Wesleyan University
Student-Athlete Handbook

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Dear Wesleyan Student-Athlete:

As a member of a varsity athletic team it is your responsibility to become familiar with all of the policies and procedures of our athletic department. In addition to providing valuable information to you as a student-athlete, it also contains information that you as a team member are responsible to know.

It is in your best interest to review the handbook and if you have any questions about the information contained within, please consult your head coach or a member of the athletic department administration.

Finally, it is important to recognize that it is a privilege to be a member of a Wesleyan varsity team. Along with the opportunity to participate in athletics is the responsibility to always conduct yourself in a manner that reflects positively on both your team and our university. Whether you are competing in practice or an athletic contest, on campus or away on a team trip, in a classroom or in your dorm, you represent the Department of Athletics at Wesleyan University. Please keep this in mind and always be accountable to your teammates, coaches and most importantly YOURSELF!

With Cardinal Pride,
Mike Whalen
MISSION STATEMENT

In the pursuit of excellence, the Athletic Department strives to be the most innovative and successful athletic program in the prestigious New England Small College Athletic Conference (NESCAC) and a leader at the national level. Wesleyan University pursues excellence in all of its programs. Athletics, as an integral part of the overall educational process, is uniquely positioned to enhance a liberal arts education. Wesleyan coaches share the same goal as the entire Wesleyan community: to transform the lives of our students. To achieve this goal, the University is committed to support our highly trained and dedicated faculty-coaches who practice their craft in state-of-the-art facilities.

The Wesleyan Athletic Department supports a broad range of intercollegiate teams that encourage scholar-athletes to develop their skills and themselves to their full potential and to benefit from the lessons learned from perseverance, competition, sacrifice and teamwork. The University believes that successful intercollegiate teams serve to build a sense of spirit and community on campus and are a source of institutional pride for our alumni.

The Athletic Department also provides a wide array of health and wellness courses and lifetime skill activities that encourage students to develop the habit of leading healthy and balanced lives.

PHILOSOPHY

Wesleyan University prepares students to face a rapidly changing world with confidence and a sense of responsibility to make the world a better place. To that end, the Athletic Department views its interactions with students as opportunities to help them discover, develop and test their skills to create positive change. Through the pursuit of healthy habits and participation in competitive intercollegiate athletics, Wesleyan scholar-athletes embrace the level of commitment necessary to achieve their individual goals, aware of the need to bring out the best in others, successful on the field of play and in the classroom and practiced in the art of leadership. It is, in fact, the University's expectation that the men and women who participate in our athletic program will be exceptionally prepared to excel, contribute, and lead in their communities and beyond.

VALUE STATEMENT

In order to achieve our institutional mission and have successful athletic teams, Wesleyan scholar-athletes are guided by core values:

Teamwork: We work collaboratively and we work hard in a cooperative spirit.

Respect: We respect ourselves and others and embrace our diversity.

Balance: We commit ourselves to our athletic endeavors while recognizing the importance of academic pursuits and community involvement.

Accountability: We hold ourselves and each other accountable for our words and our actions.

Citizenship: We are responsible, caring, and active citizens within and beyond the Wesleyan community.

Integrity: We have a high regard for truth, play according to the rules, strive to act in ethical ways and are sincere in our actions.

Humility: We are grateful for our opportunities and mindful that our participation in athletics is a privilege and not an entitlement.
Sportsmanship: We are gracious competitors regardless of the final score and conduct ourselves with dignity under pressure and in the face of adversity.

**ALCOHOL POLICY**

Wesleyan athletic team members are an integral part of the Wesleyan community and, therefore, responsible for their actions as outlined in the Wesleyan Code of Non-Academic Conduct. Team members are governed by these rules and regulations both when on the Wesleyan campus and when involved in off-campus team functions.

Particular attention is called to the policies regarding the use of alcohol in the Wesleyan Student Handbook. Included within the standards of conduct is the statement, “The University prohibits the underage and unlawful possession, use, or distribution of illicit drugs and alcohol by students or by employees on university property or while participating in any university-sponsored activity.” In addition to this adherence to Federal, State and local alcohol policies, the following policies pertaining to alcohol have been developed by the Department of Physical Education and Athletics. An important purpose of the alcohol policy is to enhance athletic performance and to facilitate safe and enjoyable participation in team functions by all team members by eliminating the use of alcohol.

1. **Team Functions** - There will be no use of alcohol by any team member during any Wesleyan varsity intercollegiate team function. A team function includes, but is not limited to the following events:
   a) Contests
   b) Practices
   c) While being transported in team buses, vans or cars
   d) Team trips including extended travel during vacation periods and overseas trips. There will be no use of alcohol by any team member from departure until conclusion of the trip.
   e) Team banquets, break-up parties on or off-campus, as well as, parties to which all team members are invited, in or out of season.

2. **Stricter Guidelines** - A coach and team can set stricter guidelines, but it is the responsibility of the head and assistant coaches to enforce the alcohol policy.

3. **Disciplinary Action** - Disciplinary action is at the discretion of the head coach in consultation with the Athletic Director. The Wesleyan administration may also be involved in discussing appropriate disciplinary action, but team members are reminded that the possibility of further University sanctions exists if a student is also in violation of the University Code of Non-Academic Conduct.

**TEAM INITIATIONS AND HAZING POLICY**

Varsity and club sport team initiations, which include hazing, are dangerous to the safety of the student-athletes and are prohibited. Also, any varsity team event that is organized by team members that includes the use of alcohol is a violation of the athletic department alcohol policy.

Team initiations that are intended to create team spirit or a bonding of team members are not inherently bad. However, often these events include some ritual or tradition that includes excessive drinking or unsafe anti-social behavior. Most often, these events are to indoctrinate first year team members into the team. These individuals are usually under 21 years of age, and providing them with alcohol is a violation of the State of Connecticut laws and the Wesleyan University Code of Non-Academic Conduct. Students violating this code are subject to disciplinary actions by the Student Judiciary Board. Team initiations may also place team members in violation of the anti-hazing law of the State of Connecticut.
Team initiations that include any act, whether physical, mental, emotional or psychological, which subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass or intimidate him/her, or which may in any fashion compromise his/her inherent dignity as a person will be considered as hazing. In addition, any requirement by a member of an organization, which compels another member to participate in any activity, which is against Wesleyan University’s Code of Non-Academic Conduct or state/federal law will be defined as hazing.

Coaches are to inform team members well before the beginning of the season not to hold events that violate the team hazing policy. Severe sanctions will be imposed on teams found in violation of the department’s team hazing policy.

Non-Hazing Examples—please see your coach for additional ideas
- Participate in a leadership retreat/weekend with a ropes course and teambuilding activities
- Develop a community volunteer service project for the team
- Create a senior recognition ceremony
- Sponsor/host a career skill development and planning workshop for all team members
- Attend an educational speaker as a team, process and discuss what was presented
- Invite faculty members, alumni or a speaker to lunch with new team members and/or the whole team
- Host a dinner and movie for the new team members and/or the whole team
- Plan and execute a team fundraiser
- Host a fathers, mothers or family & friends weekend
- Participate as a team in a campus event or host a campus/community event to meet the team members
- Develop an academic incentive program for new team members and the entire team
- Attend another team’s contest that is chosen by the new team members
- Host the president to speak about the campus and his role and understanding of the athletic community
- Develop and create a parents alliance for the team

**WESLEYAN UNIVERSITY HAZING POLICY**

Consistent with state law, national fraternal policies and athletic conference guidelines, hazing is prohibited at Wesleyan University. The term "hazing" shall mean any activity or method of initiation into any student organization, whether on public or private property, that could reasonably produce undue mental or physical discomfort, harassment, ridicule or endanger the participants. An activity may be considered hazing regardless of consent or willingness to participate in the activity.

Consistent with the definition above, the following activities have typically been identified as hazing activities: use of alcoholic beverages or other drugs; paddling or branding; creation of excessive fatigue; physical or psychological shocks; quests, treasure hunts, scavenger hunts, or road trips; wearing of public apparel which is conspicuous and not in good taste; engaging in public stunts and buffoonery; degrading or humiliating games and activities; any other activities which are not consistent with University regulations and policies as well as local, state and federal laws.

There are many activities in which members of student groups may voluntarily participate that foster camaraderie and team-building, promote unity and a sense of belonging, and build self-confidence and self-esteem. Examples of such activities include: attending pre-season or organizational training sessions; administering supervised testing for skills, endurance or performance; sponsoring a skit night; wearing similar clothing as a symbol of unity; doing community service; completing a ropes course; participating in a supervised group trip.
Because it is not always clear which activities are acceptable and which constitute hazing, students are encouraged to consult with advisors, coaches, and/or Campus Programs or Student Services staff members in advance of the event.

Community members who have experienced hazing or have information about an alleged hazing incident should consult with the Office of Public Safety, Athletics Director, or Campus Programs or Student Services staff.

**NESCAC PRESIDENTS' STATEMENT ON ABUSIVE DRINKING AND HAZING**

In addition to being partners in athletic competition, the 11 colleges and universities comprising the New England Small College Athletic Conference (NESCAC) are united in efforts to provide safe environments in which students may mature intellectually and socially.

Recognizing that social life plays an important role in the college experience, each campus has increased its efforts to encourage students to make responsible choices. Each school takes a strong stand against substance abuse, including alcohol. While the vast majority of students at NESCAC institutions who choose to drink alcohol do so responsibly, each school has disciplinary and educational programs in place for students who misuse alcohol and other substances.

Additionally, all of the conference schools expressly prohibit hazing.

NESCAC member institutions: Amherst College, Bates College, Bowdoin College, Colby College, Connecticut College, Hamilton College, Middlebury College, Trinity College, Tufts University, Wesleyan University and Williams College.

**SPORTS WAGERING**

**NCAA Bylaw 10.3 Sports Wagering Activities**

The following individuals shall not knowingly participate in sports wagering activities or provide information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition.

(a) Staff members of an institution’s athletics department;
(b) Nonathletics department staff members who have responsibilities within or over the athletics department (e.g., chancellor or president, faculty athletics representative, individual to whom athletics reports);
(c) Staff members of a conference office; and
(d) Student-athletes

**10.3.1 Scope of Application**

The prohibition against sports wagering applies to any institutional practice or any competition (intercollegiate, amateur or professional) in a sport in which the Association conducts championship competition, in bowl subdivision football and in emerging sports for women.

**10.3.1. Exception**

The provisions of Bylaw 10.3 are not applicable to traditional wagers between institutions (e.g. traditional rivalry) or in conjunction with particular contests (e.g., bowl games). Items wagered must be representative of the involved institutions or the states in which they are located.

**10.4 Disciplinary Action**

Prospective student-athletes and enrolled student-athletes found in violation of the provisions of this regulation shall be ineligible for further intercollegiate competition, subject to appeal to the Committee of Student-Athlete Reinstatement for restoration of eligibility. Institutional staff members found in violation of the provisions of this regulation shall be subject to disciplinary or corrective action as set forth in Bylaw...
19.5.2 of the NCAA enforcement procedures, whether such violations occurred at the certifying institution or during the individual’s previous employment at another member institution.

