

## Athletic Department Phone Numbers

<u>Sports:</u>	<u>Coaches</u>	<u>Ext.</u>
Baseball	Stan Exeter	4028
Men's Basketball	Pat Dorney	2976
Women's Basketball	Shannon Howley	2978
Field Hockey	Cindy Joseph	4018
Golf	Rick Brownell	4066
Lacrosse	Cindy Joseph	4018
Men's Soccer	Derrick Ayers	2982
Men's Tennis	Lak Sphabmixay	4066
Softball	Linda Detra	2996
Swimming	Patricia Flynn	2951
Women's Soccer	Rick Brownell	4066
Women's Tennis	Lak Sphabmixay	4066
Volleyball	Tony Carpenter	4018
Athletic Director	Shirley Liddle	2195
Associate A.D.	Stan Exeter	4028
SID/Compliance	Joy Zazzera	4048
Senior Women's Admin.	Linda Detra	2996
Janet Johnson	Admin. Assistant	2955
Dene Battles	Head Athletic Trainer	2848



## *Student Athlete Handbook*

**2006-2007**



## Arcadia University Quick Fact/Information

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<b>Founded:</b>	<b>1853</b>
<b>President:</b>	<b>Dr. Jerry Greiner</b>
<b>Athletics Director:</b>	<b>Shirley Liddle</b>
<b>Nickname:</b>	<b>Knights</b>
<b>Colors:</b>	<b>Scarlet and Grey</b>
<b>Affiliation:</b>	<b>NCAA, Division III</b>
<b>Conference:</b>	<b>Pennsylvania Athletic</b>

## Knights Code of Conduct

Participation in Arcadia University's Knight's athletic program, a program grounded in history and tradition, is a distinct privilege. As a Knight student-athlete, you have the responsibility to uphold the program's tradition of excellence and to represent Arcadia University and Knight's Athletics in a positive manner, at all times, on and off campus. You are expected to:

Obey all federal, state and local laws.

Adhere to all Arcadia University policies, including the drug and alcohol policies.

Refuse participation in hazing or team initiation activities and report such occurrences to the Director of Athletics.

Act with honesty and display good sportsmanship at all times.

Be mindful of the potential risks when using online communities such as Facebook and MySpace and avoid any inappropriate activity within these communities.

A violation of any of the above standards may lead to your suspension or dismissal from participation in the athletics program.

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## Arcadia University Counseling Center

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- Provides support, counseling, and crisis intervention to students with personal concerns and/or adjustment issues in order to resolve problems areas that interfere with students' academic pursuits.
- Offers consultation to Arcadia University faculty, administration, and staff regarding students' concerns.
- Functions as a source of information concerning community resources relating to emotional wellness and mental health issues.
- Refers to outside agencies when necessary or requested.
- Provides a variety of psychoeducational programs upon request and periodically offers support groups on topics such as family issues, self-esteem, eating disorders, date rape, etc..

### Eligibility of Counseling Center

All full-time undergraduate and graduate students enrolled in full-time graduate programs are eligible for counseling services.

### Availability of Counseling Center Staff

The Counseling Center is Open Monday through Friday from September to May (corresponding to the academic calendar.) Requests for counseling services are usually accommodated within one week of the request. Please note that the Counseling Center staff is not available or on-call after hours or over weekends. Therefore, if a student needs more support than a weekly appointment, she or he will be referred to community-based therapist, a support groups, And/or given crisis line phone numbers.

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**10.3.1 Sanctions.** The following sanctions for violation of Bylaw

10.3 Shall apply:

- (a) A student athlete who engages in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins (i.e., “point shaving”) or who solicits or accepts a bet or participates in any gambling activity through a bookmaker, a parley card or any other method employed by organized gambling that involves wagering on the student athlete’s institution shall permanently lose all remaining regular-season and postseason eligibility in all sports. (Adopted 1/8/01 effective 8/1/01)
- (b) A student athlete who solicits or accepts a bet or participates in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parley card or any other method employed by organized gambling, shall be ineligible for all regular-season and postseason competition for a minimum of a period of one year from the date of the institution’s determination that a violation has occurred and shall be charged with a loss of a minimum of one season

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## Athletic Training/Information

**Athletic Insurance:**

University policy requires each student to have his/her own primary insurance. Athletic Insurance is a secondary coverage through:

T.L. Groseclose and Life Insurance Company of North America.

190 Tamarack Circle  
Skillman, NJ 08558  
(609) 279-1507

**Athletic Training Information**

All athletes must compete a Pre-participation Exam prior to the start of their official season.

Traditionally Athletic Training Hour open 45 minutes prior to practice and close 30 minutes after practice. Before each contest/game the training room will be open 1 hour before the team takes the field and 30 minutes after the contest/game.

