athlete, each student-athlete is responsible for their own conduct; failure to abide by this Code of Conduct at all times, including on and off campus, in and out of season, and on social media, may result in repercussions, including suspension and/or dismissal from a team.

The Mount Holyoke College Athletics Student-Athlete Code of Conduct can be found in Appendix A

Sportsmanship

All Mount Holyoke varsity student-athletes are required to abide by the NEWMAC and NCAA sportsmanship standards.

NEWMAC Code of Conduct
The NEWMAC is committed to good sportsmanship and developing healthy environments for competition. We believe the opportunity to represent a NEWMAC institution is a privilege, which is accompanied by the responsibility to behave with dignity and class on and off the field. Individuals associated with a NEWMAC member institution are expected to conduct themselves in such a manner to represent the highest level of honor and observe the tenets of good sportsmanship, honesty, fairness, dignity, civility and respect. The conference does not condone unsportsmanlike conduct on the part of the student-athlete, coach, administrator, spectator or any individual associated with a member institution. The Code of Conduct is designed for the promotion and protection of an environment that encourages reasoned discourse, intellectual honesty, openness to constructive change and respect for the rights of all individuals.

Student-Athlete Sportsmanship Statement
The NEWMAC Student-Athlete Advisory Committee asks all participants and fans to support our shared goal of promoting positive sportsmanship and cultivating an enjoyable sporting environment. We ask that you do not make disparaging remarks or negatively single out anyone by name or number. We compete with honor and integrity and we take pride in these values. Thank you for respecting our hard work and dedication to the spirit of Division III and NEWMAC athletics.

Sportmanship Statement - General
The NCAA, the NEWMAC and Mount Holyoke promote good sportsmanship by student-athletes, coaches and spectators. We request your cooperation by supporting the participants and officials in a positive manner. Profanity, derogatory comments or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition. Also, consumption or possession of alcoholic beverages is prohibited.
**Sportsmanship Standards**

1. Members of intercollegiate athletics should display proper respect and consideration, and maintain civility toward opposing coaches and student-athletes.

2. Coaches bear the responsibility of teaching the importance of sporting conduct and behavior in both word and action to their student-athletes.

3. There is no place in intercollegiate play for taunting, embarrassing or degrading an opponent or game official. Student-athletes who do so should be disciplined by their head coach in a timely manner.

4. Representatives of the NEWMAC member institutions will abstain from making any public criticism or condemnation of other member institutions, their personnel, the Conference in general and its office staff or game officials.

5. Coaches and administrators should make every effort to promote and support the Conference and its member institutions in a positive way.

6. Coaches and student-athletes must be aware and mindful that competing in intercollegiate athletics is a privilege, not a right. Their actions and attitude toward opponents, game officials and members of the media should reflect positively on their respective institution and the conference.

7. Institutional administrators and coaches are responsible for insuring that all parties involved in intercollegiate athletics – including student-athletes, athletic trainers, managers, assistant coaches, band members, cheerleaders and mascots are informed of the acceptable behavior that is expected of them prior to the commencement of a season, and that these same participants are made aware of consequences when failing to abide by such standards and code of conduct.

8. Coaches and student-athletes should be encouraged to live up to their own highest personal standard of sportsmanship, even when their opponents may not. Personal accountability and respect for one’s own standards must come first.

9. Both coaches and student-athletes should recognize and appreciate skill in performance regardless of team affiliation.

10. The responsibility to exhibit and develop good character and sportsmanship should never be secondary to the desire to win. The critical lessons and inherent value of sports are obtained through the competition and admirable quest of victory, rather than the outcome itself.

**Drug, Alcohol & Tobacco Policy**

The Mount Holyoke College Athletics student-athlete Drug, Alcohol & Tobacco policy can be found in Appendix B and [here](#).
Title IX of the Education Amendments of 1972

Title IX of the Education Amendments of 1972 requires that all educational institutions that receive federal funds or financial assistance prohibit sex discrimination in their education programs and activities. Sexual Harassment and sexual violence are forms of sex discrimination.

Mount Holyoke is committed to creating and maintaining a community in which all its members including students, faculty, staff and visitors can live and work together in an environment free from discrimination, including based upon sex.

