

# **BELLARMINE UNIVERSITY**

## **Department of Intercollegiate Athletics**



**2019-2020**

**STUDENT-ATHLETE HANDBOOK**

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# Letter From the Director of Athletics



## Scott Wiegandt

- Bellarmine University  
B.A., Biology  
M.A.T. Education
- DII All-American
- Philadelphia Phillies  
1989-1996
- St. Louis Cardinals  
1997-1998
- Pittsburgh Pirates  
1998-1999
- Bellarmine University  
Head Baseball  
Coach  
2000—2003
- Bellarmine University  
Director of Athletics  
2006—present

Dear Knight,

On behalf of the Bellarmine University Department of Athletics, we are excited to have you in the Knights family for the 2019-2020 academic and athletic year. Bellarmine University has an outstanding tradition of academic and athletic excellence, and I hope you make the most of the opportunities in front of you.

Being a student-athlete at Bellarmine is a special privilege. At times this commitment may be challenging, but my hope is that this commitment will be an essential part of what makes your entire experience at Bellarmine worthwhile. Your time as a student-athlete is short, but you have the opportunity to make an impact that will last forever.

The Student-Athlete Handbook contains information to be used in conjunction with any and all standards and policies set forth by Bellarmine University, the National Collegiate Athletic Association (NCAA), Great Lakes Valley Conference (GLVC) and the Southern Conference (SoCon). It is a resource to help you better understand the commitments, obligations and rewards associated with being a student-athlete at Bellarmine University. We are committed to doing all we can to help you make the most of your time on campus.

On behalf of our staff, we wish you luck in the upcoming year both academically and athletically. You have our full support, and we stand ready to assist you throughout your career. We look forward to watching you and celebrating your successes in the 2019-2020 season.

Scott Wiegandt  
Director of Athletics

# BELLARMINE ATHLETIC FAMIY

President

Senior Associate Vice President

Director of Athletics

Deputy Director of Athletics/SWA

Associate Director of Athletics/Compliance

Assistant Athletic Director/Athletics Communication

Assistant Athletic Director/Event Management

Assistant Athletic Director/ Student Wellness

Assistant Athletic Director/Athletic Development

Assistant Athletic Director/Business Operations

Director of Academic and Support Services

Assistant Sports Information Director

Athletic Trainer

Athletic Trainer

Athletic Trainer

Faculty Athletics Representative

## HEAD COACHES

Baseball

Men's Basketball

Women's Basketball

Cheer

Dance

Men's Cross Country/Track & Field

Women's Cross Country/Track & Field

Field Hockey

Men's Golf

Women's Golf

Men's Lacrosse

Men's Soccer

Women's Soccer

Softball

Men & Women's Swimming

Men's Tennis

Women's Tennis

Volleyball

Wrestling

Dr. Susan M. Donovan

Dr. Sean Ryan

Scott Wiegandt

Pam Stackhouse

Annie Coryell

John Spugnardi

Chris Cooper

Brad Bluestone

Devanny Boisvert

Sarah Davis

Andrew Schroeder

Adam Pruiett

David Krebs

Cloe Klaus

Tesha Brock

Dr. Ann Jirkovsky

Larry Owens

Scott Davenport

Chancellor Dugan

Shannon Walker

Taylor Thompson

Chase Broughton

Angela Hapner Musk

Devanny Boisvert

Ernie Denham

Art Henry

Andy Whitley

Tim Chastonay

Chris Tinius

Renee Hicks

John Brucato

TBD

John Mican

Jenni Grzebin

Spencer Adams

# Bellarmine Athletics Staff and Head Coaches



Dr. Susan M. Donovan  
President



Dr. Sean Ryan  
Sr. Assoc. VP



Scott Wiegandt  
Director of Athletics



Pam Stackhouse  
Deputy Director/SWA



Annie Coryell  
Assoc. A.D.—Compliance



John Spugnardi  
Assist. AD/Athletic  
Communications



Chris Cooper  
Assist. AD/ Event  
Management



Sarah Davis  
Assist. AD/Business Ops



Devanny Boisvert  
Assist. AD/Development



Brad Bluestone  
Assist. AD/Student Wellness



Andrew Schroeder  
Director of Academic  
Support



Adam Pruiett  
Assist. Sports Information



Shannon Meiman  
Office Manager



Traci Siemens  
Administrative Assist.



Larry Owens  
Baseball



Dr. Ann Jirkovsky  
Faculty Athletic Rep.



