Student-Athlete Handbook
2019-2020
**TABLE OF CONTENTS**

**Mission and Philosophy Statements**
- Virginia Wesleyan University Mission
- NCAA Philosophy
- VWU Intercollegiate Athletics Mission

**Athletics Staff Directory**

**Academic Support Program, Requirements and Eligibility**
- Academic Calendar 2019-20
- Guidelines Regarding Scheduling Conflicts between Academics and Athletics
- Academic Support Services
- Faculty Team Advisors Program
- Student-Athlete Academic Requirements
- Athletic Eligibility

**Student-Athlete Expectations and Responsibilities**
- Personal Conduct
- Hosting Prospective Students
- Social Networking Policy
- Hazing Policy

**Celebrating Our Successes**
- Student Athlete Advisory Committee (SAAC)
- President’s List and Dean’s List Award Recognition Events
- Chi Alpha Sigma Honor Society

**Athletic Training/Sports Medicine**

**Drug and Alcohol Policy**
- Alcohol Policy Statement
Drug Policy Statement
2019-20 NCAA Banned Substances
MISSION AND PHILOSOPHY STATEMENTS

Virginia Wesleyan University Mission Statement
An inclusive community dedicated to scholarship and service grounded in the liberal arts and sciences, Virginia Wesleyan University inspires students to build meaningful lives through engagement in Coastal Virginia’s dynamic metropolitan region, the nation, and the world.

NCAA Philosophy
Colleges and Universities in Division III place the highest priority on the overall quality of the educational experience and on the successful completion of all students’ academic programs. They seek to establish and maintain an environment in which a student athlete’s athletics activities are conducted as an integral part of the student-athlete’s educational experience, and an environment that values cultural diversity and gender equity among their student-athletes and athletics staff. To achieve this end, Division III institutions:

Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;
Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;
Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;
Primarily focus on intercollegiate athletics as a four-year, undergraduate experience;
Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
Encourage participation by maximizing the number and variety of sport offerings for their students through broad-based athletics programs;
Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
Assure that athletics participants are not treated differently from other members of the student body;
Assure that student-athletes are supported in their efforts to meaningfully participate in nonathletic pursuits to enhance their overall educational experience;
Assure that athletics programs support the institution’s educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution’s athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;
Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process;
Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student athletes;
Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;

Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;

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

Support ethnic and gender diversity for all constituents;

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

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.

**Intercollegiate Athletics Mission**

The primary purpose of the athletic department shall be to provide a successful, quality, competitive intercollegiate athletic experience for Virginia Wesleyan students which will enrich their lives, provide the necessary training ground for life growth and build upon the academic mission of the university.
ATHLETIC STAFF DIRECTORY

Executive Director of Intercollegiate Athletics
Tina L. Hill

Associate Athletic Director
Jeff Bowers

Sports Information Director
Sam Carges

Administrative Assistant
Ally Clements

NCAA Faculty Athletic Representatives
Dr. Larry Hultgren, Dr. Sue Larkin

<table>
<thead>
<tr>
<th>Team</th>
<th>Coach</th>
<th>Phone (757)</th>
<th>E-mail</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Men’s Basketball</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Coach</td>
<td>Dave Macedo</td>
<td>455-3313</td>
<td><a href="mailto:dmacedo@vwu.edu">dmacedo@vwu.edu</a></td>
</tr>
<tr>
<td>Assistant Coach</td>
<td>Nick Doyle</td>
<td>455-3347</td>
<td><a href="mailto:nbdoyle@vwu.edu">nbdoyle@vwu.edu</a></td>
</tr>
<tr>
<td><strong>Women’s Basketball</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Coach</td>
<td>Liz Hudy</td>
<td>455-2122</td>
<td><a href="mailto:eudy@vwu.edu">eudy@vwu.edu</a></td>
</tr>
<tr>
<td>Assistant Coach</td>
<td>Brittany Glasco</td>
<td>455-2114</td>
<td><a href="mailto:bdglasco@vwu.edu">bdglasco@vwu.edu</a></td>
</tr>
<tr>
<td><strong>Baseball</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Coach</td>
<td>Chris Francis</td>
<td>455-3348</td>
<td><a href="mailto:cfrancis@vwu.edu">cfrancis@vwu.edu</a></td>
</tr>
<tr>
<td>Assistant Coach</td>
<td>Kyle Dubois</td>
<td>455-3379</td>
<td><a href="mailto:kdubois@vwu.edu">kdubois@vwu.edu</a></td>
</tr>
<tr>
<td><strong>Cross Country/Track</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Men's Coach</td>
<td>Mat Littleton</td>
<td>233-8830</td>
<td><a href="mailto:mlittleton@vwu.edu">mlittleton@vwu.edu</a></td>
</tr>
<tr>
<td>Head Women's Coach</td>
<td>Krista Littleton</td>
<td>233-8704</td>
<td><a href="mailto:klittleton@vwu.edu">klittleton@vwu.edu</a></td>
</tr>
<tr>
<td><strong>Field Hockey</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Coach</td>
<td>Christina Walker</td>
<td>455-3396</td>
<td><a href="mailto:crestivo@vwu.edu">crestivo@vwu.edu</a></td>
</tr>
<tr>
<td>Assistant Coach</td>
<td>Sam Jackson</td>
<td>455-3291</td>
<td><a href="mailto:smjackson@vwu.edu">smjackson@vwu.edu</a></td>
</tr>
<tr>
<td><strong>Golf (Men’s &amp; Women’s)</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Coach</td>
<td>Pam Fisher</td>
<td>455-3387</td>
<td><a href="mailto:pfisher@vwu.edu">pfisher@vwu.edu</a></td>
</tr>
<tr>
<td>Assistant Coach</td>
<td>Matt Watson</td>
<td></td>
<td><a href="mailto:mwatson@vwu.edu">mwatson@vwu.edu</a></td>
</tr>
<tr>
<td><strong>Men’s Lacrosse</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Coach</td>
<td>J.P. Stewart</td>
<td>455-3135</td>
<td><a href="mailto:jpstewart@vwu.edu">jpstewart@vwu.edu</a></td>
</tr>
<tr>
<td>Assistant Coach</td>
<td>Chris Hawley</td>
<td>233-8763</td>
<td><a href="mailto:chawley@vwu.edu">chawley@vwu.edu</a></td>
</tr>
<tr>
<td>Women’s Lacrosse</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>-------------------------</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Head Coach</td>
<td>TBA</td>
<td>455-3137</td>
<td></td>
</tr>
<tr>
<td>Assistant Coach</td>
<td>Annie Bashara</td>
<td><a href="mailto:abashara@vwu.edu">abashara@vwu.edu</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Men’ Soccer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Coach</td>
</tr>
<tr>
<td>Assistant Coach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Women’s Soccer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Coach</td>
</tr>
<tr>
<td>Assistant Coach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Softball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Coach</td>
</tr>
<tr>
<td>Assistant Coach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Swimming (Men’s &amp; Women’s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Coach</td>
</tr>
<tr>
<td>Assistant Coach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Tennis (Men’s &amp; Women's)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Coach</td>
</tr>
<tr>
<td>Assistant Coach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Volleyball</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Coach</td>
</tr>
<tr>
<td>Assistant Coach</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Athletic Training</th>
</tr>
</thead>
<tbody>
<tr>
<td>Head Trainer</td>
</tr>
<tr>
<td>Assistant Trainer</td>
</tr>
<tr>
<td>Assistant Trainer</td>
</tr>
<tr>
<td>Assistant Trainer</td>
</tr>
</tbody>
</table>
# Academic Calendar 2019-20