**OVERNIGHT/HOST RESPONSIBILITIES**

From time to time you may be asked by your coach to serve in the capacity as a host to a prospective student-athlete during his or her visit to campus. You must take this responsibility seriously and be sure to ask your coach about any concerns you may have about hosting a recruit for your team. The following information will be provided to your prospective student upon his or her arrival to campus. Please read this and understand that your recruit is obliged to comply with all NESCAC, NCAA, and university regulations, and State of Connecticut laws while on campus. In the hosting of prospective students, Wesleyan team members are not to provide the recruit with alcoholic beverages or escort them to events where alcohol is being served. Wesleyan students providing underage recruits with alcohol may be subjected to university disciplinary actions and the recruits that are involved in the underage consumption of alcohol may jeopardize their opportunity to attend Wesleyan.

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**INFORMATION FOR OVERNIGHT ATHLETIC VISITORS TO WESLEYAN UNIVERSITY**

[This statement is provided to visiting recruits.]

Welcome to Wesleyan! Campus visits are an excellent opportunity for you to learn more about life as a Wesleyan student. We urge you to experience the various academic, social, and residential components of a Wesleyan education.

**VISITATION POLICY**

As a guest, Wesleyan requires that you assume the same responsibility for your own actions that Wesleyan students have assumed. Please read the following statement and sign your name to indicate that you understand the statement. If you do not understand the statement or how it applies to you, please ask a member of the Athletic Department, Admission staff or Dean’s Office to explain it to you before you sign:

I am aware that although Wesleyan University has agreed to host me overnight, neither the Office of Admission nor any other office or personnel of Wesleyan University will be supervising me at all times during my stay on campus. Visiting students, like enrolled students, are responsible for their behavior as adults within the expectations described below.

I am aware that participants in on-campus visitation programs are required to abide by Connecticut state law and the Code of Non-Academic Conduct which governs students enrolled at Wesleyan University. I acknowledge that Connecticut law prohibits all use of illegal drugs and prohibits the drinking of alcoholic beverages by persons under 21 years of age.

Further, I understand that any negative behavior during my campus stay will be considered by the Admissions Office. Any violation of the rules stated above or any damage to Wesleyan property may impact my application to Wesleyan.
Mission Statement

The Wesleyan University SAAC provides a voice for student-athletes within the Wesleyan University community, NESCAC and the NCAA. The SAAC represents the interests of student-athletes to the administration, undertakes projects that benefit all members of the community and fosters a positive student-athlete image.

Constitution and Bylaws

Constitution, Article 1

1.1 Name

The name of this organization shall be “Wesleyan University Student-Athlete Advisory Committee.”

1.2 Purposes

The Wesleyan Student-Athlete Advisory Committee (SAAC) is a group of student-athlete representatives who work with the administration to improve and support Wesleyan’s athletic community. SAAC’s goals are to generate a student-athlete voice in dialogue with the faculty, the student body and the NESCAC league. On a national level, SAAC responds to NCAA legislation, as well as, encouraging student-athlete community service efforts.

Bylaws, Article 2

2.1 Membership

2.1.1 Composition

The committee will be composed of one, two or three representatives from every team—both men’s and women’s. Coaches and the existing SAAC members will nominate/appoint committee members with head coaches of the individual sports holding veto power. Every class year needs to be represented. First year student-athlete representatives can be added as full voting members no earlier than the end of the fall semester. The juniors and sophomores will be expected to fulfill a two or three-year commitment to the committee. There will be two co-presidents (one male, one female) appointed by the previous year’s presidents. It will be the presidents’ discretion on whether vice president(s) will be needed to aid them in leading the group. If so the presidents will consult on and decide on the selection. It is expected that the committee will be gender equal and that no sport will have more than three student-athletes on the committee. When student-athletes are appointed or elected to the committee they should understand and agree to the expectations described below.

2.1.2 Duties and Responsibilities

The committee will meet at least once a month in its entirety. The Executive board and Subcommittee chairs will occasionally meet on a weekly basis. At the first meeting the committee will prioritize the issues it will deal with during the year. Members will be assigned duties to be completed between meetings. Committee members will also be responsible for gathering outside input from other student-athletes pertaining to current issues and concerns. Attendance of outside individuals who are concerned with the topic of a given meeting will be encouraged. If any member misses more than two consecutive meetings of Wesleyan SAAC they are subject to dismissal.
2.2 Subcommittees

There will be three subcommittees: Community Outreach, Mental Health and the Cardinal Pride Committee (Birds Nest). The committees will be chaired by a one or two members elected at the end of the previous year or the beginning of the new school year.

2.2.1 Cardinal Pride Committee

The committee shall be responsible for promoting positive sportsmanship and school spirit. The committee will also be responsible for creating events related to the aforementioned goals.

2.2.2 Community Outreach Committee

The Community Outreach Committee shall be responsible for community service within the Wesleyan Community as well as within the greater Middletown community. The committee will also be responsible for creating events related to the aforementioned goals. This committee will also be responsible for raising funds for the group through fundraisers, WSA and raising monies for charitable/non-profit organizations. This committee shall also be responsible for organizing fundraisers for organizations determined by the entire SAAC body.

2.2.3 Mental Health Committee

Working to create mental health awareness through social media campaigns, offer educational/support programs and engagement surrounding student-athletes wellbeing and to help break the stigma surrounding mental health.

2.3 Executive Board

There will be two co-presidents (one male, one female) appointed by the previous year’s presidents, vice-presidents (if desired by presidents), NESCAC SAAC representatives (no more than four) and the chairs of the three subcommittees. There will also be two – four members designated as NESCAC SAAC meeting representatives who will be responsible for attending the fall and winter NESCAC meetings. If for some reason these representatives cannot make one of the meetings, the duty will then fall to one of the co-presidents or vice presidents. The NESCAC SAAC meeting representatives will be chosen by the two co-presidents and their names will be sent to the NESCAC office no later than September 12th.

2.4 Advisors

There will be one advisor for this committee along with the Athletic Director. The advisor needs to be included on all electronic or other types of messages to the group. The advisor or NESCAC SAAC advisor needs to be consulted before proposals or emails are sent to the NESCAC SAAC group as a whole.

2.5 Wesleyan Student Assembly Representation

A student-athlete who is also a WSA representative will serve as SAAC’s liaison to WSA, keeping both groups informed of each other’s agendas and attempting to find events for the groups to collaborate on. If there is not a student-athlete that is a member of WSA, than a member of WSA will attend SAAC’s monthly meetings and present the WSA agenda regarding athletics and other related issues to the SAAC. The WSA member will not have voting rights within SAAC.
2.6 Outside Group Representation

SAAC members who represent other groups on campus, such as Team Impact or Athletes C.A.R.E. will be designated as the liaison for those groups and allowed to discuss current events with their respective groups at the end of SAAC meetings as time allows.

**PERMISSION TO NOT TRAVEL WITH THE TEAM**

For safety, team unity, and effective pre-game organization, it is important that student-athletes travel in university supplied transportation and stay overnight in accommodations that are supervised by head or assistant coaches. However, often for good reasons, students may request permission to travel to or from an away contest independent of the team. In these instances, it is essential that the student have the written permission of the coach and athletics director prior to traveling independent of the team.

To receive authorization to travel independent of the team, the requesting athlete must adhere to the guidelines as specified below:

1. Permission to travel independent of the team must be requested of the coach at least two days prior to the contest.
2. The Permission to Travel form is obtained from the coach and completed by the student-athlete. The student-athlete must then obtain a signature from the coach. The form is also available online [click here] (not available for mobile downloads).
3. The Athletic Director will review the form and will not approve the request unless it has been approved and the permission to travel form signed by the coach.

Permission to Travel forms will be kept on file until the conclusion of the season and then discarded. A copy of the Permission to Not Travel with the Team is included in the appendix of this handbook.

**NESCAC VOLUNTARY OUT-OF-SEASON ACTIVITIES**

NESCAC institutions support all students in their desire to engage in activities that promote health and fitness. Students at NESCAC schools who participate in varsity athletics will often look to engage in athletic activity out-of-season. Most have played year around before coming to college. It’s natural and healthy for them to remain physically active. At the same time, our schools offer a wonderful array of opportunities and those on teams deserve the chance to explore new and different options. Activity out-of-season is viewed positively so long as it abides by NESCAC regulations and one’s participation is never seen as a condition for making a team.

NESCAC rules state that all out-of-season activities must be strictly voluntary. Out-of-season is defined as dates not inclusive in the period designated in Sec. II.C.1 [of the NESCAC manual] as the practice starting dates and last conference approved contest of that athletic season.

The following guidelines have been developed to assist member institutions in the implementation and application of the Conference policy governing out-of-season activities. They must be communicated by the Director of Athletics to all coaches, captains and the faculty on an annual basis and to team members annually by the respective coaches and a member of the athletic administration.

**Guidelines**

- All out-of-season activities must be **completely voluntary** and should never conflict with any academic obligation.
- There can be no scripting of activity, no attendance taken, no reporting to the coaching staff, no implication that participation can ever be a condition of making a team, and no involvement of any kind by any member of the coaching staff.
- Team captains and members may not coach or direct practices on or off campus. These activities are to be structured in as a “free play” environment. They are not to duplicate a practice that would be led by a coach. If a pick up game is open to the rest of the student body, team members may participate.
• Facilities may not be reserved for a team activity out-of-season. In a multipurpose facility (i.e., field house) this rule would not preclude scheduling of activity limitations for safety reasons. In such instance, however, the activity may not be restricted to varsity candidates and must be open to all members of the student body. Procedures established for the general college community must be followed in the scheduling of such facilities.

• Off-campus facilities may not be rented or reserved for a varsity team activity, however an institution may arrange for off-campus space for recreational activities.

• Students may not use or be issued college-owned apparel or equipment out-of-season, unless it is available to the college community in general.

• Voluntary strength and conditioning programs are permitted. Coaches may design voluntary workout programs for their players. Sport coaches are not permitted to require, direct, or supervise these activities out-of-season. Strength and conditioning personnel may monitor voluntary individual workouts for safety purposes.

• There are to be no contests or scrimmages by teams against outside competition out-of-season.

• Insurance policies written to provide coverage for accidents occurring from intercollegiate athletics may only cover accidents that occur when students participate in events that are permitted as an in-season activity under NESCAC guidelines. Also, students injured in out-of-season activities will not be covered by NCAA catastrophic injury insurance.

• Permissible out-of-season activities include team community service activities, educational programming including leadership, alcohol and hazing education. Students may volunteer to work in sport-based clinics for youth provided clinics are conducted when classes are not in session and clinics are conducted not more than twice in any given sport in an academic year.

• Exceptions: See NESCAC manual, Athletic Administration Policies for Out-of-Season Activities.

• Violations of this policy will be handled according to established conference guidelines and may result in penalties or sanctions against individuals and/or teams.
For: Student-athletes.

Purpose: To summarize NCAA regulations regarding eligibility of student-athletes to compete.

DISCLAIMER: THE SUMMARY OF NCAA REGULATIONS DOES NOT INCLUDE ALL NCAA DIVISION III BYLAWS. FOR A COMPLETE LIST, GO TO WWW.NCAA.ORG. YOU ARE RESPONSIBLE FOR KNOWING AND UNDERSTANDING THE APPLICATION OF ALL BYLAWS RELATED TO YOUR ELIGIBILITY TO COMPETE. CONTACT YOUR INSTITUTION'S COMPLIANCE OFFICE OR THE NCAA IF YOU HAVE QUESTIONS.

TO: STUDENT-ATHLETE.

This summary of NCAA regulations contains information about your eligibility to compete in intercollegiate athletics. This summary has two parts:

Part I is for all student-athletes.