To read the policy: Sexual Misconduct Policy (Please scroll to see the policy)

To report sexual misconduct contact:

Shannon Da Silva, Title IX/Section 504 Coordinator
President's Office
50 College Street
South Hadley, MA 01075
413-538-3642
sdasilva@mtholyoke.edu

or

Summer Hutcheson, Deputy Title IX Coordinator (Athletics)
Associate Director of Athletics
413-538-2276
shutches@mtholyoke.edu

Grievance Procedure

The Athletics Department follows the College's grievance procedure to aid in resolving discriminatory and/or harassing behaviors as identified in the Mount Holyoke College statement of non-discrimination and equal opportunity; and to provide assurance that the College will take steps to prevent the recurrence of any discrimination and to correct its effects on the complainant and others, if appropriate.

For more information about the College's procedure, visit: https://www.mtholyoke.edu/risk/grievance-procedure.

Hazing Policy

In compliance with state law, hazing is strictly prohibited. On November 26, 1985, legislation prohibiting hazing took effect in the Commonwealth of Massachusetts. Although hazing is most commonly associated with induction into college fraternities and sororities, the practice can also occur in a number of other circumstances.
**Reporting protocol:**
Student-athletes are instructed of their obligation to report any hazing incidents. They may report to their coach, a member of the athletic administration, head athletic trainer, or anonymously put a note in any of their mailboxes. Information shared should include what happened, who was there, and when it occurred. Failure to report instances of hazing is an offense under both the College policy and MA Law 269:18.

**Sanctions:**
Hazing is a serious offense punishable by incarceration, expulsion from the College and dismissal from the team. A team’s involvement in hazing can also mean losing the opportunity to compete indefinitely.

A copy of the Mount Holyoke College Athletics Hazing policy can be found in Appendix C

**Overnight Hosting Policies**
Student-athletes have the opportunity to make an immense impact on the college choice of the prospective student-athlete (PSA) they are hosting. Please review the guidelines and rules.

NCAA/MHC rules must be followed
- Host may NOT provide transportation to a home or away contest. PSAs cannot travel in MHC vans or buses.
- PSAs may participate in physical workouts or other recreational activities, as long as they are not organized or observed by the head coach or members of the athletic department.
- All meals must occur on campus.
- Host cannot provide cash to the PSA for any reason.
- Follow all team rules.

Provide a positive experience for your PSA
- Make sure you know where they are at all times. After 7pm, the PSA should be with you or a trusted teammate.
- Share personal thoughts about Mount Holyoke, but don’t dwell on the stresses of college life.
- Take your PSA to classes, practices, meetings, and campus events.
- Stay on campus, except for Village Commons.
- Avoid speaking badly about other institutions – focus on the positives of Mount Holyoke.

A copy of the full Mount Holyoke College Athletics Overnight Hosting policy can be found in Appendix D
ATHLETIC TRAINING

Introduction & Expectations

“Competence, Compassion, Integrity”
The Athletic Training staff consists of three full-time certified athletic trainers (ATC) qualified and proficient in injury/illness prevention, examination and diagnosis, treatment, and rehabilitation of neuro-musculoskeletal conditions and other health concerns you may have. They work through the continuum of care-from assisting with an on-the-field injury, assessing an overuse injury in the athletic training room, and striving for performance enhancement. The Athletic Training Room facility and staff is available to intercollegiate athletes, and on a limited basis, club sport athletes and MHC Dance students.

It is important for athletes to communicate with coaches and ATCs regarding any pain beyond soreness related to training. Athletes are encouraged to come in and seek assistance sooner than later and not try to self-diagnose and treat themselves. It is critical that the treatment plan, any necessary restrictions, and prescribed rehabilitation is fully understood and adhered to. Following-up and being an active participant in your healing process is vital to a full, timely, and safe return.

NOTE: Athletes are responsible to have available any appropriate medications for allergies (epi-pen), asthma (inhalers), or any other medical conditions they may have.

Contact Sports
- Do not move a downed athlete. Do not turn over or try and help the athlete up. Let Athletic Training Staff take care of the athlete.
- **Players who need corrective eyewear must wear contacts or polycarbonate goggles—** not street glasses.
- JEWELRY rules in accordance with your specific sport. Not recommended for anyone.
- No chewing gum at practices or games.
- Those athletes participating in outdoor sports should not wear perfume or use hair mousse, sprays, etc. to decrease one’s chances of being stung by a bee.
- See an Athletic Trainer or coach immediately to control all bleeding.