## Fall 2019

<table>
<thead>
<tr>
<th>Date(s)</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 21, June 24</td>
<td>Orientation for First Year Students, Marlin Nation Orientation</td>
</tr>
<tr>
<td>Aug 16</td>
<td>Fall Student Athletes arrive</td>
</tr>
<tr>
<td>Aug 23</td>
<td>Fall Faculty Workshop</td>
</tr>
<tr>
<td></td>
<td><em>(Batten Honors College Matriculation Ceremony)</em></td>
</tr>
<tr>
<td>Aug 25</td>
<td>New Students Arrive</td>
</tr>
<tr>
<td></td>
<td><em>(Batten Honors College New Students Arrive August 23, 2019 and August 21, 2020)</em></td>
</tr>
<tr>
<td>Aug 25</td>
<td>August Orientation for First Year Students begins</td>
</tr>
<tr>
<td>Aug 26</td>
<td>New Resident Transfer Students arrive</td>
</tr>
<tr>
<td>Aug 27</td>
<td>Transfer Student Orientation</td>
</tr>
<tr>
<td>Aug 27</td>
<td>Residence Halls open at 10:00 a.m. for returning students</td>
</tr>
<tr>
<td>Aug 28</td>
<td>Day and Evening Classes begin</td>
</tr>
<tr>
<td>Sept 2</td>
<td>Labor Day <em>(classes held)</em></td>
</tr>
<tr>
<td>Sept 5</td>
<td>Founders Day Convocation</td>
</tr>
<tr>
<td>Sept 6-7</td>
<td>Weekend classes begin</td>
</tr>
<tr>
<td>Oct 4 - 6</td>
<td>Homecoming/Family Weekend</td>
</tr>
<tr>
<td>Oct 14 - Oct 15</td>
<td>Fall Break <em>(Evening &amp; Weekend classes will NOT meet during fall break)</em></td>
</tr>
<tr>
<td>Oct 18</td>
<td>Mid-semester Progress Reports due</td>
</tr>
<tr>
<td>Oct 28 - Nov 1</td>
<td>Evening &amp; Weekend Advising/Registration for Spring</td>
</tr>
<tr>
<td>Oct 28 - Nov 8</td>
<td>Advising Weeks for Spring Registration</td>
</tr>
<tr>
<td>Nov 4</td>
<td>Advance Registration for Spring Semester begins</td>
</tr>
<tr>
<td>Nov 8</td>
<td>Last day for dropping a course with automatic W</td>
</tr>
<tr>
<td>Nov 27 - Nov 29</td>
<td>Thanksgiving Holiday</td>
</tr>
<tr>
<td>Dec 2</td>
<td>Classes resume</td>
</tr>
<tr>
<td>Dec 3</td>
<td>PORT DAY</td>
</tr>
<tr>
<td>Dec 8</td>
<td>December Graduates' Recognition Ceremony &amp; Reception</td>
</tr>
<tr>
<td>Dec 10</td>
<td>Classes end <em>(evening classes end December 9, 2019 and December 8, 2020)</em></td>
</tr>
<tr>
<td>Dec 11</td>
<td>Reading Day</td>
</tr>
<tr>
<td>Dec 11 - 17</td>
<td>Evening Final Examinations <em>(Weekend Final Exams Dec 9, 2019 and Dec 8, 2020)</em></td>
</tr>
<tr>
<td>Dec 12, 13, 16, 17</td>
<td>Final Examinations</td>
</tr>
<tr>
<td>Dec 17</td>
<td>Residence halls close at 5:00 p.m.</td>
</tr>
<tr>
<td>Date(s)</td>
<td>Event</td>
</tr>
<tr>
<td>--------------</td>
<td>------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Jan 6-24</td>
<td>January Term</td>
</tr>
<tr>
<td>Jan 23</td>
<td>New Resident First Year and Resident Transfer Students Arrive</td>
</tr>
<tr>
<td>Jan 24</td>
<td>Spring Faculty Workshop</td>
</tr>
<tr>
<td>Jan 24</td>
<td>New Student Orientation</td>
</tr>
<tr>
<td>Jan 26</td>
<td>Residence Halls open at 10:00 a.m. for returning students</td>
</tr>
<tr>
<td>Jan 27</td>
<td>Day and Evening Classes begin</td>
</tr>
<tr>
<td>Jan 31, Feb 1</td>
<td>Weekend Classes Begin</td>
</tr>
<tr>
<td>Mar 16-20</td>
<td>Spring Break</td>
</tr>
<tr>
<td>Mar 23</td>
<td>Classes resume</td>
</tr>
<tr>
<td>Mar 25</td>
<td>Mid-Semester Progress Reports available on WebAdvisor</td>
</tr>
<tr>
<td>Mar 30 - Apr 10</td>
<td>Advising Weeks for Fall Registration</td>
</tr>
<tr>
<td>Mar 30 - Apr 3</td>
<td>EWP Advising/Registration for Summer &amp; Fall begins</td>
</tr>
<tr>
<td>April 3 - 4</td>
<td>Spring Alumni Weekend</td>
</tr>
<tr>
<td>Apr 6</td>
<td>Advance Registration for Summer &amp; Fall begins</td>
</tr>
<tr>
<td>Apr 10</td>
<td>Last day for dropping a course with automatic W</td>
</tr>
<tr>
<td>Apr 12</td>
<td>Easter Sunday</td>
</tr>
<tr>
<td>Apr 13</td>
<td>Easter Monday Holiday</td>
</tr>
<tr>
<td>(Monday labs meet another day-TBA)</td>
<td></td>
</tr>
<tr>
<td>Apr 24</td>
<td>Faculty Assembly-Faculty approve graduates</td>
</tr>
<tr>
<td>Apr 30</td>
<td>PORT DAY</td>
</tr>
<tr>
<td>May 1</td>
<td>Spring Honors Convocation &amp; Academic Fair</td>
</tr>
<tr>
<td>May 6</td>
<td>Classes end</td>
</tr>
<tr>
<td>(Evening Classes end May 5, 2020)</td>
<td></td>
</tr>
<tr>
<td>May 6-12</td>
<td>Evening Final Examinations</td>
</tr>
<tr>
<td>(Weekend Final Exams May 8-9, 2020)</td>
<td></td>
</tr>
<tr>
<td>May 7</td>
<td>Reading Day</td>
</tr>
<tr>
<td>May 8, 9, 11, &amp; 12</td>
<td>Final Examinations</td>
</tr>
<tr>
<td>May 12</td>
<td>Residence halls close at 5:00 p.m., except for graduates</td>
</tr>
<tr>
<td>May 16</td>
<td>Commencement</td>
</tr>
<tr>
<td>May 18</td>
<td>Online Summer Session Begins</td>
</tr>
<tr>
<td>May 26</td>
<td>Traditional Summer Session Begins</td>
</tr>
<tr>
<td>Aug 21</td>
<td>Summer Session Ends</td>
</tr>
</tbody>
</table>
Guidelines Regarding Scheduling Conflicts between Academics and Athletics