Part II is for new student-athletes only (those signing the Student-Athlete Statement for the first time).

If you have questions, ask your director of athletics (or their official designee) or refer to the 2020-21 NCAA Division III Manual. These forms are available via the NCAA website (http://www.ncaa.org/2020-21-division-iii-compliance-forms). The references in brackets after each summarized regulation show you where to find the regulation in the Division III Manual.

Part I: FOR ALL STUDENT-ATHLETES.

This part of the summary discusses ethical conduct, amateurism, financial aid, academic standards and other regulations concerning your eligibility for intercollegiate competition.

1. Ethical Conduct – All Sports.

   a. You must always act with honesty and sportsmanship so that you represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports. [NCAA Bylaw 10.01.1]
b. You have engaged in unethical conduct if you refuse to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or your institution. [Bylaw 10.1-(a)]

c. You are not eligible to compete if you knowingly provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition, solicit a bet on any intercollegiate team, accept a bet on any team representing the school or solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value. [Bylaw 10.3]

d. You are not eligible to compete if you knowingly participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card or any other method employed by gambling. [Bylaw 10.3]

e. You are not eligible to compete if you have shown dishonesty in evading or violating NCAA regulations. [Bylaw 14.01.3.3]

2. Amateurism – All Sports.

a. You are not eligible for participation in a sport if after full-time collegiate enrollment you have ever:

(1) Taken pay, or the promise of pay, for competing in that sport;

(2) Agreed (orally or in writing) to compete in professional athletics in that sport;

(3) Competed on any professional athletics team (as defined by the NCAA) in that sport [Bylaw 12.02.5]; or

(4) Used your athletics skill for pay in any form in that sport. (Prior to collegiate enrollment, an individual may accept prize money based only on his or her place finish or performance from the sponsor of an open athletics event, the United States Olympic Committee or the appropriate national governing body. An individual may also accept actual and necessary expenses associated with the individual's practice and competition on a professional team.) [Bylaws 12.1.3 and 12.1.5]

b. You are not eligible in a sport if you ever have accepted money, transportation or other benefits from an agent or agreed to have an agent market your athletics ability or reputation in that sport. [Bylaw 12.3.1]
c. You are not eligible in any sport if, after you become a student-athlete, you accept any pay for promoting a commercial product or service or allow your name or picture to be used for promoting a commercial product or service, unless:

(1) The individual became involved in such activities for reasons independent of athletics ability;

(2) No reference is made in these activities to the individual's involvement in intercollegiate athletics; and

(3) The individual's remuneration under such circumstances is at a rate commensurate with the individual's skill and experience as a model or performer and is not based in any way on the individual's athletics ability or reputation. [Bylaw 12.5.1.3]

(4) You are not eligible in any sport if, because of your athletics ability, you were paid for work you did not perform, or were paid at a rate higher than the going rate. [Bylaw 12.4.1]

3. Delayed Collegiate Enrollment.

The following rules are applicable to all Division III student-athletes first entering a collegiate institution on or after August 1, 2014:

- If you did not enroll in college as a full-time student by the next opportunity after a one-calendar year period following the graduation of your high school class and you participated in any of the activities listed below, you have used a season of intercollegiate competition for each calendar year or sport season in which you participated in such activities. [Bylaw 14.2.4.4]

(1) Activities Constituting Use of a Season.

(a) Any team competition or training in which pay in any form is provided to any of the participants above actual and necessary expenses;

(b) Any individual competition or training in which the individual accepts pay in any form based on his or her place finish or any competition or training in which the individual accepts pay in any form above actual and necessary expenses;

(c) Any competition pursuant to the signing of a contract for athletics participation or entering a professional draft; or
(d) Any competition funded by a representative of an institution's athletics interest that is not open to all participants. [Bylaw 14.2.4.4.2]

(2) If you have used a season(s) of participation according to the regulations above, you must also fulfill an academic year in residence prior to being eligible to represent your school in intercollegiate competition. [Bylaw 14.2.4.4.1]

4. **Competition Exceptions (for delayed collegiate enrollment).**

   - A student-athlete would not use a season of competition, if the student-athlete participated in organized competition while enrolled in a postgraduate college preparatory school during the initial year of enrollment, or if the student-athlete participated in the Olympic Games tryouts and competition, and other specified national and international competition. Both of these organized competition exceptions may be applied one time and for a maximum of one year. [Bylaw 14.2.4.4.2.1]

5. **Seasons of Participation – All Sports.**

   a. A student-athlete must count a season of participation when the student-athlete practices or competes during or after the first contest following the student-athlete's initial participation at that school. [Bylaw 14.2.4.1]

   b. A season of participation shall not be counted when a student-athlete participates in a preseason scrimmage or preseason exhibition conducted prior to the first contest in the traditional segment following the student-athlete's initial participation at that school, or when a student-athlete participates in the one date of competition during the nontraditional segment in baseball, field hockey, lacrosse, soccer, softball and volleyball. [Bylaw 14.2.4.1.1]

   c. A season of participation shall not be counted when a student-athlete practices in the nontraditional sports segment. [Bylaw 14.2.4.1]

6. **Financial Aid – All Sports.**

   a. You are not eligible if you receive financial aid other than the nonathletics financial aid that your school distributes. However, it is permissible to receive:

      (1) Financial aid from anyone on whom you are naturally or legally dependent. [Bylaw 15.2.3.3]
(2) Financial aid that has been awarded to you on a basis other than athletics leadership, ability, participation or performance. [Bylaw 15.2.3.4]

(3) Financial aid from an entity outside your school that meets the requirements specified in the Division III Manual. [Bylaw 15.2.3.2]

b. You must report to your school any financial aid that you receive from a source other than your school. However, you do not need to report financial aid received from anyone on whom you are naturally or legally dependent. [Bylaw 15.2.3.1]

7. Academic Standards – All Sports.

a. Eligibility for Practice.

(1) You are eligible to practice if you are enrolled in a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the regulations of your school. If at any point you drop below full time you are unable to practice. [Bylaw 14.1.8.1]

(2) You are eligible to practice during the official vacation period immediately before initial enrollment, provided you have been accepted by your school for enrollment in a regular, full-time program of studies, you are no longer enrolled at your previous school and you are eligible under all school and NCAA requirements. [Bylaw 14.1.8.1.6.5]

(3) You also are eligible to practice while enrolled in less than a minimum full-time program of studies if you are enrolled in the final semester or quarter of a baccalaureate or graduate degree program, or a minor or undergraduate certificate program and your school certifies that you are carrying (for credit) the courses necessary to complete your degree, minor or certificate program requirements. [Bylaw 14.1.8.1.6.1]

b. Eligibility for Competition.

(1) To be eligible to compete, you must:

(a) Have been admitted as a regularly enrolled, degree-seeking student according to the published entrance requirements of your school;

(b) Be in good academic standing according to the standards of your school; and
(c) Be enrolled in at least a minimum full-time program of studies leading to baccalaureate or the equivalent (not less than 12-semester or quarter hours) and maintain satisfactory progress toward that degree, be enrolled in a full-time graduate or professional degree program (as defined by the school for all graduate students) or be enrolled and seeking a second baccalaureate degree. [Bylaws 14.01.2, 14.1.7.1, 14.1.8.1 and 14.1.8.1.6.2]

(2) If you are enrolled in less than a full-time program, you are eligible to compete only if you are enrolled in the last term of your baccalaureate or graduate degree program, or your minor or undergraduate certificate program and are carrying credits necessary to finish your degree, minor or certificate program requirements unless you meet the provisions of the experiential learning requirement exception specified in Bylaw 14.1.8.1.6.1.1. [Bylaw 14.1.8.1.6.1]

(3) You are eligible to compete during the official vacation period immediately before initial enrollment, provided you have been accepted by your school for enrollment in a regular, full-time program of studies and at the time of your initial participation, you are no longer enrolled in your previous educational institution and you are eligible under all institutional and NCAA requirements. [Bylaw 14.1.8.1.6.5]

(4) If you are a returning student, you are eligible to compete between terms, provided you have been registered for the required minimum full-time load at the conclusion of the term immediately before 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. [Bylaw 14.1.8.1.6.6]

8. Other Rules Concerning Eligibility – All Sports.

a. You are not eligible to participate in more than four seasons of intercollegiate participation. [Bylaw 14.2]

b. You are not eligible after 10 semesters or 15 quarters in which you were enrolled at a collegiate institution in at least a minimum full-time program of studies as determined by the school, except for any extensions that have been approved in accordance with NCAA legislation. [Bylaw 14.2.2]

c. You are eligible if you are enrolled and seeking a second baccalaureate or equivalent degree or you are enrolled in a graduate or professional school, provided
you graduated from an NCAA Division III institution, you have seasons of participation remaining and your participation occurs within the applicable 10 semesters or 15 quarters. You are also eligible for postseason events that occur within 60 days of the date you complete the requirements for your degree. [Bylaws 14.1.9 and 14.1.8.1.6.7]

d. You are not eligible in your sport for the rest of your season if, after enrollment in college and during any year in which you were a member of an intercollegiate team, you competed as a member of any outside team in any noncollegiate, amateur competition in the sport during your college team's playing season. Competing in the Olympic Games, tryouts and competition and other specified national and international competition is permitted. [Bylaws 14.7.1 and 14.7.3]

9. **Transfer Students Only.**

a. You are considered a transfer student if:

   (1) You were officially registered and enrolled in a minimum, full-time program of studies in any quarter or semester of an academic year, as certified by the registrar or admissions office and attended class; or

   (2) You reported for a regular squad practice (including practice or conditioning activities that occurred before certification), announced by the institution through any member of its athletics department staff, before the beginning of any quarter or semester, as certified by the athletics director. [Bylaw 14.5.2]

b. If you are a transfer student from a four-year school, you are not eligible during your first academic year in residence unless you meet the provisions of one of the exceptions specified in Bylaws 14.5.5.1.1, 14.5.5.1.2 or 14.5.5.1.3.

c. If you are a transfer student from a two-year institution, you are not eligible during your first academic year in residence at your new institution unless you meet the academic and residence requirements specified in Bylaw 14.5.4.1 or the exception specified in Bylaw 14.5.4.2.

d. If you wish to correspond with another NCAA institution about your opportunity to transfer, the institution must have permission to contact you before any correspondence may occur.

   (1) To contact another NCAA Division III school, you may seek permission from your director of athletics, or you can grant other NCAA Division III institutions permission to contact you. To grant another NCAA Division III
school permission to contact you about a potential transfer (or for you to be able to contact the school), complete the Permission to Contact: Self-Release form that is provided by the NCAA national office. The form and instructions are available on the student-athlete home page of the NCAA website at www.ncaa.org/student-athletes/resources/recruiting-calendars?division=d3. [Bylaws 13.1.1.2 and 13.1.1.2.1]

(2) To contact Divisions I or II schools, you must seek permission from your director of athletics.

Part II: FOR NEW STUDENT-ATHLETES ONLY.

This part of the summary contains information about your recruitment, which is governed by Bylaw 13 of the Division III Manual.