**However, hours are subject to change without notice. Prior arrangements can be made.**

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## Arcadia University Athletic Mission Statement

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The athletic and recreation programs at Arcadia University are designed to be an integral part of the educational experience and system of the institution. The philosophy of the program is based on the premise that the opportunity of the student is to have a positive experience in participation, and will comprise physical, emotional and cognitive growth and development over the course of the involvement in the program. We adhere to the values of the NCAA, Division III, and also to the philosophy of the Pennsylvania Athletic Conference.

## National Collegiate Athletic Association (NCAA) Division III—NCAA Division III Manual

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### NCAA DIVISION III PHILOSOPHY STATEMENT

"Colleges and universities in Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. They seek to establish and maintain an environment in which a student-athlete's athletics activities are conducted as an integral part of the student-athlete's educational experience. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their student-athletes and athletics staff."

### STANDARDS OF HONESTY AND SPORTSMANSHIP

Individuals employed by (or associated with) a member institution to administer, conduct or coach intercollegiate athletics and all participating students-athletes shall deport themselves with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.

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## Hazing

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Hazing is defined as: "any activity expected of someone joining a group that humiliates, degrades, abuses or endangers, regardless of the person's willingness to participate. This does not include activities such as rookies carrying the balls, team parties with community games, or going out with your teammates, unless an atmosphere of humiliation, degradation, abuse or danger arises."

### Acceptable Behavior:

Doing volunteer work, ropes courses or team trip.

### Questionable Behaviors:

Yelling or cursing teammates, forced to wear embarrassing clothing, servants to other players, consuming spicy/disgusting concoctions.

### Unacceptable Behavior:

Harassing others, destroying property, simulating sexual acts, tie up, paddle or beat others, alcohol-related functions.

## Gambling (NCAA)

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### Gambling

#### 10.1 GAMBLING ACTIVITIES

Staff members of the athletic department of a member institution and student athletes shall not knowingly:

- (a) Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
  - (b) Solicit a bet on any intercollegiate team;
  - (c) Accept a bet on any team representing the institution; or
  - (d) Solicit or accept a bet on any intercollegiate competition for any item (e.g. cash, shirt, dinner) that has tangible value; or (Adopted 4/15/98)
  - (e) Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parley card or any other method employed by organized gambling. (Revised: 1/9/96, 1/14/97 effective 8/1/97)
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## Athletic Department Policies

### DISCIPLINE

- ❑ The Head Coach is responsible for the behavior of the athletes during ALL contests and while they are representatives of the University.
- ❑ The Office of Student Affairs shall handle disciplinary problems that arise when student athletes are not under the jurisdiction of the intercollegiate program, which may affect eligibility of student athletes.
- ❑ All Coaches are required to enforce the Arcadia University Athletic Department Alcohol and Other Drug Policies.

### Alcohol and Other Drug Policies (Handout)

Arcadia University Athletic Department will provide Student Athletes with an Alcohol and Other Drug Policies handout. Every Student Athlete is responsible to be aware of the policies contained in the handout.

### Banned Substance List

The uses of performance enhancing drugs are not permitted and are subject to NCAA regulations. All teams are subject to NCAA Drug Testing and may be tested according to NCAA policies. Each Student Athlete is responsible to be aware of the list of NCAA Banned Drug Classification. Many banned drugs are present in over-the-counter drugs and nutritional supplements available at health stores and the internet.

The NCAA lists all the banned drug classes on its web page:  
<http://www.ncaa.org/>

## Pennsylvania Athletic Conference History and Philosophy

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The Pennsylvania Athletic Conference (PAC) was formed in 1992 to meet the needs of the various small, private, four-year colleges in eastern Pennsylvania. As these colleges developed athletically, there was a need to address the individual and collective concerns of each institution in regard to intercollegiate athletics.

The Conference is based upon NCAA Division III philosophies and will strive to be recognized in this context. The concept of the true student-athlete is the basic precept of this association. The members believe the student who participates in intercollegiate athletics at our institutions is playing for the true love of sport. We further believe the playing field is an integral aspect of the total educational experience imparted by each institution. Our philosophy is based upon our ability to create an opportunity for all constituencies of our college community to be participatory in our athletics programs. Simply stated, we encourage everyone in our respective institutions to share in the athletic experience.

Our goal is to create a vehicle for our student-athletes to compete in the athletic arena against other athletes with a similar background of experiences. In addition, as the Conference develops, we hope to earn local, regional and national recognition for the quality of our programs.

[www.thepaconline.org](http://www.thepaconline.org)

### Pennsylvania Athletic Conference

Alvernia	Immaculata
<b>Arcadia</b>	Marywood
Cabrini	Misericordia
Cedar Crest	Neumann
Eastern	Rosemont
Gwynedd-Mercy	Wesley

## Eligibility

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All student athletes must comply with academic requirements set by Arcadia University and the NCAA. In order to be eligible for inter-collegiate competition, a student athlete must meet the following criteria:

**Credits:**

Student athletes must be enrolled in no less than **12 credits** during the competitive season and be a degree-seeking student. (NCAA)

All Student Athletes must complete 24 credits within a 12 month period beginning with the Student Athletes' first full time semester.