Scott Davenport  
M. Basketball



Chancellor Dugan  
W. Basketball



Shannon Walker  
Cheer



Chase Broughton  
M. CC/Track & Field



Angela Hapner Musk  
W. CC/Track & Field



Devanny Boisvert  
Field Hockey



Taylor Thompson  
Dance



Ernie Denham  
M. Golf



Art Henry  
W. Golf



Andy Whitley  
Lacrosse



Tim Chastonay  
M. Soccer



Chris Tinius  
W. Soccer



Steve Hartman  
Sports Performance



Renee Hicks  
Softball



John Brucato  
M & W Swimming



TBD  
M. Tennis



John Mican  
W. Tennis



Jenni Grzebin  
Volleyball



Spencer Adams  
Wrestling



## Mission Statement

Bellarmino University Department of Intercollegiate Athletics is committed to excellence in athletics as an integral part of the educational philosophy and mission of the University. There is a strong focus on the NCAA Division II model of athletics and its core values that balances academic, social, and athletic life. The Department engages the pursuit of excellence in academics and athletic play. Bellarmine Athletics provides a supporting role between intercollegiate athletics and higher education that enhances community and builds character for all of its student-athletes through team affiliation and athletic competition.

## Philosophy Statement

Bellarmino Athletics offers student-athletes, through a competitive athletic program, a valuable co-curricular experience as a part of the student life experience. Bellarmine Athletics provides opportunities for student-athletes to enrich their talents in the areas of leadership, cooperation, fellowship, and sportsmanship. At the direction of the Athletics Department, coaches are made fully aware that academics is primary, and they are urged to monitor student-athletes' academic progress and direct them to effective means to obtain success in their pursuit of academics.

The University firmly believes that athletics plays a very important role in helping student-athletes achieve success in their academic pursuits. Bellarmine Athletics has great interest in nurturing the student-athletes' physical well-being and personal development. Bellarmine Athletics strives to enhance diversity and develop positive societal ideals in all of its endeavors. The Athletics Department strives for gender equity by providing equitable athletic opportunities for both men and women and developing and sustaining programs, which help all student-athletes, achieve their potential academically, athletically and developmentally. Bellarmine Athletics makes every effort to employ coaches and staff members who are capable of performing as professionals in an educational community where a high standard of integrity and ethical behavior, as well as sportsmanship is expected of its members.

Therefore, the Athletics Department strives to assist the University's student-athletes in demonstrating excellence and integrity in all areas of their academic, athletic, and social development.

## Non-Discrimination Policy

Bellarmino University admits qualified students of any age, gender, sexual orientation, race, disability, color, religion, and national or ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of age, gender, gender identity, sexual orientation, race, disability, color, religion, or national or ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and the athletic and other school administered programs. Bellarmine University will not tolerate any form of sexual misconduct, which includes, but is not limited to, sexual harassment, non-consensual sexual contact, non-consensual sexual intercourse, sexual exploitation, rape or retaliation arising out of any of the above acts, as more fully defined in the Bellarmine Sexual Discrimination and Misconduct Policy in this Handbook.

# TRADITIONS

## **BU Fight Song**

*Words by Frank Knoop*

### **On Knights of Bellarmine**

**Let the halls ring out with voices clear.**

**Let the scarlet and silver**

**Fly high on the hill**

**For all the other schools to see.**

**Let's give a cheer one and all**

**For the school that tops them all**

**For it's K-N-I-G-H-T-S**

**It's the spirit that ranks the best !!**

## **BU Alma Mater**

*Words by Joseph J. McGowan; Music; Southern Folk Song*

In the City of the Falls, high upon a hill

Stands Alma Mater Bellarmine the pride of Louisville

Her scarlet, silver colors true, shine brightly in the sun

And warm our hearts and memories, your daughters and your sons

The hope and dreams and values born in our Kentucky home

Will stir our hearts and minds and lives wherever we may roam

And as we grow, dear Bellarmine, in the love of truth

Alma Mater Bellarmine, so grows our love for you.

# STUDENT-ATHLETE CODE OF CONDUCT

Participation in intercollegiate athletics at Bellarmine University is a privilege. As a required condition for any student-athlete to be a member of a Bellarmine University team, he/she must agree to follow the University's Student Code of Conduct and the Bellarmine Athletics Expectations and Standards Policy. The ongoing monitoring of student-athletes is in the best interest of both the student-athletes and the University. Bellarmine student-athletes are to represent Bellarmine University personally in a manner that is representative of the high standards of the programs of excellence in both academics and extra-curricular activities. The Department places great emphasis upon retention and graduation rate, trying to increase these numbers toward an ideal 100%. Finally, Bellarmine Athletics will continue to recruit student-athletes that are academically and athletically prepared for a competitive university environment.

Student-athletes, coaches and administrators of the Department of Athletics at Bellarmine University shall conduct themselves with honesty and good sportsmanship. Their behavior shall reflect the high standards that characterize participation in competitive sports in the collegiate setting. In addition, student-athletes are accountable to the following authorities.