- Recruitment.
  a. Offers – All Sports.
     (1) You are not eligible if, before you enrolled at your school, any staff member of your institution or any other representative of your school's athletics interests offered to you, your relatives or your friends any financial aid or other benefits that NCAA rules do not permit. [Bylaw 13.2.1]

     (2) During your recruitment, it was permissible for you to be employed in any department outside of intercollegiate athletics provided the employment is arranged through normal institutional employment policies and procedures. [Bylaw 13.2.4.1]

  b. Source of Funds – All Sports.
     (1) You are eligible for intercollegiate competition if prior to initial full-time collegiate enrollment, you received normal and reasonable living expenses from an individual with whom you had an established relationship (e.g., high school coach, nonscholastic athletics team coach, family of a teammate), even if the relationship developed as a result of athletics participation, provided:

        (a) The individual is not an agent;

        (b) The individual is not an athletics representative of a particular school involved in recruiting the prospective student-athlete; and
(c) Such living expenses are consistent with the types of expenses provided by the individual as a part of normal living arrangements (e.g., housing, meals, occasional spending money, use of the family car). [Bylaw 12.1.3.1]

(2) You are **eligible** for intercollegiate competition if prior to initial full-time collegiate enrollment, you received educational expenses (e.g., tuition, fees, room, board and books) from any individual or entity other than an agent, professional sports team/organization or a representative of an institution's athletics interests, provided such expenses are disbursed directly through your educational institution (e.g., high school, preparatory school). [Bylaw 12.1.3.1-(r)]

c. Sports Camps.

- You are **not eligible** if, before you enrolled at your school, the school, members of its athletics staff or a representative of its athletics interests gave you free or reduced admission privileges to attend its sports camp or clinic after you had started classes for the ninth grade. [Bylaw 13.11.3.2]

e. Visits, Transportation and Entertainment – All Sports.

(1) You are **not eligible** under Bylaws 13.5, 13.6 or 13.7 if, before you enrolled at your school, any of the following happened to you:

(a) Your school paid for you to visit its campus more than once;

(b) Your school paid more than the actual round-trip cost by direct route between your home and the campus when you made your one expense-paid visit;

(c) Your school entertained you, your parents (or guardians) or your spouse outside a 30-mile radius of the campus during your expense-paid visit; or

(d) Your school entertained you, your parents (or guardians) or your spouse excessively during your expense-paid visit, or entertained your friends or other relatives at any site.

(2) You are **not eligible** if your school paid for you to visit its campus before January 1 of your junior year in high school. [Bylaw 13.6.1.1.]
2020-21 NCAA Banned Drugs

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

NCAA Division I Bylaw 12 and NCAA Divisions II and III Bylaw 14 require that schools provide drug education to all student-athletes. The athletics director or the athletics director's designee shall disseminate the list of banned drug classes to all student-athletes and educate them about products that might contain banned drugs. All student-athletes are to be notified that the list may change during the academic year, that updates may be found on the NCAA website (ncaa.org) and informed of the appropriate athletics department procedures for disseminating updates to the list. It is the student-athlete’s responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following classes of drugs:

1. Stimulants
2. Anabolic agents
3. Alcohol and Beta Blockers (banned for rifle only)
4. Diuretics and Other Masking Agents
5. Narcotics
6. Cannabinoids
7. Peptide Hormones, growth factors, related substances and mimetics
8. Hormone and metabolic modulators.
9. Beta-2 Agonists

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:**

1. Blood and gene doping
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Beta-2 Agonists permitted only by prescription and inhalation
5. Tampering of urine samples.

**NCAA Nutritional/Dietary Supplements**

Before consuming any nutritional/dietary supplement product, **review the product and its label with your athletics department staff!** Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.

- Nutritional/dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
• 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 AXISTM 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).

<table>
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<tr>
<th>Drug Classes</th>
<th>Some Examples of Substances in Each Class</th>
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| **Stimulants**                | Amphetamine (Adderall), Caffeine (Guarana), Cocaine, Dimethylbutylamine (DMBA; AMP), Dimethylhexylamine (DMHA; Octodrine), Ephedrine, Heptaminol, Hordenine, Methamphetamine, Methylhexanamine (DMAA; Forthane), Methylphenidate (Ritalin), Mephedrone (bath salts), Modafinil, Octopamine, Phenethyllamines (PEAs), Phentermine Sympathomimetic (bitter orange).  
  *Exceptions: Phenylephrine and Pseudoephedrine are not banned.* |
| **Anabolic Agents**           | Androstenedione, Boldenone, Clenbuterol, DHCMT (Oral Turinabol), DHEA (7-Keto), Drostanolone, Epitrenbolone, Etiocholanolone, Methandienone, Methasterone, Nandrolone, Norandrostenolone, Oxandrolone, SARMS [Ligandrol (LGD-4033); Ostarine; RAD140; S-23], Stanozolol, Stenbolone, Testosterone, Trenbolone. |
| **Alcohol and Beta Blockers (banned for rifle only)** | Alcohol, Atenolol, Metoprolol, Nadolol, Pindolol, Propranolol, Timolol.                                   |
| **Diuretics and Masking Agents** | Bumetanide, Chlorothiazide, Furosemide, Hydrochlorothiazide, Probenecid, Spirinolactone (canrenone), Triamterene, Trichlormethiazide.  
  *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, Synthetic cannabinoids (Spice; K2; JWH-018; JWH-073), Tetrahydrocannabinol (THC).           |
| **Hormone and Metabolic Modulators** | Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole], Clomiphene (Clomid), Fulvestrant GW1516 (Cardarine; Endurobol), SERMS [Raloxifene (Evista); Tamoxifen (Nolvadex)]. |
| **Beta-2 Agonists**           | Bambuterol, Formoterol, Higenamine, Norcocaurine, Salbutamol, Salmeterol.                             |

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

*It is your responsibility to check with the appropriate or designated athletics staff before using any substance. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.*

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

Fundraising by sports teams normally is conducted to support the following activities:

- Spring trips during spring vacation
- Special trips during the season to play teams outside of the Metro/New England region
- To provide the team with equipment that is not a part of the department budget
- To provide opportunities during away contests that are not funded by the department’s funds

The raising of funds is accomplished in a number of ways. Team projects are an important vehicle for fundraising. However, in order to insure the success of this type of fundraising, it is essential that the head coaches communicate to the athletics director about their plans in this area so that teams will not duplicate efforts, therefore reducing the opportunity to have a successful fundraising event for all groups and to be certain that the fundraising event is in compliance with NCAA, NESCAC and Athletic Department regulations.

All fundraising activities must be approved by the athletics director and reported to him by use of the team fundraising form that can be found in the appendix of this handbook.

STUDENT-ATHLETE EVALUATION OF COACHES

At the end of each season athletic administrators will administer coaching evaluations to each team. In completing the evaluations, please adhere to the following guidelines:

1. Evaluations should be completed for the head coach and all full-time assistant coaches. Evaluations are to be completed within two weeks of the last contest of the season.

2. The evaluations are to be completed in an appropriate setting where the athletes have time and space to complete the evaluations. An indoor space should be used.

3. The evaluation process will be proctored by the athletics director or his designee.

4. Before distributing the evaluations to the student-athletes, the administrative designee will read the statement emphasizing the importance that the evaluations serve and request that each team member give serious thought to their comments.

5. Once the evaluations are completed, they are to be collected by the proctor or designated representative and placed in an envelope, which should then be sealed and returned to the athletics director. Sealed envelopes containing the evaluations may be placed in the athletics director’s mailbox.
The following are rules related to equipment distribution in the Physical Education Department:

1. Keep your locker locked at all times.
2. Keep your locker room as neat as possible. **Equipment repeatedly left on the floor or benches will be collected by the equipment room personnel.** Please use the wastebaskets.
3. Do not clean your cleats on the walls.
4. Each player is responsible for his/her own equipment, regardless if it is lost or stolen.
5. Hand in your practice equipment right after your practice. Please make sure your laundry bag is tightly closed. Do not put personal laundry in your laundry bag.
6. Return game equipment immediately after each home contest.
7. If the equipment manager is not in the cage when you return from an away contest, please put your equipment in your locker and the equipment manager will pick it up the next morning.
8. You will be billed for any equipment that is lost or stolen.
9. At the conclusion of the season student-athletes have **two (2)** days to remove personal belongings from their locker. After the two (2) days, **ALL** items will be removed and the locker will be reassigned.
10. If a student-athlete voluntarily leaves a team or is asked to leave by the coach, the student-athlete must return all Wesleyan athletic equipment within two (2) days or it will be removed by the equipment room personnel. All personal items are to be removed within five (5) days or it will be removed by the Physical Education Department personnel.

**HEAD STRENGTH & CONDITIONING COACH/FITNESS CENTER COORDINATOR**

The Head Strength and Conditioning Coach is responsible for the development and implementation of strength and conditioning programs for Wesleyan’s twenty-nine NCAA Division III intercollegiate athletics teams. Other duties include: instruction and supervision of strength and conditioning programs for athletes, teaching strength classes to student body population, counseling athletes, students, and employees on strength, fitness, and nutrition, supervision of fitness center and weight room, handling of all administrative tasks for fitness center and weight room, equipment maintenance, purchasing of equipment, supervising and training of personnel. Please take advantage of this athletic department benefit.

Athletes are reminded that a series of instructional strength training and video clips are available by a link from the Wesleyan Athletics home page. Please take advantage of this valuable instructional aid.

**ATHLETIC INJURY CARE**

A. The athletic injury care staff will perform any and all duties that are directly and/or indirectly related to the functions of a comprehensive athletic injury care program.

B. In so far as the members of the athletic injury care staff are involved in the evaluation and treatment of possible injuries incurred by student-athletes and general medical conditions related to athletic participation, they receive supervision and guidance from several physicians. These physicians are Dr. David Hergan and Dr. Adam Perrin. These physicians will work in cooperation with Wesleyan Health Services. Athletes’ medical
status and eligibility to play or practice are made exclusively by the team physician and University Health Services.

C. The athletic injury care staff shall provide the injured athlete with immediate and temporary care, and when necessary, refer students to Middlesex Hospital Emergency Department. Thereafter, the athletic injury care staff will administer any follow-up care necessary for the return of the student-athlete to full activity.

D. As an integral part of the total medical care of the athlete, the athletic injury care staff assists in the prevention, correction or alleviation of pain, disability and deformity caused by injury.

E. The athletic injury care staff plans, organizes and administers tests, measurements and therapeutic modalities as prescribed by the team physician as a part of the athletic injury care program.

**SCHEDULING - ATHLETIC INJURY CARE**

A. The athletic injury care facility opens Monday, Wednesday and Friday at 8:30 am and Tuesday and Thursday at 10:00 am until 3:00 p.m. by appointment for treatments and evaluations. Evaluations are done as time permits in the afternoon.

B. Appropriate care will be provided for all athletes whenever possible. In-season teams will be given priority over out-of-season teams. If instances arise where there is a necessity for athletic injury care coverage for an out-of-season team, special arrangements will have to be made by the coach with the athletic trainer.

C. When appropriate, the athletic injury care facility will be open before, during and after contests and/or practices according to the needs of the teams that are in-season.

D. Since more teams will normally be in-season than there are full-time athletic trainers on the staff, direct coverage of team practices and contest by athletic injury care staff members will be arranged on a priority need basis by the athletic trainer.