1. Class attendance is expected of all students. Students who are participating in intercollegiate athletics may not miss class, seminar, or lab for practice.

2. Students who have a conflict between an athletic contest and a required academic activity, such as a class meeting or a lecture, should discuss it with their coach and professor as soon as possible, preferably during the first week of the semester and certainly in advance of the conflict. When a mutually agreeable understanding is not reached, students must be mindful of the primacy of academics at VWU. Students should understand that acceptable arrangements might not be feasible for all classes, particularly seminars and laboratories.

3. Students should take their schedule of athletic contests into account as they plan their class schedules and should discuss this with their academic advisors. Students should provide coaches with a copy of their academic schedules/syllabi and inform them promptly, of any changes.

4. Coaches should make every effort to schedule practices and contests to avoid conflict with classes and should refer to their students’ academic schedules to minimize conflicts. Coaches should ensure students do not miss classes for practice and should encourage students to work out possible conflicts between classes and contests as early as possible.

5. Faculty should provide as complete a description of scheduling requirements for their classes early each semester (preferably before registration or during the first week of classes); faculty and coaches alike should work with students to resolve contest-related conflicts.

6. Coaches and faculty alike should avoid last-minute scheduling changes whenever possible, and faculty are asked to avoid scheduling extraordinary class meetings. Where possible, extraordinary sessions should be voluntary or offered with a choice of sections to attend. When a schedule is changed after students have arranged their commitments, it is important for the faculty member or coach to be flexible.

7. The university aims to ensure required core major courses will end each day by 4:15 P.M. (2 P.M. on Fridays). Seminars, however, will often extend beyond 4:15 p.m. Afternoon laboratories are usually scheduled until 4:15 or 4:30 p.m., and students who encounter difficulties completing a lab may need to stay later than the scheduled time. Elective courses of interest to the student may be offered in the evening. Students are encouraged to maintain open communication with their professors about athletic contests to minimize conflict with course expectations. Students in all cases, are expected to keep to their academic commitments and then attend practices thereafter. Please note that the university catalog provides additional detail regarding the class attendance policy and expectations.

Academic Support Services
The Learning Center
Located on the second floor of Clarke Hall, the Learning Center supports students’ success and houses staff and student services. Services offered include:

Subject Tutoring
Individual and group tutoring is available for most subjects and courses. Subject Tutors are student peers who have excelled in the courses in which they tutor and who have been hired for their content expertise and ability to explain relevant concepts to others.

Writing Tutoring
Students seeking help with any writing assignment are tutored by professional Writing Tutors who have graduate degrees and often serve as adjunct faculty at VWU. Writing Tutors consult with students on any writing task to help them develop their writing skills and hone their individual writing process.