Athletic Training Room Hours
- Mon-Thurs: 10:00 am-7:15 pm; Fri: 12:00-6:15
- NOTE: Closing time based on finished practices.
- NOTE: Club sport athletes/MHC Dancers hours: 10 am -2 pm

Athletes are encouraged to seek medical care from the Athletic Training Staff, save for the following exceptions:
- Medical Emergencies. Call 1-911 if campus phone or (413) 538-2304.
- Off-hours. If emergency see above. If Health Center is open students should be seen there. (M)-FR 8:00 am-7:00 pm; SA/SU 10:00 am-5:00 pm).

NOTE: If assistance is needed for ambulatory purposes (i.e. athlete is on crutches), athletes must be seen at the Health Center to obtain a Riding Pass.
Medical Clearance

New MHC Student-Athletes: The full Medical Clearance process only needs to be completed once -- either the summer prior to your first semester at MHC, or if you decide to tryout later, at a later date. Forms that need to be completed for initial medical clearance include:

1) Pre-Participation and Emergency Information Sheet (EIS): Includes emergency contact information, insurance information, allergies, and pertinent injury information. An updated link to this form is sent out annually.
2) Varsity and Club Sports Packet
3) Health Center Requirements: Hard copy forms and online portal forms. Links to the online portal are provided annually.
4) Banned Substance Form/Medical Exemption ADD/ADHD Form: To be completed when applicable, with supporting documents from physician.

Returning MHC Student-Athletes: You do not need to complete all forms for medical clearance if you have participated in a varsity sport the previous year. Requirements for medical clearance for returning student-athletes include:

1) Blood Pressure: Completed during blood pressure week (usually in April) in the athletic training room (ATR) or upon return if studying abroad in the Spring. If not completed in the ATR, must be completed by a physician over the summer and the report must be sent directly to the health center.
2) Pre-Participation and Emergency Information Sheet (EIS): Updated links will be sent out annually for completion of an updated EIS.
3) Banned Substance Form/Medical Exemption ADD/ADHD Form: To be completed annually and when applicable.

Please note: If you are a returning athlete who undergoes surgery over the summer, we require clearance paperwork from your surgeon/physician prior to your full medical clearance.

Open Tryouts: All prospective student-athletes who are trying out for rowing or equestrian will be instructed to make a “sport clearance” appointment with the Health Center at (413) 538-2121. You MUST be cleared by the Health Center and the Athletic Training Staff prior to participating in tryouts.

Tryout clearance requirements include:
1) Pre-Participation and Emergency Information Sheet online; link is as follows: https://my.mtholyoke.edu/Pages/WebAdvisor.aspx?title=Student-Athlete+Pre-Participation+Form&pid=ST-XWATH01
2) Varsity and Club Sports Packet
3) Health Center Requirements
4) Athletic Training Orientation
5) Baseline Concussion Testing (NOTE: Rowing and Equestrian tryout athletes will complete once they are named to their respective teams.)

Prior to participating in competition:
1) NCAA Compliance
Any questions concerning medical clearance can be directed to Ellen Perrella Head Athletic Trainer who oversees the medical clearance process.
Transportation Policy

Student-athletes must request permission from their respective coaches if they wish to travel to or from a competition or team event separately from the team.

Uniform Issue Policy

Students are responsible for all items that are issued to them. If, for any reason, an item needs to be exchanged, students must meet with the equipment manager to update the signed agreement; otherwise, the student remains accountable for the original items. All items must be returned within two weeks following the completion of the season. At the end of that period, the student’s MHC account will be charged the replacement cost for all items issued that have not been returned. All questions should be directed to the equipment manager.

Space Reservation Policy

Students are able to reserve space in Kendall. Reservations can be made at the Info Desk of Kendall, two days in advance for no more than two hours. If students need more than two hours, they must make the reservation through Bardee Sadlier.

Bardee Sadlier
Associate Director of Athletics, Facilities
413-538-2849
bsadlier@mtholyoke.edu

Transgender Inclusion Policy

Mount Holyoke Statement of Nondiscrimination: Mount Holyoke is committed both to its mission as a women’s college and to providing access to talented students from all backgrounds. The diversity within our students, staff, faculty, and curricula is a point of pride and a hallmark of the institution. The framework for our commitment to diversity sits within our active prohibition of discrimination in our educational policies, employment, campus services and activities on the basis of age, color, creed, disability, gender identity, national/ethnic origin, race, religion, sex, sexual orientation, veteran/uniform status, and all other classifications protected by law. This same principle applies to admission to our graduate and extension programs. With respect to admission to our undergraduate degree program, Mount Holyoke admits qualified women without regard to age, color, creed, disability, national/ethnic origin, race, religion, sexual orientation, or veteran/uniform status.