**MEDICAL HISTORY - ATHLETIC INJURY CARE**

Before the start of each team's formal practice sessions, each intercollegiate athlete competing for a Wesleyan athletic team will fill out a medical history form for the Athletic Injury Care staff. The purpose of this medical history form is to screen athletes before participation in a particular sport. At this time any limiting factors will be investigated. Another important reason for this paperwork is to identify any special trait or problem that might lead to a medical condition during participation (example: diabetes, allergies, medications, etc.). This information also provides emergency medical information and family contact persons for each athlete. Athletes should go to the Athletic Injury Care website (http://athletics.wesleyan.edu/Performance_Care/index) and click on Medical Clearance Information tab prior to their season and follow the directions provided. Once the form is completed, it becomes a part of the athlete's permanent file in the athletic injury care office. Each year the athlete will update his/her information by completing the online medical history form. All information remains on file for five years past their class year and is then destroyed. An athlete will not be allowed to participate in intercollegiate practices until this information is on file with the athletic injury care staff.
**What is Sickle Cell Trait?** Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

- During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or “sickle.”
- Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.
- During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
- Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.
- Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

**Do you know if you have sickle cell trait?** People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia, and Caribbean and Mediterranean countries.

- Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.
- Most U.S. states test at birth, but most athletes with sickle cell trait don’t know they have it.
- The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.
- Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

**How can I prevent a collapse?**

- Know your sickle cell trait status.
- Engage in a slow and gradual preseason conditioning regimen.
- Build up your intensity slowly while training.
- Set your own pace. Use adequate rest and recovery between repetitions, especially during “gassers” and intense station or “mat” drills.
- Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
- If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
- Stay well hydrated at all times, especially in hot and humid conditions.
- Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.
- Maintain proper asthma management.
- Refrain from extreme exercise during acute illness, if feeling ill, or while experiencing a fever.
- Beware when adjusting to a change in altitude, e.g., a rise in altitude of as little as 2,000 feet. Modify your training and request that supplemental oxygen be available to you.
- Seek prompt medical care when experiencing unusual physical distress.
CONCUSSION - ATHLETIC INJURY CARE

WHAT IS A CONCUSSION?
A concussion is a brain injury that:

• Is caused by a blow to the head or body.
  - From contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
• Can change the way your brain normally works.
• Can range from mild to severe.
• Presents itself differently for each athlete.
• Can occur during practice or competition in ANY sport.
• Can happen even if you do not lose consciousness.

HOW CAN I PREVENT A CONCUSSION?
Basic steps you can take to protect yourself from concussion:

• Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
• Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
• Follow your athletics department’s rules for safety and the rules of the sport.
• Practice good sportsmanship at all times.
• Practice and perfect the skills of the sport.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?
You can’t see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms include:

• Amnesia.
• Confusion.
• Headache.
• Loss of consciousness.
• Balance problems or dizziness.
• Double or fuzzy vision.
• Sensitivity to light or noise.
• Nausea (feeling that you might vomit).
• Feeling sluggish, foggy or groggy.
• Feeling unusually irritable.
• Concentration or memory problems (forgetting game plays, facts, meeting times).
• Slow reaction time.

Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?
Don’t hide it. Tell your athletic trainer and coach. Never ignore a blow to the head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

Report it. Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.
Get checked out. Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, sleep and classroom performance.

Take time to recover. If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life.

IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.
WHEN IN DOUBT, GET CHECKED OUT.

INSURANCE - ATHLETIC INJURY CARE

When a student-athlete sustains an injury causing an insurance claim to be filed, the following steps are taken. The claim is filed against the student’s primary insurance policy first. Primary coverage is usually retained by the parent/guardian of the student-athlete or through the Wesleyan Student Insurance. After the claim has been submitted to the primary carrier, the student-athlete will receive an EOB (Explanation of Benefits). If there is a remaining balance and the injury was sustained as a result of participation in the student-athlete’s sport, a claim is initiated against the Wesleyan Athletics secondary policy. Primary insurance coverage is required by the NCAA and by Wesleyan University. The secondary policy has a $1,000 deductible. The deductible is considered on a per injury basis.

Click here for more information about the claim process.

PHYSICAL THERAPY - ATHLETIC INJURY CARE

Starting in the 2018-19 academic year, as a pilot program, there will be a physical therapist available to meet with students and staff. The therapist will be available for appointment from 8:30 am-1:30 pm on Mondays, Wednesdays, and Fridays. The therapist is from MOSPT (410 Saybrook Road, Middletown, CT). MOSPT will bill the patients’ insurance for service at Wesleyan. Where applicable, it will be the patients’ responsibility to pay copays and deductibles, just like when PT services are rendered at the PT clinic at their main office. This PT service is being offered as a convenience to students and staff. Appointments are mandatory.
WesWell

Hours & Location

Hours

WesWell is open Monday through Friday, 8:30 a.m. to 4:30 p.m. and evenings by request or appointment during the academic year, from August 1 through May 31.

Staff members are often available for workshops and events outside of regular office hours. The Resource Room (and safer sex supplies) can be accessed whenever Davison Health Center is open.

Location

WesWell is located on the first floor of the Davison Health Center (entrance by Malcolm X House parking lot) 327 High Street.

Programs Offered by WesWell Staff

Topics available for educational programs by WesWell professional staff and/or the Student Peer Health Advocates include (but are not limited to) the topics listed below. Contact WesWell to schedule an informative workshop for yourself and your team:

• Bartender's School: All about Responsible Consumption
• WesSex: Safe Sex and Healthy Relationships
• Massage for Stress Relief
• Getting Better Sleep
• We Speak We Stand: Comprehensive Bystander Intervention Training
• De-Stressing the Distressed
• Mindfulness Practicum
• Lean on Me: Guidelines for Supporting Survivors of Sexual Violence
• Recreational Marijuana: Weeding Out the Facts

Alcohol and Substance Abuse Support:

Recovery@

Recovery@ is a network of students who gather for mutual support as they navigate the particular challenges of recovery at Wesleyan University.

The only requirement for membership is that you be a student of the University in recovery from alcohol and/or drugs. Recovery@ is not formal therapy of any kind. Our primary purpose is to stay clean and sober, help other members of the University do the same, and support one another in making recovery at Wesleyan as enjoyable as possible.
We come together once a month during the academic year for fellowship and discussion. We support each other the rest of the month by texts, emails, social engagements and AA and NA meetings in the Middletown community.

To obtain more information or join the network please email, recovery@wesleyan.edu

If you are in recovery or seeking recovery from alcohol or other drug addiction and would like confidential resources or support please call or visit:

Counseling and Psychological Services: 860-685-2910 or www.wesleyan.edu/caps

Office of Religious and Spiritual Life: 860-685-2278 www.wesleyan.edu/orsl

Campus Meetings:

• Alcoholic Anonymous (AA): Saturdays at 4:30pm, Davison Health Center, Solarium (2nd Flr)
• Narcotics Anonymous (NA) Handicap Accessible: Tuesdays at 5:15pm, Usdan, Rm 108
• Narcotics Anonymous (NA): Wednesdays at 7:30pm, Exley Science Ctr, Woodhead Lounge (Rm 184)
• Adult Children of Alcoholics (ACA): Wednesdays at 7pm, South College, Rm B2/B3

Visit: www.ct-aa.org to find AA meetings in the community and/or www.ctna.org for NA.

**For more information visit WesWell’s Website**

On Campus Resources

• CAPS: 860-685-2910, 327 High Street
• Office of Religious & Spiritual Life: 860-685-2278, 169 High Street
• Davison Health Center: 860-685-2470, 327 High Street
• WesWell: 860-685-2466, 327 High Street
• Public Safety--208 High Street
  o Non-Emergency—860-685-2345
  o Emergency—860-685-3333
• Debbie Colucci Deputy Title IX Officer: 860-685-2456
  o North College #112
  o dcolucci@wesleyan.edu
• Johanna DeBari: Survivor Advocate: 860-685-3214
  o Davison Health Center, Room 102
  o jdebari@wesleyan.edu
• Athletic Injury Care: 860-685-3980
• Queer Resource Center: therc@wesleyan.edu, 190 High St.
• The Resource Center: 860-685-2232, 167 High Street
CAPS
Counseling and Psychological Services is staffed by four full-time psychotherapists, a full-time postdoctoral fellow, a full-time psychiatric APRN (advanced practice registered nurse), a part-time psychotherapist, a full-time director, a full-time assistant director, and a full-time administrative assistant. The office provides individual psychotherapy, medication management, therapeutic groups, consultation, education, and outreach for the Wesleyan community. Contact us at 860.685.2910 to schedule an urgent or intake appointment or email the athletic liaisons to consult.

Types of CAPS Appointments:
Urgent Appointment-It can’t wait and I need to talk to someone today. The need is so high I am willing to miss class.
Call: 860-685-2910
Intake Appointment-I formally want to begin to see a counselor, but I can wait for an appointment.
On-Campus appointment-Call: 860-685-2910. Can take up to 2wks depending on time of the semester.
Off-Campus-Use wesleyan.thrivingcampus.com to search for mental health providers in the local area (walking distance). Beneficial if looking to speak with a therapist more than 2 times a month, unwilling to wait for an appointment on campus (average 1wk wait time), or have not jived with a provider on campus.
Consultation-I am struggling and want to check in at CAPS. After the session, I can decide if I want to continue to see a counselor.
Email: Wesleyan.edu/caps. In the email, specify if you would like to consult with a specific counselor. Our athletic liaisons are Kelsea Visalli and Jennie Setaro.
Urgent Need After Hours-I need to talk to someone right now but it is after 4:30pm.
Call: 860-685-2910 to speak with an on-call counselor. (Available 24/7)
Athletic Liaisons:

Kelsea Visalli, Ph.D.
Postdoctoral Fellow
She, her, hers
kvisalli@wesleyan.edu

Jennie Setaro, LPC
Part-Time Psychotherapist / Athletic Liaison
Licensed Professional Counselor
She, her, hers
PARTICIPATION IN POST-SEASON ALL-STAR CONTESTS

Students with no remaining eligibility in a sport may participate in post-season all-star contests providing they meet the following conditions:

• That the head coach of the sport informs the athletic director of the student’s intention to participate in the contest. The information provided to the athletic director must include the name of the sponsoring association or group and the date and location of the contest. If it is the intention of the student-athlete to use Wesleyan equipment in competing in the all-star contest, the student will be required to complete the waiver form prior to being issued equipment by the coach or equipment room personnel. By signing the form the student releases Wesleyan from all liability associated with his/her participation in the all-star contest. Furthermore, the student will not be covered by NCAA catastrophic insurance if they are injured while participating in the all-star contest.

• Also, it is to be noted that it is not permissible for Wesleyan to provide transportation, per diem, or other forms of support for the student’s participation in an all-star contest.

MEDICAL HARDSHIP WAIVER

If you sustain a season-ending injury in the first half of any season in a particular sport you may qualify to request a medical hardship waiver from the Executive Committee of the NESCAC Conference.

Because Wesleyan University has graduate degree programs you may utilize any eligibility remaining in a particular sport while attending graduate school at Wesleyan in the academic year immediately following completing your bachelor’s degree requirements. You may also utilize a remaining year of eligibility in a fifth year when completing your bachelor’s requirements.

The standard for proving you had a season-ending injury in the first half of the season is very high. You must produce extensive contemporaneous medical documentation (see appendix) from your attending physician/physicians and Wesleyan’s Athletic Injury Care staff. If you are rehabilitating with our AIC staff you are responsible to make sure all of your treatment and rehabilitation visits are properly documented. All dates of injury, participation in all contests and practices, must be well-documented.

In the unfortunate circumstance of sustaining a season-ending injury, in any season, please ask your coach, AIC staff and/or an athletic administrator to assist you in preparing your documentation for an immediate or future request for such a waiver.