Speech Tutoring & Public Speaking Coaching
The Speech Lab is a space where students can work with a professional Public Speaking Coach to practice their presentation skills, record speeches digitally, and receive coaching to improve their speaking skills and help build confidence.

Academic Skills Workshops
The Learning Center staff periodically provides workshops for classes and other student groups. Workshops covered include: time management, organization, test taking and study skills.

Academic Advising
All first-year and undeclared students are advised by professional Academic Advisors. These Academic Advisors are responsible for helping students learn to construct a degree plan, develop fluency in degree requirements, and understand what it takes to be successful in college.

Accommodations for Students with Disabilities
Virginia Wesleyan recognizes and is sensitive to the needs of students with disabilities. In keeping with the Americans with Disability Act (and its revised version) and Section 504 of the Rehabilitation Act of 1973, the University provides academic accommodations and services for students with disabilities through the Disability Services Office. Students who want to receive accommodations are required to disclose their disability to the Disability Services staff and provide documentation of their disability.
Faculty Team Advisors Program

The VWU Faculty Team Advisor Program seeks to help students achieve success in both their curricular and co-curricular pursuits, to highlight the common instructional mission shared by coaches and professors, and to advance cooperation between coaches and faculty members in support of the University’s mission. Each of our 22 programs are paired with a faculty member and are expected to collaborate and provide opportunities for interaction at practices, games and/or social events sponsored by our athletic department.

Baseball
Adam Ruh, Writing Services Coordinator

Women’s Basketball
Dr. Joyce Easter, Dean of Batten Honors College and Professor of Chemistry

Men's Basketball
Takeyra Collins, Visiting Instructor of Recreation and Leisure Studies

Women's Cross Country & Track and Field
Dr. Kathy Stolley, Professor of Sociology

Men’s Cross Country & Track and Field
Dr. Jill Sturts, Assistant Professor of Recreation and Leisure Studies

Field Hockey
Dr. Rebecca Hooker, Associate Professor of English

Golf (Men’s & Women’s)
Dr. Kevin Kittredge, Professor of Chemistry

Women’s Lacrosse
Thomas Liverman, Associate Professor of Criminal Justice

Men’s Lacrosse
Dr. Crit Muniz, Assistant Director of the Learning Center and Disabilities Services Specialist

Women’s Soccer
Dr. Susan Larkin, Associate Vice President of Academic Affairs and Professor of English

Men’s Soccer
Dr. Wayne Pollock, Associate Professor of Recreation and Leisure Studies

Softball
Dr. Katrina Henry, Assistant Professor of Physics and Earth and Environmental Sciences

Swimming (Men’s & Women’s)
Dr. Doug Kennedy, Professor of Recreation and Leisure Studies

Tennis (Men’s & Women’s)
Dr. Antje Schwennicke, Assistant Professor of Political Science

Volleyball
Dr. Kellie Holzer, Associate Professor of English
Student-Athlete Academic Requirements

Student-athletes at Virginia Wesleyan University, must meet the following academic requirements in order to participate in all intercollegiate athletic related activities:

<table>
<thead>
<tr>
<th>Number of semesters at VWU</th>
<th>VWU GPA required for full participation in athletics</th>
<th>Credit hours required for full participation in athletics **</th>
</tr>
</thead>
<tbody>
<tr>
<td>After one semester</td>
<td>1.8</td>
<td>12</td>
</tr>
<tr>
<td>After two semesters</td>
<td>1.8</td>
<td>28</td>
</tr>
<tr>
<td>After three semesters</td>
<td>2.0</td>
<td>40</td>
</tr>
<tr>
<td>After four semesters</td>
<td>2.0</td>
<td>56</td>
</tr>
<tr>
<td>After five semesters</td>
<td>2.0</td>
<td>68</td>
</tr>
<tr>
<td>After six semesters</td>
<td>2.0</td>
<td>84</td>
</tr>
<tr>
<td>After seven semesters</td>
<td>2.0</td>
<td>96</td>
</tr>
</tbody>
</table>

Any student-athlete falling below the GPA or credit requirements will not be excused from any academic responsibility* for any intercollegiate athletic related activity*.

First semester ends with the conclusion of Winter Session.
Second semester ends with the conclusion of the Summer Sessions.

*Academic responsibilities include, but are not limited to:

Physically attending a class; submitting an academic assignment
Taking an exam, an interactive tutorial or computer-assisted instruction
Attending a study group that is assigned by the professor
Participating in an online discussion about academic matters

*Intercollegiate athletically related activities include, but are not limited to:

Practice
Competition
Team meetings
Film sessions
On-court/field activities called and required by any member of the team and confined primarily to members of the team.

** This includes all earned credit hours, whether or not they count towards graduation.
Athletic Eligibility

Course Load Requirements

A student-athlete must carry a minimum of 12 credit hours throughout his/her entire season. If he/she withdraws from or audits a class and drops below 12 credit hours in either the fall or spring semester, he/she is immediately ineligible for intercollegiate practice or competition. He/she may not practice with or be near the team, which includes wearing practice gear. There is an exception for LAST semester seniors and full-time credit hours for graduate students. Please discuss these exceptions with the Executive Director of Intercollegiate Athletics and Head Coach, well in advance of beginning the semester in question.

Withdrawal from Class

Please refer to the academic calendar for the last day to withdraw from class. Do not drop below 12 credit hours. Student-athletes have a responsibility not to jeopardize their academic eligibility. This policy is also enforced during the drop/add period. Do not drop a class that reduces the course load below 12 credits, without adding a course simultaneously, to keep the minimum above 12 hours. Failure to do so, renders the student immediately ineligible to practice and/or compete.