MOUNT HOLYOKE PARTICIPATION INFORMATION:

NCAA & CSA SPONSORED SPORTS
Mount Holyoke will sponsor women’s varsity teams and follow NCAA guidance with regard to the participation of transgender and transitioning students, including the following:
- A student-athlete who is **not** taking medically prescribed testosterone related to gender transition may participate on a women’s team.
- A student-athlete being treated with testosterone suppression medication related to gender transition may compete on a women’s team after completing one calendar year of medically documented testosterone suppression.

For questions regarding NCAA or CSA sports participation, contact Summer Hutcheson at shutches@mtholyoke.edu

**IHSA SPONSORED SPORTS**
Both our Hunt Seat and Western Riding teams are members of the IHSA, which is a co-ed organization. All student-athletes can compete on these teams.

**CLUB SPORTS**
Fencing and Ultimate Frisbee follow the NCAA guidelines

Rugby: The Rugby team’s membership requirements follow the guidelines of USA Rugby, the IAAF and the NEWCRC. There is a policy regarding transgender athletes for the IAAF. Additionally, the NEWCRC does not allow mixed gender-identified teams and individuals who have transitioned are allowed to play for the team that matches their gender-identification following a two-year waiting period.

Ice Hockey: The ice hockey team's membership requirements are noted on pg. 54 of the ACHA manual; no gender requirements are noted by the ACHA at this time.

Dressage: Dressage follows all Intercollegiate Dressage Association (IDA) bylaws, which serve all college dressage enthusiasts regardless of age, color, gender, race, religion, socio/economic status or national origin.

**FIVE COLLEGE CONSORTIUM PARTICIPATION INFORMATION**
Most clubs, intramural sports and extracurricular activities on each Five College campus are open to Five College students. The exception is varsity sports, which in most cases are not open to students from other campuses. The links below connect to lists of official student groups at the campuses:

- Amherst College
- Hampshire College
- Smith College
- UMass Amherst
AWARDS & RECOGNITION

The Athletics Department is proud of its student-athletes’ accomplishments. Teams, conferences, outside organizations, and MHC recognize student-athletes and celebrate their achievements with a number of awards. To see a history of MHC Lyon’s who have been awarded and recognized, please refer to http://athletics.mtholyoke.edu/fanzone/trophy_case/index.

FRIENDS OF ATHLETICS

Friends of Athletics is a group of alumnae, parents and community friends that was established to provide financial support to the student-athlete beyond what is provided through the Athletic Department operating budget. The group is able to assist the student-athletes financially with team training trips through the help of donations and proceeds from the annual Friends of Athletics Golf Tournament.

It is the MHC Athletics Department’s hope that the student-athletes will return the same support that was shown to them. For many student-athletes, the funds from Friends of Athletics are essential to travel and team training trips. Hopefully the cycle of giving will continue with each student-athlete.
Student-Athlete Code of Conduct

It is an honor to participate in the longstanding and proud tradition of intercollegiate athletics at Mount Holyoke College. Membership on a Mount Holyoke athletic team is a privilege, not a right. While Mount Holyoke expects me to experience personal growth as a student and athlete, I am responsible for my own conduct, and my failure to abide by this Code of Conduct at all times, including on and off campus, in and out of season, on social media, may result in repercussions, including suspension and/or dismissal from a team.

Student-Athlete Expectations:

1. I will abide by the policies and procedures set forth in the Mount Holyoke Student Handbook, including but not limited to the policies against hazing, harassment, discrimination, and misuse of drugs and alcohol.
2. I will abide by the Mount Holyoke Student Honor Code.
3. I will comply with the instructions of my coaches and with the rules of my team and the Mount Holyoke College Athletic Department.
4. I will comply with the rules and regulations for my sport’s league, conference (i.e., NEWMAC or Liberty League), and governing body (i.e., CSA, IHSA and/or NCAA).
5. I will communicate with teammates, coaches, department personnel, and other members of the campus community with civility, honesty and respect.

As a student-athlete at Mount Holyoke College, I will act in accordance with this Code of Conduct. If I fail to do so, my Head Coach has discretion to suspend or dismiss me from the team, and/or impose conditions on my continued participation, regardless of any other consequences that the College may impose. I may appeal a disciplinary decision by my Head Coach to the Director of Athletics.