SCHOLAR-ATHLETE DINNER

The Scholar-Athlete Dinner is held at the end of each academic year. The athletes that are invited to the gathering are members of the sophomore, junior and senior classes who have distinguished themselves both in the classroom with a minimum GPA of 3.2 and in athletic competition as a significant contributor to the success of their chosen sport(s).
**Awards**

**Maynard Memorial Award** - Presented annually to the male and female senior scholar-athlete who best exemplifies the spirit, accomplishments, and humility of Roger Maynard ‘37.

**Ahrens Memorial Award** - Presented annually to the male Wesleyan athlete who has best combined the qualities of Carl R. Ahrens ‘60 in his athletics activities at Wesleyan.

**Hoagland Award** - Presented annually to the person who makes an outstanding contribution to women’s athletics.

**Fall Season**

**Men’s Cross Country** - The J. Elmer Swanson Award is presented annually to the member of the men’s cross country team who distinguishes himself through his commitment to the team’s success and his own improvement.

**Women’s Cross Country** - The Jones Award is presented annually for outstanding achievement in women’s cross country.

**Field Hockey** - The Jones Award is presented annually for outstanding achievement in field hockey.

**Football** – The Bacon Award is presented annually to the football player whose efforts during the season have contributed most to the success of the team. The Eck Memorial Award is presented annually to the player who exemplifies the best in team spirit, sportsmanship and devotion to the game of football. The Luke Yohan Memorial Award is presented annually to the senior player who raises his level of play in Little Three games while demonstrating the strength of character, passion for the game, and above all, devotion to his teammates exhibited by Luke Yohan ’97, a four-year football team member and lacrosse captain who was killed in a automobile accident in April, 1997.

**Men’s Soccer** - The Walsh Memorial Award is presented annually to the player who has shown outstanding ability and leadership. The Bernie O'Rourke Memorial Award is presented annually to the player whose devotion to the game of soccer and his teammates is exemplary.

**Women’s Soccer** - The Jones Award is presented annually for outstanding achievement in women’s soccer.

**Women’s Tennis** - The Jones Award is presented annually for outstanding achievement in women’s tennis.

**Women’s Volleyball** - The Jones Award is presented annually for outstanding achievement in women’s volleyball.

**Winter Season**

**Men’s Basketball** - The Morningstar Memorial Award is presented annually to the basketball player who best exemplifies sportsmanship, leadership, determination and unselfishness.

**Women’s Basketball** - The Jones Award is presented annually for outstanding achievement in women’s basketball.

**Men’s Ice Hockey** - The Spurrier Award is presented annually to the most valuable player of the hockey team. The Scanlon/LaCross Memorial Award is presented annually to the member of the men’s ice hockey team whose character and effort were exemplary.

**Women’s Ice Hockey** - The Jones Award is presented annually for outstanding achievement in women’s ice hockey.

**Men’s Indoor Track** – The Coaches Award is presented annually to the member of the team who through outstanding leadership, loyalty, dedication, excellent performance, unselfish behavior and enjoyment of the sport, contributes the most to the success of the team.

**Women’s Indoor Track** – The Jones Award is presented annually for outstanding achievement in women’s indoor track.

**Men’s Squash** - Henri Salaun Intercollegiate Squash Award is presented annually to the member of the men’s squash team who distinguishes himself through his commitment to the team’s success and his own improvement.

**Women’s Squash** - The Jones Award is presented annually for outstanding achievement in women’s squash.

**Men’s Swimming and Diving** - The McCurdy Award is presented annually to the member of the swimming team who best exemplifies leadership and sportsmanship.

**Women’s Swimming and Diving** - The Jones Award is presented annually for outstanding achievement in women’s swimming and diving.

**Wrestling** - The Most Valuable Wrestler Award is presented annually to the wrestler, who through outstanding leadership, loyalty, dedication, excellent performance, unselfish behavior, steadfast determination and enjoyment of the sport contributes the most to the success of the team.
**Spring Season**

*Baseball* - The *MacNaughten Memorial Award* is presented annually for outstanding achievement in baseball.  
*Men’s Crew* - The *Founder’s Oar* is presented annually to the outstanding oarsman.  The *Captain’s Oar* is presented annually to the member of the crew team who best demonstrates dedication and sportsmanship.  
*Women’s Crew* - The *Jones Award* is presented annually for outstanding achievement in women’s crew.  
*Golf* - The *Wood Memorial Award* is presented annually to the outstanding golfer.  
*Men’s Lacrosse* - The *Lacrosse “MVP” Award* is presented annually to the player deemed to have made the most valuable contribution to the men’s lacrosse team.  The *William T. Call III Memorial Award* is presented annually to the player who exemplifies the best in team spirit, sportsmanship, unselfishness and devotion to the game of lacrosse.  
*Women’s Lacrosse* - The *Jones Award* is presented annually for outstanding achievement in women’s lacrosse.  
*Softball* - The *Jones Award* is presented annually for outstanding achievement in women’s softball.  The *Meredith Frummer Memorial Award* is presented annually to the member of the team who posts the highest seasonal batting average.  
*Men’s Tennis* - The *Wood Memorial Award* is presented annually to the player who demonstrates leadership, discipline, competitive spirit and sportsmanship.  The *Fred B. Millett and Mike B. Burton Memorial Award* is presented annually to the Wesleyan men’s tennis doubles player who best combines the qualities of skill, spirit, and sportsmanship exemplified by Fred B. Millett and Mike B. Burton during their Wesleyan tennis careers, 1961-65.  
*Men’s Track and Field* - The *Martin Award* is presented annually to the member of the track team who best exemplifies sportsmanship, friendship, and leadership.  
*Women’s Track and Field* - The *Jones Award* is presented annually for outstanding achievement in women’s track and field.  

**NCAA DIVISION III TRANSFER REGULATIONS**

By Law 13.1.1.2 - **Four-Year College Prospects.** An athletics staff member or other representative of the institution’s athletics interests shall not make contact in any manner (e.g., in-person contact, telephone calls, electronic communication, written correspondence) with the student-athlete of another NCAA or NAIA four-year collegiate institution, directly or indirectly, without first obtaining written permission to do so, regardless of who makes the initial contact.  If permission is not granted, the second institution shall not encourage the transfer. If permission is granted, all applicable NCAA recruiting rules apply. If an institution receives a written request from a student-athlete to permit another institution to contact the student-athlete about transferring, the institution shall grant or deny the request within seven business days (see Bylaw 13.02.1) of receipt of the request. If the institution fails to respond to the student-athlete’s written request within seven business days, permission shall be granted by default and the institution shall provide written permission to the student-athlete. Written permission may be granted by:

a) The first institution’s athletics director (or an athletics administrator designated by the athletics director); or  
b) The student-athlete, if the student-athlete attends a Division III institution (see Bylaw 13.1.1.2.1).  

By Law 13.1.1.2.1 - **Self-Release.** Using a form made available by the NCAA national office, a student-athlete who attends a Division III institution may issue, on his or her own behalf, permission for another Division III institution to contact the student-athlete about a potential transfer. The student-athlete shall forward this form to the director of athletics at the institution of interest. Contact between the student-athlete and institution may occur during the 30-day period beginning with the date the permission to contact form is signed by the student-athlete. An additional form must be issued for contact to occur or continue beyond the initial 30-day period.  

By Law 13.1.1.2.1.1 – **Privacy and Disclosure Requirements.** During the initial 30-day period the institution in receipt of the form shall not notify the student-athlete’s current institution of the
contact. At the completion of the initial 30-day period, if the student-athlete decides to transfer to the institution in receipt of the form, the institution in receipt of the form shall notify the student-athlete’s current institution within a seven-day period of the form’s expiration date that the self-release was issued. At the completion of the initial 30-day period, if the student-athlete decides not to pursue the transfer, the institution in receipt of the form shall not notify the student-athlete’s current institution of the contact at any time. If the student-athlete is undecided at the end of the 30-day period, the initial contact must remain private unless and until the student-athlete issues a second permission to contact form. Upon receipt of the second permission to contact form, the institution in receipt of the form shall notify the student-athlete’s current institution within seven days that a second release was issued.

If you are considering transferring to another institution and would like to continue as a student-athlete in your intercollegiate sport or sports, please contact Kate Mullen, Associate Athletic Director at extension 2888 for your release documentation.

**NCAA POSTGRADUATE SCHOLARSHIP PROGRAM**

The NCAA awards up to 126 scholarships annually. The scholarships are awarded to student-athletes who excel academically and athletically and who are at least in their final year of intercollegiate athletics competition. The one-time non-renewable scholarships of $10,000 are awarded three times a year corresponding to each sport season (fall, winter and spring). Each sports season there are 21 scholarships available for men and 21 scholarships available for women for use in an accredited graduate program. The NCAA Postgraduate Scholarship nomination is submitted by the faculty athletics representative (FAR) or by a FAR designee.

Please click on this link for additional information: [http://www.ncaa.org/ncaa-postgraduate-scholarship-program](http://www.ncaa.org/ncaa-postgraduate-scholarship-program)

*Please see Kate Mullen, Associate Athletic Director for more information.*

**** NCAA Ethnic Minority and Women’s Enhancement Scholarships ****

The goal of the enhancement programs is to increase the pool of qualified minority and female candidates in intercollegiate athletics through graduate scholarships. Thirteen scholarships to ethnic minorities and thirteen scholarships to women are available annually to college graduates who will be entering into the initial year of their graduate studies. The applicant must be seeking admission or have been accepted into a sports-administration or program that will help the applicant obtain a career in intercollegiate athletics, such as athletics administrator, coach, athletic trainer or other career that provides a direct service to intercollegiate athletics. Each award is valued at $10,000. Deadline for admission is mid-February.

For more information please visit the NCAA website: [http://www.ncaa.org/ethnic-minority-and-women-s-enhancement-graduate-scholarship](http://www.ncaa.org/ethnic-minority-and-women-s-enhancement-graduate-scholarship).
The NCAA offers yearlong internships within several focus areas at the national office: Administrative services, championships and alliances, communications, education and community engagement, executive, governance and regulatory affairs. The NCAA internship is an on-the-job learning experiences for college graduates who express an interest in pursuing a career in intercollegiate athletics administration.

For application deadlines and more information please visit the NCAA website: www.ncaa.org.

WALTER BYERS POSTGRADUATE SCHOLARSHIP PROGRAM

In 1988, the NCAA established the Walter Byers Postgraduate Scholarship as a means of recognizing the contributions of the former executive director through encouraging excellence in academic performance by student-athletes. Annually, one male and one female student-athlete are awarded a postgraduate scholarship in recognition of outstanding academic achievement and potential for success in graduate study. It is intended that an individual named a Byers Scholar will be recognized as one who has combined the best elements of mind and body to achieve national distinction for his or her achievements, and promises to be a future leader in his or her chosen field of career service.

The Walter Byers Graduate Scholarship is separate and distinct from the NCAA Postgraduate Scholarship, which provides numerous annual awards with smaller stipends. The basic stipend for each Byers Scholarship is $24,000 for an academic year. If the graduate school where the Byers Scholar is enrolled provides evidence of satisfactory performance and progress, the grant may be renewed for a second year. Therefore, in any single year, $96,000 worth of scholarships are awarded ($48,000 to the current year’s recipients and $48,000 to the previous year’s awardees for their second year of graduate school).

If you satisfy the qualifications listed below, please contact your faculty athletics representative or chief academics officer about obtaining his or her nomination and the application packet.