Amateurism

You are not eligible for participation in a sport if you have ever:

- Taken pay, or the promise of pay, for competition in that sport.
- Agreed to compete in professional athletics in that sport.
- Played on any professional athletics team as defined by the NCAA.
- Used your athletic skill for pay in that sport.
- Ever accepted money, transportation or other benefits from an agent or agreed to have an agent market your athletics ability or reputation in that sport.
STUDENT-ATHLETE EXPECTATIONS AND RESPONSIBILITIES

Personal Conduct

Student-athletes are expected to practice personal and academic integrity, always.

At all times, student-athletes are representatives of the Department of Athletics and Virginia Wesleyan University. Therefore, it is the responsibility of the student-athlete to conduct himself or herself in a manner deemed appropriate to faculty, coaches, and the athletic administration.

Student-athletes are expected to demonstrate respect, responsibility, sportsmanship, and servant leadership.

Student-athletes are to dress appropriately when representing Virginia Wesleyan University as deemed by the coaches and athletic administration.

Alcoholic beverages or non-prescription substances/drugs are not to be possessed or consumed by student-athletes, student managers, or student athletic trainers, despite age, during Virginia Wesleyan University athletic-related travel, competition, practice, or activity.

Student-athletes are to abide by the NCAA tobacco policies, which states that participants, coaches, athletic trainers, game administrators, or officials, are not permitted to use tobacco products in the playing areas during all NCAA regular season and national tournament competition and practices.

Student-athletes are expected to regularly attend all academic classes, to notify instructors in a timely manner when they will be away from class for scheduled athletic contests, to make appropriate arrangements with instructors to make up missed tests and other assignments due to athletic contests in addition to completing all course requirements.

Student-athletes are to arrive at class on time, not leave early, be prepared for all classes, be attentive in taking notes, and active in participating in class discussions and complete all assignments.

Student-athletes are to communicate openly, honestly and respectfully with others as well as respect the property of others. Hazing or any initiation activities, of any type, are prohibited.

Student-athletes are to discourage bigotry, respect differences and learn from others’ ideas, values and experiences. Student-athletes are to demonstrate compassion, responsibility and leadership through service and involvement with Wesleyan Engaged and the surrounding community.
Hosting Prospective-Students

As you probably remember from when you were a recruit, making a visit to VWU’s campus is an important part of the recruitment process. We want our recruits to experience the many things that make us and our athletics experience, so special. You play an important role in making sure that our recruits feel welcome and have a great experience while they are here.

We also want to ensure the safety and well-being, as well as protect the eligibility, of our student-athletes and the recruits they are hosting. For this reason, Virginia Wesleyan University has established guidelines for both recruits visiting our campus and the student-athletes who will be hosting them.

For our student-athlete hosts, these rules outline the applicable NCAA rules and institutional policies of which student-athletes must abide while hosting a recruit.

These guidelines include the following:

A coach or staff member may not provide a student-athlete or prospect with the use of a vehicle.

VWU may provide only one student-athlete host per prospect with a meal only if they are accompanying the prospect on the meal.

VWU may provide a host with a maximum of $40 for each day of the official visit to cover the actual costs of entertaining (including meals when campus dining is closed), the prospect (and the prospect's parents, legal guardian or spouse).

These or other funds may not be given to the prospect or be used for the purchase of souvenirs.

The student host may be provided a complimentary admission to accompany the prospect to an institution's home athletic contest.

The institution may provide reasonable entertainment within 30 miles of the institution's campus to the prospect, their parents or legal guardians and spouse only. It is not permissible to entertain siblings, friends or other guests of the prospect.

Individuals involved in the recruiting visit (including the prospect) are expected to act in a responsible manner and to abide by the law. The use of alcohol or drugs in recruiting is illegal thus strictly prohibited. This includes being under the influence of alcohol or drugs at any time while you are hosting a prospect during his/her recruiting visit.

A prospect is never to be left alone or with a non-team member.
Social Networking Policy

Student-athletes must be concerned with any behavior that might embarrass themselves, their teams, and/or Virginia Wesleyan University. This includes any activities conducted online. Virginia Wesleyan University supports and encourages individuals’ expression of First Amendment rights of free speech. This includes participating in online social networking sites.

The University and Athletics Department does not place any restrictions on the use of these sites by student-athletes. However, we remind you that as a member of the VWU Intercollegiate Athletics Department, you are a representative of the university and are always in the public eye. Please keep the following guidelines in mind as you participate on social networking websites.

Before participation in any online community, understand that anything posted online is available to anyone, anywhere, at any time because posts can be stored even after they have been deleted by the user. Any text or photo placed online is completely out of your control the moment it is placed online—even if you limit access to your site.

For your safety, do not post home addresses, local addresses, phone number(s), birth dates or other personal information, photos or other items that could embarrass you, your team or Virginia Wesleyan University. This includes information, photos and items that may be posted by others on your page.

Exercise caution as to what information you post on your website about your whereabouts or plans. You could be opening yourself up to predators.

Be aware of who you add as friend to your site – many people are looking to take advantage of student-athletes, while others want to get close to student-athletes to give themselves a sense of membership in the team.

Virginia Wesleyan University, coaches and administrators can easily access the websites.

Student-athletes could face discipline and even dismissal for violation of the Policies and Procedures or philosophies of Virginia Wesleyan University, the Athletics Department and/or the NCAA.