_____________________________  ____________________________
Print Name                                           Signature and Date

Team
Appendix B
Student-Athlete Drug and Alcohol Policy

All student-athletes are expected to adhere to the [Mount Holyoke College Alcohol and Other Drug Policy](#) and the [NCAA drug policy](#).

Additionally, the use of alcohol, tobacco and other drugs by student-athletes is restricted during traditional and non-traditional seasons. Scientific research has clearly established that the use of alcohol, tobacco and other drugs is counterproductive to athletic performance. These restrictions are as follows:

Consumption of alcohol by student-athletes:
- No alcohol use under the age of 21.
- No alcohol at team events and activities (practice, game, coach attended event, and training trips).
- No alcohol 24 hours prior to a team practice.
- No alcohol 48 hours prior to a team competition.

Use of tobacco or marijuana:
- No use at any time

Use of performance enhancing, illegal drugs, or controlled substances:
- No use at any time

Remember: Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff, as some may contain substances banned by the NCAA. For more information contact the Resource Exchange Center (REC) 877-202-0769 or www.drugfreesport.com/rec, Password ncaa1, ncaa2 or ncaa3.

If a student-athlete chooses not to adhere to the campus or Athletic Department policy, the student may receive sanctions ranging from a written warning, suspension or dismissal from the team, or loss of privilege to participate in any Mount Holyoke varsity team, depending on the severity of the offense.

### Sanctions

**Sanctions for Violations of the Campus and Athletic Department Alcohol and Drug Policies**
(Note Athletic Department specific sanctions in bold.)

<table>
<thead>
<tr>
<th>Violation</th>
<th>1st Offense</th>
<th>2nd Offense</th>
<th>3rd Offense</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Possession and consumption of alcohol under age 21</td>
<td>• Meeting with Residential Life</td>
<td>• Meeting with Residential Life or a Dean in the Department of Student Life</td>
<td>• A meeting with the Dean in the Department of Student Life</td>
</tr>
<tr>
<td>• Open container over age 21</td>
<td>• Meeting with Head Coach and Associate Director of Athletics</td>
<td>• Meeting with Head Coach and Associate Director of Athletics</td>
<td>• Meeting with Head Coach and Associate Director of Athletics</td>
</tr>
<tr>
<td>• Possession of alcohol or drug paraphernalia associated with the</td>
<td>• Referral to the Alcohol and Drug Awareness Program for three sessions of</td>
<td>• Referral to the Alcohol and Drug Awareness Program for three sessions of</td>
<td>• Parental notification.</td>
</tr>
<tr>
<td>dangerous consumption</td>
<td>alcohol and other drug assessment/education.</td>
<td>alcohol and other drug assessment/education.</td>
<td>• Social probation.</td>
</tr>
<tr>
<td>• Dispensing alcohol</td>
<td></td>
<td></td>
<td>• Possible housing probation and suspension.</td>
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<tr>
<td>• Intoxication</td>
<td></td>
<td></td>
<td>• Possible withdrawal.</td>
</tr>
<tr>
<td>• Possession/use of illegal drugs or probably cause to believe there was</td>
<td></td>
<td></td>
<td>• Dismissal from team for academic year</td>
</tr>
<tr>
<td>use.</td>
<td></td>
<td></td>
<td>• Recommended referral to the Alcohol and Drug Awareness Program for</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>three sessions of alcohol and other drug</td>
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Sanctions for Violations of the Campus and Athletic Department Alcohol and Drug Policies (Continued)

<table>
<thead>
<tr>
<th>Violation</th>
<th>1st Offense</th>
<th>2nd Offense</th>
<th>3rd Offense</th>
</tr>
</thead>
</table>
| Use of any form of tobacco or vaping | • Meeting with Head Coach and Associate Director of Athletics  
• Referral to the Coordinator of Health Education for three thirty minute individual education sessions. | • Meeting with Head Coach and Associate Director of Athletics  
• Minimum one competition suspension and referral to the Coordinator of Health Education for three thirty minute individual education sessions. | • Meeting with Head Coach and Associate Director of Athletics  
• Dismissal from team and recommended referral to the Coordinator of Health Education for three thirty minute individual education sessions. |

Procedures

1. Information regarding student-athlete violations of the campus or Athletic Department Alcohol and Drug Policies will be shared by the conduct hearing officers and the Athletic Department, and decision regarding appropriate sanctions will be made between the two entities.
2. A student-athlete who violates either policy will receive sanctions through the conduct hearing officers hearing process.
3. The student-athlete receiving an ADAP or Health Center referral must sign the consent for release of information so the Athletic Department receives notification that the student-athlete has completed the mandated assessment/sessions.
4. If no such notification is received by requested date of completion of ADAP assessment, the coach will call the athlete to discuss lack of compliance.
5. The athlete will be required to have a post-assessment meeting with the coach within two weeks of completion of assessment.
6. Records of violations and referrals will be maintained until seven years after the student-athlete’s graduation from the college, at which time they will be destroyed.