Qualifications for the Walter Byers Postgraduate Scholarship

To be eligible for consideration, nominees shall:

• Have an overall cumulative grade-point average of 3.500 or better (based on a maximum 4.000), or the equivalent in other recognized grading systems;
• Have competed in intercollegiate athletics as a member of a varsity team at an NCAA member institution;
• Be a graduating senior or be enrolled in graduate study at an NCAA member institution;
• Have intentions of applying for admission into a graduate degree program at a properly accredited, nonprofit educational institution or into a post-baccalaureate professional degree program at a professionally accredited law school, medical school, or the equivalent, without restriction as to the national site of the institution;
• Be committed to work on a full-time basis toward a graduate degree or toward a post-baccalaureate professional degree;
• Have evidenced superior character and leadership;
• Have demonstrated that participation in athletics and community service has been a positive influence on the nominee’s personal and intellectual development.
• Enroll into a graduate degree program within five years of being named a Byers Scholar and
• United States citizenship is not a required criterion to satisfy eligibility requirements.

Please see Kate Mullen, Associate Athletic Director for more information.
Appendix

I. Permission to Travel and/or From Contest Other Than With Intercollegiate Team

II. Athletic Team Fundraising Form

III. Evaluation of Coaches Form

IV. NCAA Permission to Contact: Self Release-Division III

V. Support and Counseling Resources for Students

VI. Directory of Physical Education Staff and Faculty

VII. Health Related Web Sites for Collegiate Student-Athletes, Coaches, Faculty and Staff Focusing on Alcohol Abuse

VIII. Wesleyan Athlete Contract Form

IX. Medical Documentation Standards Guidelines
PERMISSION TO TRAVEL TO AND/OR FROM CONTEST OTHER THAN WITH INTERCOLLEGIATE TEAM

FORMS MUST BE RECEIVED BY DIRECTOR OF ATHLETICS AT LEAST 2 DAYS BEFORE EVENT

Name: 
Sport: 
Contest Date: 
Contest Site: 
Reason for not traveling with team:
Method of transportation to and/or from contest (please be specific):
Location (if staying overnight off campus):

For Office Use Only
Approved by:

_____________________________  ______________________________
Head Coach’s Signature        Athletics Director’s Signature

WESLEYAN UNIVERSITY
<table>
<thead>
<tr>
<th><strong>ATHLETIC TEAM FUNDRAISING</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date of Request:</strong></td>
</tr>
<tr>
<td><strong>Description of Fundraiser:</strong></td>
</tr>
<tr>
<td><strong>Date Fundraiser Begins:</strong></td>
</tr>
<tr>
<td><strong>Date Fundraiser Ends:</strong></td>
</tr>
</tbody>
</table>

If the coach is not coordinating the fundraising activity, please indicate the person who will be below:

| Name: |
| Wes Box Number or Address: |
| Telephone: |

**FOR OFFICE USE ONLY**

Approved by:

__________________________  _______________________
Head Coach’s Signature     Chairman’s Signature
# HEAD COACH EVALUATION FORM

This form is used to assist your coach in evaluating his or her coaching effectiveness, and to assist those responsible for promotions and reappointments. Your coach would appreciate a thoughtful response to this form. Also, FORMS THAT DO NOT CONTAIN YOUR WESID NUMBER will not be used for evaluating the coach.

<table>
<thead>
<tr>
<th>SPORT:</th>
<th>COACH:</th>
<th>DATE:</th>
</tr>
</thead>
</table>

**What year are you?** Circle one.

**How often did you get to compete this season?**

(e.g. playing time)

Circle one.

<table>
<thead>
<tr>
<th><strong>UNDERCLASSMAN (FY/SO)</strong></th>
<th><strong>UPPERCLASSMAN (JR/SR)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>5</td>
<td>A GREAT DEAL</td>
</tr>
<tr>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>2</td>
<td>1</td>
</tr>
</tbody>
</table>

**How much effort did you put into this season?** Circle one.

| 5 | SERIOUS |
| 4 | 3 |
| 2 | 1 |

**Very little/none**

**Casual**

Please tell us how much you agree or disagree with the following statements.

<table>
<thead>
<tr>
<th>MY COACH...</th>
<th>STRONGLY AGREE</th>
<th>AGREE</th>
<th>NEUTRAL</th>
<th>DISAGREE</th>
<th>STRONGLY DISAGREE</th>
</tr>
</thead>
<tbody>
<tr>
<td>PROMOTES A HEALTHY ATTITUDE TOWARDS BOTH WINNING AND LOSING.</td>
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<tr>
<td>SETS THE STANDARD FOR ALL ATHLETES ON THE TEAM.</td>
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<tr>
<td>POSSESSES STRONG KNOWLEDGE ABOUT MY SPORT.</td>
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<tr>
<td>POSSESSES STRONG ABILITY TO TEACH MY SPORT.</td>
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<tr>
<td>CONSTRUCTIVELY CORRECTS AND DEVELOPS MY ATHLETIC TECHNIQUE.</td>
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<tr>
<td>CONSTRUCTIVELY CORRECTS AND DEVELOPS MY TACTICAL SKILLS.</td>
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<tr>
<td>PLANS PRACTICES THAT ARE BOTH EFFICIENT AND PURPOSEFUL.</td>
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<tr>
<td>HAS AN EFFECTIVE COMPETITION DAY STRATEGY AND ROUTINE.</td>
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<tr>
<td>SUPPORTS THE DEMANDS THAT STUDENT-ATHLETES FACE ACADEMICALLY.</td>
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<tr>
<td>SHOWS CONCERN FOR ME BEYOND MY PARTICIPATION ON THE TEAM.</td>
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<tr>
<td>IS WILLING TO MEET WITH ME ABOUT MY QUESTIONS AND CONCERNS.</td>
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</tr>
<tr>
<td>FOSTERS AN INCLUSIVE TEAM CULTURE.</td>
<td></td>
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</tr>
<tr>
<td>FOSTERS A TEAM CULTURE THAT EMBRACES CHALLENGE.</td>
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</tr>
<tr>
<td>DEVELOPS STUDENT LEADERS THAT ARE IN LINE WITH THE TEAM’S CULTURE.</td>
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</tr>
</tbody>
</table>

The following will not be seen by the head coach:

Years of participation on this team: 

Letters earned prior to this season in this sport: 

Did you earn a letter this season: 

WesID Number: 

______________________________
What could you have done, if anything, to improve your experience on the team?

Please comment on the strengths of your coach’s coaching.

Do you have any other constructive comments that can be helpful in this evaluation?
NAME OF STUDENT-ATHLETE: __________________________________________

Name of institution you wish to contact: __________________________________________

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

Bylaw 13.1.1.2 states that:

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

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

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

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

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

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

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

   a. You have granted permission for that notification to occur by checking the box near the end of this form;
   
   b. You notify the institution in receipt of the form that you have decided to transfer to that institution; or
   
   c. You have issued a second self-release.

____________________________________
Signature of Student-Athlete

____________________________________
Date

Name (please print) Name of current institution

__________________________
Sport(s) of interest

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

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

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

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

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

NCAA/05_11_2020/KP:gmd
Support and Counseling Resources for Students

* The Office of Public Safety will assist in contacting “on call” staff members after business hours *

**Office of Equity and Inclusion** 860-685-4771
North College, 237 High Street
Alison Williams, Vice President for Equity & Inclusion  x3927 awilliams@wesleyan.edu
Deborah Colucci, Assistant Vice President for Equity/Title IX Coordinator  x2456 dcolucci@wesleyan.edu

**Counseling and Psychological Services** 860-685-2910
Davison Health Center, 327 High Street
(Staff available 24/7 via “on call” when classes are in session)
Dr. Jennifer D’Andrea, Director  x3196 jdandrea@wesleyan.edu

**Office of Student Affairs** 860-685-2600
North College, 237 High Street
(Staff available 24/7 via “on call”)
Michael Whaley, Vice President of Student Affairs  x3160 mwhaley@wesleyan.edu
Jennifer Wood, Dean of the Class of 2023  x2774 jwood@wesleyan.edu
David Phillips, Dean of the Class of 2020  x2757 dphillips@wesleyan.edu
Tanshea Leathers, Dean of the Class of 2021  x2762 tleathers@wesleyan.edu
Renee Johnson-Thornton, Dean of the Class of 2022  x2765 rjohnson01@wesleyan.edu
Richard Culliton, Assistant V.P./Dean of Students  x2627 rculliton@wesleyan.edu
Laura Patey, Associate Dean of Student Academic Resources  x5581 lpatey@wesleyan.edu
Chia-Ying Pan, Director of Office of International Studies  x3031 cpan@wesleyan.edu

**Office of Public Safety** 860-685-2345
208 High Street  (Staff available 24/7)
Scott Rohde, Director  x2809 srohde@wesleyan.edu
Tony Bostick, Associate Director  x2782 tbostick@wesleyan.edu

**Office of Residential Life** 860-685-3550
North College, 237 High Street
(Staff available 24/7 via “on call”)
Frances Koerting, Director  x3175 fkoerting@wesleyan.edu
Maureen Islieb, Associate Director  x3166 mislieb@wesleyan.edu
Kieran Duffy, Assistant Director  kduffy@wesleyan.edu

**University Chaplains**
169 High Street
David Teva, Director of Religious & Spiritual Life and Jewish Chaplain  x2278 dleipziger@wesleyan.edu
Father William Wallace, Catholic Chaplin  x2285 wwallace@wesleyan.edu

**University Health Services** 860-685-2470
Davidson Health Center, 327 High Street
(Staff available 24/7 via “on call” when classes are in session)
Joyce Walter, Director of Health Services  x2656 jwalter@wesleyan.edu
Thomas McLarney, Medical Director  x2664 tmclarney@wesleyan.edu
Other Administrative Resources
Joanne Rafferty, Director of Student Activities & Leadership Development x2143   jrafferty@wesleyan.edu
Lisa Rogers, WSA Coordinator x2410   lrogers@wesleyan.edu
Sharon Castonguay, Director of Wes Career Center x3377   scastonguay@wesleyan.edu