Individuals within the University and law enforcement personnel check these websites regularly. In addition to the unfortunate reality of online predators, potential employers and internship supervisors also use these sites to screen candidates. Many graduate programs and scholarship committees now search these sites to screen applicants. We advise Virginia Wesleyan University student-athletes to exercise extreme caution in their use of social networking websites.
Hazing Policy

Virginia Wesleyan University prohibits hazing by all students and campus organizations. Hazing includes harassing and excessive task associated with initiation or membership in an organization. It involves mistreatment of prospective members by those who exercise control over them. Hazing has been further defined by Virginia law at Va. Code §18.2-56 as follows: "'Hazing' means to recklessly or intentionally endanger the health or safety of a student or students or to inflict bodily injury on a student or students in connection with or for the purpose of initiation, admission into or affiliation with or as a condition for continued membership in a club, organization, association, fraternity, sorority, or student body regardless of whether the student or students so endangered or injured participated voluntarily in the relevant activity."

Because hazing is contrary to the institutional values and goals of Virginia Wesleyan University, and is a criminal offense in the Commonwealth of Virginia, the University will not tolerate hazing by students or student organizations. Furthermore, the University will hold individuals strictly accountable for their actions.

Likewise, no individuals or campus organizations may retaliate against any individual who brings forward allegations of hazing, is a witness involved with, or cooperates in the investigation or adjudication of hazing cases. Retaliation includes, but is not limited to, physical, verbal, or written harassment, threats, or intimidation of any person(s) who brought the complaint of hazing to the University or of anyone who was a witness or involved in the University’s review of the case.

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

- Physical abuse such as paddling, striking, branding, electric shock or bodily contact with harmful substances
- Intimidation by threats of physical or other abuse
- Excessive exercise or other tasks intended to cause physical exhaustion
- Prolonged or repetitive tasks that result in sleep deprivation
- Prolonged or harmful exposure to the elements
- Compelled consumption of any amount of alcohol
- Compelled consumption of food, liquids or concoctions intended to cause nausea
- Any task which requires the participant to violate the law or the Institution’s policies

Students must be aware that participation in the above listed activities, as well as retaliation association with a hazing complaint, will result in disciplinary action, including suspension or dismissal. Furthermore, students must understand, and Virginia law explicitly states that consent or acquiescence of those who are hazed is not a defense for engaging in this practice.
What is a Student-Athlete Advisory Committee? (SAAC)

Presently, there are separate national SAAC for NCAA Divisions I, II and III. NCAA legislation mandates that all member institutions have SAAC on their respective campuses. Further, NCAA legislation requires that all member conferences have SAAC.

The information that follows will assist you in understanding how the network of SAAC, from individual campus committees to the conference and/or national committees, interact and support one another to shape intercollegiate athletics policy and enhance the student-athlete experience.

History of the NCAA Student-Athlete Advisory Committee

An association-wide SAAC was adopted at the 1989 NCAA Convention and was formed primarily to review and offer student-athlete input on NCAA activities and proposed legislation that affected student-athlete welfare.

The initial national committee was comprised of student-athletes from all membership divisions for the purpose of ensuring that the student-athlete voice was one that accounted for the myriad of educational and athletics experiences of both female and male student-athletes at all NCAA member institutions. In August 1997, the NCAA federated along divisional lines. The federation caused the SAAC to expand to three SAACs representing NCAA Divisions I, II and III.

Each national divisional committee is comprised of both female and male student-athletes charged with the responsibility of assisting in the review of NCAA proposed legislation and representing the voice of the student-athlete in the NCAA governance structure. This is accomplished by providing student-athlete input on issues related to student-athlete welfare that are division-specific. (Federation has increased student-athlete participation in the governance process of intercollegiate athletics by increasing the number of SAAC members from the former Association-wide committee of 28 student-athletes to a sum total of 79 members serving on the national Divisions I, II, and III committees).

The input of the respective Divisions I, II and III SAACs continues to be sought by a variety of constituencies within the Association. Student-athlete committee members have the opportunity to speak with their respective NCAA Management Councils, and the Divisions II and III SAACs continue to speak to legislative issues on the NCAA Convention floor.

National SAACs (Divisions I, II and III) at a glance

Generate a student-athlete voice within the NCAA structure.

Solicit student-athlete response to proposed NCAA legislation.

Recommend potential NCAA legislation.

Review, react and comment to the governance structure on legislation, activities and subjects of interest.

Actively participate in the administrative process of athletics programs and the NCAA.

Promote a positive student-athlete image.
Mission Statement of the National SAAC

"The mission of the National Collegiate Athletic Association Student-Athlete Advisory Committee is to enhance the total student-athlete experience by promoting opportunity, protecting student-athlete welfare and fostering a positive student-athlete image."

President’s List and Dean’s List Award Recognition Events

Twice a year, the student athletes who have made the President’s List and Dean’s List are honored at an awards ceremony during homecoming in the Fall and alumni weekend in the Spring. Friends and family are invited to join in the celebration.

Chi Alpha Sigma Honor Society

The National College Athlete Honor Society was founded at DePauw University, Greencastle, Indiana on May 17, 1996, by DePauw head football coach and professor of kinesiology, Nick Mourouzis. Mourouzis recognized that there were many organizations that honored students for outstanding academic or athletic achievements, but none that did both. Chi Alpha Sigma hopes to bring honor and recognition to deserving student-athletes, their families, teams, athletic departments, and colleges in much the same way as Phi Beta Kappa honors scholastics. Each head coach nominates student athletes in January and the induction ceremony is held in the Spring.

Must attend a four-year accredited college or university that is a member of the NCAA or NAIA.

Must have earned a letter in a varsity intercollegiate sport sponsored by the NCAA or the NAIA.

Must have achieved at least junior academic standing by the fifth semester or seventh quarter as determined by the certifying institution.

Must have achieved a cumulative 3.4 (on a 4.0 scale) or equivalent grade point average by the time of the selection process.

Must have endorsement from the head coach of his/her sport.

Must have official documentation from the registrar’s office as to class standing and grade point average.

Must be recommended by the college or university Chapter Advisor.