NOTE: Failure to comply with the stated sanction within the given time frame will result in receiving the next level of sanctions for the original offense. NCAA has procedures and sanctions that may differ from or go beyond Mount Holyoke College.
Athletic Department Medical Amnesty Policy

The Athletic Department adheres to Mount Holyoke’s medical amnesty policy. If the College determines that the medical amnesty policy applies to a student-athlete, the student-athlete will meet with the head coach and associate director of athletics for programming in addition to the meeting with the Health Education Coordinator, as outlined in the College policy. Also, should a student-athlete who has not received sanctions for a previous violation request assistant or support regarding alcohol use from their head coach or the associate director of athletics for programming, the case will be evaluated by the head coach and associate director of athletics from programming and a conduct hearing officer, and medical amnesty may be granted.

NOTE: Coaches may amend their policies to include stricter sanctions. These policies must be in writing and on file with the Athletic Department and clearly defined to the team at the beginning of the season.

Student-athletes who would like to seek education or help for alcohol, tobacco or other drug-related problems are encouraged to do so. Athletes are encouraged to utilize ADAP voluntarily. ADAP assures confidentiality in compliance with the Federal Regulations, 42CFR, Part II. Please contact ADAP to arrange an appointment at #413-538-2616.

It is expected that coaches and student-athletes will enforce this policy and act in accordance with the Mount Holyoke College Honor Code.
Appendix C
Hazing

HAZING

In compliance with state law, hazing is strictly prohibited. On November 26, 1985, legislation prohibiting hazing took effect in the Commonwealth of Massachusetts. Although hazing is most commonly associated with induction into college fraternities and sororities, the practice can also occur in a number of other circumstances.

The legislation states:

The term “hazing” ...shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person.

Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage, or other substance, or any brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.

As a member of the ________________________________ intercollegiate team at Mount Holyoke College, I have read the above stated material and understand its content.

Name: ___________________________________________

(please print clearly)

Signature: _______________________________________

Date: ___________________________________________
Appendix D
Overnight Hosting Policy

ATHLETICS

Thank you for giving your time as an overnight host for a visiting prospective student-athlete (PSA). You have the opportunity to make an immense impact on the college choice of the student you are hosting. Please review the guidelines and rules and acknowledge your understanding by signing the bottom portion and returning it to your head coach. Retain the top part to refer to. Please contact your coach if you have any further questions.

- NCAA/MHC rules must be followed
  - Host may NOT provide transportation to a home or away contest. PSAs cannot travel in MHC vans or buses.
  - PSAs may participate in physical workouts or other recreational activities, as long as they are not organized or observed by the head coach or members of the athletic department.
  - All meals must occur on campus.
  - Host cannot provide cash to the PSA for any reason.
  - Follow all team rules.

- Provide a positive experience for your PSA
  - Make sure you know where they are at all times. After 7pm, the PSA should be with you or a trusted teammate.
  - Share personal thoughts about Mount Holyoke, but don’t dwell on the stresses of college life.
  - Take your PSA to classes, practices, meetings, and campus events.
  - Stay on campus, except to go to Village Commons.
  - Avoid speaking badly about other institutions – focus on the positives of Mount Holyoke.

Thank you again for serving as an overnight host! Have fun and remember to obide by the hosting rules and guidelines. If you have an emergency, call campus police at x2304 or 1-911, and then contact your coach.

NOTE: Transportation may be provided by coaches with permission from Assoc. AD for Programming, per NCAA Bylaw 13.5.3.

I have reviewed and read the above instructions and I was provided the opportunity to ask any questions regarding what is expected of me during this recruiting visit. I understand that it is my responsibility to provide a positive and safe experience for the prospective student athlete. I understand I must conduct myself in a manner that is consistent with NCAA rules, Mount Holyoke College policy and state and federal law.

Student - Host _______________________________ Sport __________________________
Student – Host Signature _______________________________ Date __________________________

NOTE: This form must be signed by each host only once per semester, regardless of the number of hosting responsibilities.

Updated August 17, 2018