Central Connecticut Sexual Assault Crisis Service (SACS)
(24-hour State Hotline)
1-888-999-5545
1-888-568-8332 (Spanish)
<table>
<thead>
<tr>
<th>Sport</th>
<th>Name</th>
<th>Phone</th>
<th>E-mail address</th>
</tr>
</thead>
<tbody>
<tr>
<td><em>Director of Athletics</em></td>
<td>Mike Whalen</td>
<td>685-2908</td>
<td><a href="mailto:mwhalen@wesleyan.edu">mwhalen@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Associate Director of Athletics/ SWA/Women's Basketball</em></td>
<td>Kate Mullen</td>
<td>685-2888</td>
<td><a href="mailto:kmullen@wesleyan.edu">kmullen@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Deputy Director of Athletics</em></td>
<td>Rachel Ludwig</td>
<td>685-3555</td>
<td><a href="mailto:rludwig@wesleyan.edu">rludwig@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Assistant Director of Athletics/Facilities</em></td>
<td>Stephanie Scarpato</td>
<td>685-3644</td>
<td><a href="mailto:sscarpato@wesleyan.edu">sscarpato@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Assistant Director of Athletics</em></td>
<td>John Raba</td>
<td>685-3917</td>
<td><a href="mailto:jraba@wesleyan.edu">jraba@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Administrative Assistant</em></td>
<td>Jenna Waters</td>
<td>685-2893</td>
<td><a href="mailto:jwaters@wesleyan.edu">jwaters@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Administrative Assistant</em></td>
<td>Kirsten Carlson</td>
<td>685-2895</td>
<td><a href="mailto:kcarlson@wesleyan.edu">kcarlson@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Athletic Business Manager</em></td>
<td>Jon DeAndrade</td>
<td>685-2894</td>
<td><a href="mailto:jdeandrade@wesleyan.edu">jdeandrade@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Equipment Manager</em></td>
<td>Bob Chiapetta</td>
<td>685-3558</td>
<td><a href="mailto:rchiapetta@wesleyan.edu">rchiapetta@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Head Athletic Trainer</em></td>
<td>Joe Fountain</td>
<td>685-3528</td>
<td><a href="mailto:jfountain@wesleyan.edu">jfountain@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Sports Information Director</em></td>
<td>Michael O’Brien</td>
<td>685-2887</td>
<td><a href="mailto:mobrien03@wesleyan.edu">mobrien03@wesleyan.edu</a></td>
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<tr>
<td><em>Cross Country</em></td>
<td>TBD</td>
<td></td>
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</tr>
<tr>
<td><em>Field Hockey</em></td>
<td>Christine Kemp</td>
<td>685-2899</td>
<td><a href="mailto:ckemp@wesleyan.edu">ckemp@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Men's Soccer</em></td>
<td>Geoff Wheeler</td>
<td>685-2898</td>
<td><a href="mailto:gwheeler@wesleyan.edu">gwheeler@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Women's Soccer</em></td>
<td>Eva Meredith</td>
<td>685-3585</td>
<td><a href="mailto:emeredith@wesleyan.edu">emeredith@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Volleyball</em></td>
<td>Ben Somera</td>
<td>685-2925</td>
<td><a href="mailto:bsomera@wesleyan.edu">bsomera@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Tennis (M&amp;W)</em></td>
<td>Mike Fried</td>
<td>685-2815</td>
<td><a href="mailto:mfried@wesleyan.edu">mfried@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Men’s Basketball</em></td>
<td>Joe Reilly</td>
<td>685-2918</td>
<td><a href="mailto:jpreilly@wesleyan.edu">jpreilly@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Men's Ice Hockey</em></td>
<td>Chris Potter</td>
<td>685-2927</td>
<td><a href="mailto:cjpotter@wesleyan.edu">cjpotter@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Women’s Ice Hockey</em></td>
<td>Jodi McKenna</td>
<td>685-2904</td>
<td><a href="mailto:jamckenna@wesleyan.edu">jamckenna@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Indoor Track (M&amp;W)</em></td>
<td>Walter Curry</td>
<td>685-2905</td>
<td><a href="mailto:wcurry@wesleyan.edu">wcurry@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Men’s Squash (M&amp;W)</em></td>
<td>Shona Kerr</td>
<td>685-2444</td>
<td><a href="mailto:skerr@wesleyan.edu">skerr@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Swimming (M&amp;W)</em></td>
<td>Peter Solomon</td>
<td>685-2929</td>
<td><a href="mailto:psolomon@wesleyan.edu">psolomon@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Wrestling</em></td>
<td>Drew Black</td>
<td>685-2907</td>
<td><a href="mailto:dbblack@wesleyan.edu">dbblack@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Baseball</em></td>
<td>Mark Woodworth</td>
<td>685-2924</td>
<td><a href="mailto:mwoodworth@wesleyan.edu">mwoodworth@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Softball</em></td>
<td>Jennifer Lane</td>
<td>685-2436</td>
<td><a href="mailto:jslane@wesleyan.edu">jslane@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Men’s Crew</em></td>
<td>Phil Carney</td>
<td>685-2923</td>
<td><a href="mailto:pcarney@wesleyan.edu">pcarney@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Women’s Crew</em></td>
<td>Pat Tynan</td>
<td>685-4162</td>
<td><a href="mailto:ptynan@wesleyan.edu">ptynan@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Golf</em></td>
<td>Jeff Gilarde</td>
<td>685-3473</td>
<td><a href="mailto:jgilarde@wesleyan.edu">jgilarde@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Women’s Lacrosse</em></td>
<td>Kim Williams</td>
<td>685-2884</td>
<td><a href="mailto:kwilamers@wesleyan.edu">kwilamers@wesleyan.edu</a></td>
</tr>
<tr>
<td><em>Track (M&amp;W)</em></td>
<td>Walter Curry</td>
<td>685-2905</td>
<td><a href="mailto:wcurry@wesleyan.edu">wcurry@wesleyan.edu</a></td>
</tr>
</tbody>
</table>
Health Related Web Sites for Collegiate Student-Athletes, Coaches, Faculty and Staff Focusing on Alcohol Abuse Prevention

The mission of this website is to promote a healthy and safe environment for student-athletes regarding optimal nutrition, positive body image and peak performance by providing education and awareness.

**BACCHUS & GAMMA** – http://www.naspa.org/constituent-groups/groups/bacchus-initiatives
The BACCHUS and GAMMA Peer Education Network is here to provide support for what it takes to be a peer educator on today’s college campuses.

**National Institute on Alcohol Abuse and Alcoholism** – www.collegedrinkingprevention.gov
The Task Force is comprised of college presidents, researchers, and students. The goals of the Task Force are threefold:
   a. Provide research-based information about the nature and extent of dangerous drinking to high school and college administrators, students, parents, community leaders, policymakers, researchers, and members of the retail beverage industry;
   b. Offer recommendations to college and university presidents on the potential effectiveness of current strategies to reverse the culture of drinking on campus; and
   c. Offer recommendations to the research community, including NIAAA, for future research on preventing hazardous college student drinking.

**Facts on Tap** – www.factsontap.org
The program, with its materials, training, and technical support, is designed to enhance campus-based alcohol prevention efforts. Whether infused into an existing prevention program or acting as a foundation for a new effort, Facts on Tap allows prevention professionals to have the tools they need to reach all students and the professionals that work with them.

**The Core Institute** – http://core.siu.edu
The Core Institute is a not-for-profit organization whose main purpose is to assist institutions of higher education in drug and alcohol prevention efforts. In addition, they offer literature based on past nation-wide administrations of the Core instrument, slide presentations of past results, an instructional video on how to administer the Core instrument, and on-line research advice and help, as well as other assessment tools.

**The Coalition of Higher Education Association for Substance Abuse Prevention** – http://www.collegesubstanceabuseprevention.org
The Coalition of Higher Education Association for Substance Abuse Prevention is a coalition of higher education associations and organizations that seek to eradicate abuse of alcohol, tobacco, legal and illegal drugs and other substances among college students. It strives to inspire students to review their lifestyles and make informed decisions regarding these substances. The Task Force supports teaching college students life skills that will enable them to be successful in college and afterwards.
Since its inception in 1920, the American College Health Association has been dedicated to the health needs of students at colleges and universities. It is the principal leadership organization for the field of college health and provides services, communications, and advocacy that help its members to advance the health of their campus communities.
WESLEYAN UNIVERSITY
Department of Physical Education and Athletics
Athlete Contract Form
2020 – 2021

Name of Sport ___________________________  Head Coach’s Name ___________________________

It is a privilege, not a right, to be a member of a Wesleyan team. Along with the opportunity to participate in athletics it is the
student’s responsibility to conduct oneself in a manner that supports the team’s goals and behave in a manner that will reflect well on
your team, your coach and Wesleyan. The purpose of this contract is to remind you that your participation is governed, in part, by the
following athletic department policy. Further, by signing this form, you have acknowledged that you understand the wording and
agree to abide by these important policies. If you have questions or concerns, please contact Jenna Waters jwaters@wesleyan.edu to
schedule an appointment to meet with the Director of Athletics.

Team members that have not completed and signed this form will be prohibited from participating in the first scheduled game of the
season and will not be allowed to practice or play after that date until the form is signed and returned to the athletic director’s office.

Further, by signing this form, you have acknowledged that you understand the wording and agree to abide by these important policies.

1. Alcohol Policy
I have read the athletics department alcohol policy contained in the Student Athlete Handbook (SAH) and agree to abide by it. I will
not engage in the use of alcohol at team practices, contests, while being transported, on a team trip or at a team function. I understand
that a violation of this policy will lead to disciplinary actions including possible dismissal from the team.

2. Hazing
I fully understand that Wesleyan does not tolerate hazing. I have read the hazing policy in the (SAH) and understand that any
initiation activity must be cleared by the coach. Any activity considered to be hazing will result in severe sanctions that may include
suspension or expulsion from the team, or that my team’s competitive schedule may be cancelled.

3. Honor Code
Academic integrity is among Wesleyan’s highest values and the affirmation of the honor code is a condition of enrollment.
Integrity in academic work and on the “playing field” is an expectation of every Wesleyan student-athlete.

4. Issue of Race, Gender and Sexual Orientation
Team unity is an important ingredient in a successful athletic experience. Hurtful language or actions do not support the goal of team
unity and should be avoided. I will be sensitive to the issues of sexual orientation, race and gender and will respect the dignity of my
teammates, coaches and opponents.

5. Gambling
I understand the NCAA rule on gambling and the severe consequences that will result from the violation of the policies. I agree not to
provide information to individuals involved in organized gambling, solicit or accept a bet on any intercollegiate team, or participate in
any gambling activity that involves intercollegiate athletics.

6. Overnight/Host Responsibilities
I have read the policy governing the hosting of a prospective student and am aware that violations of this policy may result in the
recruit not being able to matriculate at Wesleyan. Also, I understand that I will be sanctioned if I provide the recruit with alcohol or
other illegal drugs.

7. Travel To and From An Athletic Contest
I have reviewed the travel policy in the (SAH) and understand that if I intend to not return with my team from the contest I must
receive prior permission from my coach and complete and return the Permission To Not Travel With Team Form to the athletic
director’s office.

8. Social Media
I understand that Wesleyan University student-athletes are representatives of the College and community. Also, I understand that the
athletic department requires student-athletes to exercise good judgement in their use of social media websites and to conduct these
activities in a responsible and respectful manner. This includes team “group chats” and other full team communications.

9. Access to Academic Records
I agree to allow my coach to have access to my academic records so he/she can accurately discuss my performance with me.

Print Name ______________________________________________________  Class _______________________
Signature ________________________________________________________  Date _________________
MEDICAL DOCUMENTATION STANDARDS GUIDELINE

**Contemporaneous Diagnosis Of Injury**

- Contemporaneous medical documentation that validates timing of injury or illness *(required)*

- Contemporaneous medical documentation that verifies initial severity of injury or illness (demonstrates incapacitation likely results for remainder of season) *(recommended)*

- Operation report(s) or surgery report(s) or emergency room document(s) *(recommended)*

**Acknowledgement That The Injury Is Incapacitating**

- Contemporaneous letter or diagnosis from treating physician identifying injury or illness as “incapacitating” *OR*

- Non-contemporaneous letter or diagnosis from treating physician identifying injury or illness as “incapacitating” *AND*

- Treatment logs or trainer’s room notes (indicating continuing rehabilitation efforts)

**Length Of Incapacitation (verifying opportunity for injured student-athlete to resume playing within championship season in question is medically precluded)**

- Estimated length of incapacitation or recovery time range contained within original contemporaneous medical documentation *AND*

- Contemporaneous documentation of follow-up doctors visits (within the estimated time range) in which student-athlete is not cleared to resume playing *OR*

- Treatment logs or trainer’s room notes (indicating continuing rehabilitation efforts)