Must be of good moral character.
ATHLETIC TRAINING/SPORTS MEDICINE

ATHLETIC TRAINING RULES

- No Cleats or muddy shoes allowed.
- No food or drink allowed.
- No profanity.
- Be on time for all treatments and rehab.
- Be respectful of fellow athletes and athletic trainers.
- No book bags, equipment bags, or sports equipment are allowed.
- No smokeless tobacco is allowed.
- Do not touch anything without permission.
- The athletic training room is not a hangout. If you are not getting treatment, please leave.
- No horseplay allowed.
- Do not play with any rehab equipment without permission.
- Athletes do not treat themselves in the athletic training room. This includes electrical modalities, accessing medication and rehabilitation equipment.
- If you cannot follow the rules, then you will be asked to leave!
- Only current VWU athletes with a current athletic physical are entitled to athletic training services.

Athletic Training Hours

Monday-Friday: Posted on Athletic Training Facility Doors for each semester
Saturday-Sunday: No schedules hours, schedules practice and game coverage only

All morning treatment and rehab sessions are by appointment only
We will be open 1 hour prior to every practice and 2 hours prior to every athletic event
We will be here approx. 30 minutes after every athletic event
Weekend hours will be determined based on game and practice schedules

Athletic Training room hours are subject to change at any time based on athletic training staff availability, sports season, and university breaks. We will try to post changes on the athletic training room door.

Athletic Training Emergency Contact Numbers
Campus Security: 455-3349, Front Gate: 455-3289

Head Athletic Trainer
Nicole Curry, (757) 455-3417; ncurry@vwu.edu; Fax: (757) 233-8753

Sentara Outreach Athletic Trainers
Abrianna D’Onofrio, (757) 233-8764; adonofrio@vwu.edu; Fax: (757) 233-8753
Kyle Hinton, (757) 233-8764; khinton@vwu.edu; Fax: (757) 233-8753
Jessica Young, (757) 233-8764; jyoung@vwu.edu; Fax: (757) 233-8753

Ortho Virginia: (757) 422-8476
Dr. Campbell; Team Orthopedic Surgeon
Hampton Roads Neuropsychology, Inc.
Dr. Sautter; Team Concussion Specialists
DRUG AND ALCOHOL POLICY

As a Virginia Wesleyan University student, you are required to comply with the drug and alcohol policy of the institution, which can be found in the Student Handbook, regulations of the Commonwealth of Virginia laws and federal laws regarding alcohol consumption and illegal drugs. Furthermore, as a student-athlete you are also required to comply with NCAA banned substance policies and the following alcohol and other drug policy for Virginia Wesleyan University.

Statement of purpose:

The athletic department at Virginia Wesleyan University does not support the illegal or irresponsible use of alcohol or other drugs. Our department believes that the use of alcohol, tobacco, and other drugs can be detrimental to academic and athletic performance. Therefore, the athletic department alcohol and drug policy was developed in accordance with this philosophy. The following program objectives are also consistent with this philosophy:

- Inform student-athletes and staff of the NCAA, departmental, university, and state policies concerning alcohol and other drug use.
- Discourage alcohol abuse, underage drinking, and the use of illegal drugs and banned substances by VWU student-athletes.
- Identify student-athletes who may have problems and assist in proper treatment.
- Create a positive and healthy atmosphere for Virginia Wesleyan athletes.

The jurisdiction of the athletic department regarding drug and alcohol offenses begins the first day of practice for a student-athlete and continues until the student is no longer considered a student-athlete as per the NCAA definition of student-athlete. Policy violations that occur at the end of a sports season or those that occur during a season but are not discovered until the end of the season will be applied to the next sports season in which the athlete participates.

The coach has the option of making any sanction more stringent, but not any less stringent Commonwealth of Virginia law regarding alcohol use: persons under the age of 21 may not purchase, possess, or consume beer, wine, or distilled spirits.

NCAA regulations regarding tobacco use: the use of all tobacco products is prohibited in all sports during practice and competition. In addition, the use of any tobacco products is strongly discouraged at any time.

NCAA regulations regarding banned substances: all student-athletes are required to attend, once per year, an NCAA educational session regarding banned substances and must sign the NCAA drug testing consent form.

The alcohol and drug policies of the athletic department are in addition to the Virginia Wesleyan Student Handbook. They are designed to support the Virginia Wesleyan community standards and raise the awareness and education of student-athletes regarding their responsibilities as it relates to these policies.
Alcohol Policy Statement

Virginia Wesleyan University athletic department does not condone the illegal or otherwise irresponsible use of alcohol. Alcohol dependence is a progressive disorder in which both psychological and physical dependency can develop. The negative physical and mental effects of the abuse of alcohol are well documented. Even low doses of alcohol impair brain function, judgment, alertness, coordination, and reflexes. Very high doses cause suppression of respiration and death. Chronic and abusive use of alcohol can produce alcohol dependency, dementia, sexual impotence, cirrhosis of the liver, and heart disease. There is a high correlation between alcohol abuse and academic failure. Sudden withdrawal can produce severe anxiety, tremors, hallucinations, and life-threatening convulsions. Therefore, it is the responsibility of every member of the community to know the risks associated with alcohol use and abuse. In addition to student-athletes being subject to state law and University policy, the consumption of alcohol by student-athletes is prohibited in connection with any official intercollegiate athletic activity.

A student-athlete who consumes alcohol will be held accountable for any alcohol related incident in which he or she is involved. In such cases, the student-athlete is subject to University, department of athletics and/or team disciplinary action.

The department of athletics prohibits the use of any funds to be used toward the purchase of alcoholic beverages for student-athlete consumption. This prohibition includes the purchase of alcohol for prospective student-athletes by current student-athlete hosts and the consumption of alcohol by prospective student-athletes while visiting the university. Regardless of whether a student-athlete host has reached the legal drinking age, purchasing alcohol for consumption by a person under the legal drinking age (i.e. a teammate or a prospective student-athlete) is a violation of state law.