**Grade Point Average:**

Student athletes must maintain a GPA (Grade Point Average) of a **1.75 for freshmen** and a **2.0 cumulative GPA for all upperclassmen**.

**Also...**If a student athlete does not achieve a **1.75 for freshmen** and a **2.0 GPA for all upperclassmen in the semester prior to both his/her traditional or non-traditional seasons**, he/she is placed on academic probation and will not be allowed to practice or compete in any contests.

**Ten Semester Rule:**

Student Athletes can compete in a maximum of four seasons in any one sport during the first ten semesters of being enrolled as a full time student. (NCAA)

**IMPORTANT INFORMATION**

Participating in any contest against outside competition or practicing after the first contest in either the traditional or non-traditional season during an academic year will be considered the use of one year of eligibility. **Unless, a student athlete is granted a medical hardship waiver.** Please see Joy Zazzara, Compliance Office, for more information.

## Miscellaneous Information

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**Team Rules**

You are responsible to adhere to team rules as a Student Athlete. The Head Coach provides team rules. These rules are important since they may affect your status as a student athlete at Arcadia. A written or verbal statement of the team rules could be players' appearance, training, curfew, conduct, etc. These rules should be given to each team member prior to the season.

**Transportation**

The Head Coach is responsible for the team and all others traveling with the squad ( i.e. trainers, managers etc.) The players accompanying an athletic team are expected to return with the team on all away trips (Head Coach can make exceptions.)

**Note: All athletes are to be dressed appropriately during team travel. AU Athletic attire is accepted. AU logo apparel is accepted, NO other school's logo.**

**Uniforms and Equipment**

All student-athletes will be issued equipment and/or uniforms and are responsible for returning each designated item within one week of the last date of competition. Any lost or damaged uniform and/or equipment, exceeding regular wear and tear, is the individual players responsibility. Failure to return uniforms/equipment may result in fines or refusal to release grades or College transcripts.

## Student Athlete Advisory Committee

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The student-athlete advisory committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. The SAAC also offers input on the rules, regulations and policies that affect student-athletes' lives on NCAA member institutions campuses.

To become a member of SAAC at Arcadia ask your coach or contact Joy Zazzara, Sports Information Director, for further details.

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## Education Enhancement Center

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The Education Enhancement Center (EEC) provides academic support services to all Arcadia University Undergraduates. Students may go to the EEC for tutoring, to study, or to use the computer lab. Students who wish to improve their academic performances may consult with the Center Director on reading and studying strategies for their courses, or take advantage of the many learning and studying skills resources available in the lab. The EEC also coordinates accommodations and services to students with disabilities.

**The EEC lab is located in Taylor Hall, Room 202**  
**Ext: 4033 or [ectutor@arcadia.edu](mailto:ectutor@arcadia.edu)**  
 Information

### Student Services Center

#### Our Mission

- Contribute to a quality student experience on campus for all student populations
- Facilitate student access to key campus services throughout the entire year and provide supplemental coverage for those administrative service areas during peak times of the year
- Provide assistance with resolution of issues related to campus administrative services and, mediation when appropriate
- Implement proactive strategies to prevent students from encountering obstacles in accomplishing certain administrative functions on campus

<http://www.arcadia.edu/current/default.aspx?id=3082> Student Service

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## Eligibility

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### Summer Classes:

Students who attend summer classes at Arcadia University have both the credits and the grade calculated at the end of the upcoming fall semester, **not toward the previous spring semester.**

Classes taken at another institution transfer as a pass/fail, and do not affect the student's overall grade point average.

### Graduate Students:

Only a **full time** (nine or more credits) graduate student, who graduated from Arcadia University as an undergraduate and enroll in graduate school in the next academic semester after graduation, may practice and compete while enrolled, if he/she still has eligibility remaining.

### Student Athlete Statement / Drug Consent Forms

Student Athletes must complete all the necessary NCAA and Arcadia University Forms. If these forms are not completed, the student athlete will be removed from the roster until the forms are completed.

### Transfer students:

Whoever participated in intercollegiate athletics at other institutions are eligible for athletic competition if:

- Verified by the transfer institution as academically eligible had he/she remained at the institution.
- If not...** The Student Athlete must complete one year of residency as a full time student (complete a minimum of 24 credit) NCAA

### For Further Information:

- **2006-07 NCAA Division III Manual on [www.ncaa.org](http://www.ncaa.org)**
  - **Or contact Joy Zazzara, Compliance Office at x4048**
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