The athletic department has approved the following policies and sanctions:

Violations of the University’s alcohol policy will be dealt with based on the University’s community standards, expectations and responsibilities. The sanctions that may be imposed will follow the University’s community arbitration system and those sanctions are listed and defined in the Virginia Wesleyan Student Handbook. The following outlines the athletic department’s actions in conjunction with those sanctions.

**Official Reprimand:** the student-athlete will meet with the head coach and be disciplined at the coach’s discretion.

**Conduct Probation:** the student-athlete will meet with the head coach, which may include the athletic director, to discuss the consequences of continued disrespect of the University’s alcohol policy and the consequences will be given on a case-by-case basis. These consequences may include suspension from competition.

**Alcohol Probation:** the student-athlete will meet with the athletic director and the head coach to discuss the consequences of continued disrespect of the university’s alcohol policy and consequences will be given on a case-by-case basis. These consequences may include suspension from competition.

**Drug Probation:** the student-athlete will meet with the athletic director and the head coach. Consequences will include competition suspension(s) minimum and may include other penalties imposed by the head coach. While on drug probation, should a student be found using, possessing, or being in the presence of drug paraphernalia or illegal substances on the campus of Virginia Wesleyan, they may be subject to suspension or dismissal from the University.
**Disciplinary Probation:** the student-athlete will meet with the athletic director and the head coach. Consequences will include competition suspension and may include other penalties imposed by the head coach.

The alcohol and drug policies of the athletic department are in addition to those policies set forth in the Virginia Wesleyan Student Handbook, and are designed to support the Virginia Wesleyan community standards and to raise the awareness and educate student-athletes regarding their responsibilities as it relates to these policies.

**Drug Policy Statement**

Every violation, whether a first offense or a second offense, carries the following sanctions:

- mandatory meeting with a member of the Student Affairs staff
- mandatory meeting with the athletic director and head coach

*Any violation of the University’s drug policy, which is found to be true, and adjudicated by arbitration or administrative action:*

1. First violation – minimum one date of competition and other penalties may be imposed by head coach.
2. Second violation - may be suspended for remainder of season and may include other penalties imposed by head coach.

The following definitions apply to this document:

**Intercollegiate athletic activity** — activities including home and away competitions (including overnight trips), team practices, hosting recruits and other official team functions.

**University community arbitration system** — the organizational structure of this system is annually published in the Virginia Wesleyan Student Handbook. The information includes a description of the following: the composition and duties of hearing bodies, due process and related proceedings, sanctions, and administrative action.

**Competitions(s) suspension** — athletes will be permitted to attend and participate in practices conducted prior to or in-between the competition(s) suspension. Athletes will be permitted to attend home competitions(s) in which they are suspended but will not dress for competition and will not travel to away contests.

The alcohol and drug policies of the athletic department are in addition to the policies set forth in the Virginia Wesleyan Student Handbook, and are designed to support the Virginia Wesleyan community standards and to raise the awareness and educate student-athletes regarding their responsibilities as it relates to these policies.
2019-20 NCAA Banned Substances

The NCAA bans the following drug classes.

1. Stimulants.
2. Anabolic agents.
3. Alcohol and beta blockers (banned for rifle only).
4. Diuretics and masking agents.
5. Narcotics.
7. Peptide hormones, growth factors, related substances and mimetics.
8. Hormone and metabolic modulators (anti-estrogens).

Note: Any substance chemically/pharmacologically related to all classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is also banned. The institution and the student-athlete shall be held accountable for all drugs within the banned-drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at www.ncaa.org/drugtesting. There is no complete list of banned substances.

Substances and Methods Subject to Restrictions:

- Blood and gene doping.
- Local anesthetics (permitted under some conditions).
- Manipulation of urine samples.
- Beta-2 agonists (permitted only by inhalation with prescription).
- Tampering of urine samples.

NCAA Nutritional/Dietary Supplements:

Warning: Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- Nutritional/Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
- Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.
- Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXIS™ for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact the Drug Free Sport AXIS at 877-202-0769 or www.dfsaxis.com (password ncaa1, ncaa2 or ncaa3).
Some Examples of NCAA Banned Substances in Each Drug Class

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.
DO NOT RELY ON THIS LIST TO RULE OUT ANY LABEL INGREDIENT.

Stimulants:
amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); dimethylamylamine (DMAA, methylhexanamine); “bath salts” (mephedrone); Octopamine; hordenine; dimethylbutylamine (DMBA, AMP, 4-amino methylpentane citrate); phenethyllamines (PEAs); dimethylhexylamine (DMHA, Octodrine); heptaminol etc.

exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstatrien-17-one):
Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033, S-23, RAD140)); DHCMT (oral turanibol) etc.

Alcohol and Beta Blockers (banned for rifle only):
alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics and Masking Agents:
bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

exceptions: finasteride is not banned

Narcotics:
Buprenorphine; dextromoramide; diamorphine (heroin); fentanyl, and its derivatives; hydrocodone; hydromorphone; methadone; morphine; nicomorphine; oxycodone; oxymorphone; pentazocine; pethidine

Cannabinoids:
marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)

Peptide Hormones, growth factors, related substances and mimetics
growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum, deer antler velvet); etc.

exceptions: insulin, Synthroid are not banned

Hormone and metabolic modulators (anti-estrogens):
anastrozole; tamoxifen; formestane; ATD; SERMS (clomiphene, nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione, letrozole; etc.

Beta-2 Agonists:
bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS, 877-202-0769 or www.dfsaxis.com password ncaa1, ncaa2 or ncaa3.

It is the student-athlete’s responsibility to check with the appropriate or designated athletics staff before using any substance.