- State and federal laws, both civil and criminal
- Bellarmine University Student Code of Conduct
- Bellarmine University Academic Policies
- National Collegiate Athletic Association (NCAA)
- Great Lakes Valley Conference (GLVC)
- Southern Conference (SoCon)
- Team Rules



1. A Bellarmine student-athlete is expected to be an exemplary representative of the University on campus, in athletic play, in the community, and when representing the University. Profanity and other forms of negative or inappropriate behavior is unacceptable.
2. Student-athletes must demonstrate an attitude of respect for coaches, teammates, staff, opponents, officials and spectators.
3. Academic dishonesty undermines institutional integrity and the academic fabric of Bellarmine University. Student-athletes are expected to attend class regularly and punctually. Cheating and other forms of academic dishonesty are unacceptable and grounds for disciplinary action.
4. Class absences due to competition and make-up of missed work are to be discussed with each instructor **in advance**. Most exam schedules are outlined in the course syllabus which is distributed the first week of class. Compare your course syllabi to your competition schedule and **plan early**.
5. Kentucky State Law sets a minimum age for purchase and consumption of alcoholic beverages at 21. Alcohol consumption is prohibited for any student-athlete under the age of 21 **and** in any situation where the student-athlete is representing Bellarmine University.
6. Use of tobacco products and illegal drugs is prohibited at all times.



# STUDENT-ATHLETE EXPECTATIONS AND STANDARDS POLICY

## Introduction

Student-athletes at Bellarmine University are expected to represent themselves, their team and the university with honesty, integrity, and character whether it be academically, athletically or socially. You are a student first, and your participation in intercollegiate athletics derives from your status as a student. Being a member of an intercollegiate team is a privilege and should be treated as such. It is your responsibility to be a positive and effective member of the team, department, University and broader community. All University policies governing student conduct apply to you.

The Expectations and Standards Policy is intended to compliment, not replace, conduct rules that your sport team has adopted. Violation of the Student-Athlete Code of Conduct, Expectations and Standards Policy, University Student Code of Conduct or University Academic Policies may be sufficient grounds for reduced financial aid, non-renewal of athletics financial aid, and disciplinary action up to and including suspension or dismissal from the team.



## Definitions

- ⇒ **Student-Athlete** - Once a student is accorded the status of a varsity athlete, including redshirt years, he or she is expected to act in accordance with the Expectations and Standards Policy until the completion of eligibility, including semester and summer breaks.
- ⇒ **Team Function** - An athletic team function is defined as any team gathering, whether on or off campus, formal or informal, where the intent or reason to gather is to conduct business or engage in any athletic or social activity related to the team's purpose, and organized, and arranged or initiated by the Athletics staff, or team members.
- ⇒ **Sportsmanship** - Sportsmanship shall be defined in accordance with the standards of NCAA, Southern Conference, GLVC and the Bellarmine Athletics Expectations and Standards Policy. Sportsmanship is respect of oneself, teammates, coaches, officials, and property. All student-athletes are obligated to represent themselves, the team, the Athletics Department, the University, their families, and their communities, with the highest level of sportsmanship.

## Prohibited Conduct

Student-athletes are expected to uphold the Bellarmine Student Code of Conduct. At all times, student-athletes are required to conduct themselves in a manner respectful of themselves, their team, the University and its Athletics Department, game officials, opponents and property. Student-athletes are to refrain from disrespectful conduct such as unsportsmanlike conduct: profane, abusive, demeaning, harassing, threatening, or obscene expression. Disrespectful conduct will be reviewed by the Head Coach and Director of Athletics and may result in disciplinary action. Examples of irresponsible and/or prohibited behavior may include the following but are not limited to:

- ♦ **Academic Dishonesty** - Any form of academic dishonesty, which includes, but is not limited to, plagiarism, cheating, and misrepresentation of one's work.
- ♦ **Alcohol** - Kentucky State Law sets a minimum age for purchase and consumption of alcoholic beverages at age 21. Regardless of age, all student-athletes are prohibited from drinking alcoholic beverages when traveling with or representing their teams. Student-athletes are prohibited from consuming alcoholic beverages in any situation where the student-athlete is representing Bellarmine University in an official capacity. Bellarmine Athletics reserves the right to withhold a student-athlete from competition and practice if that student-athlete is not compliant with this policy.
- ♦ **Drugs** - Bellarmine does not allow the use of illegal substance. Students involved in the manufacture, sale, offering to sale, delivery, use or possession of a controlled substance or paraphernalia will be referred to the Dean of Students. Possession and/or use of controlled substances may be deemed sufficient cause for immediate dismissal from the team and for possible disciplinary action by University authorities.
- ♦ **Gambling** - Student-athletes shall not solicit or accept a bet on any intercollegiate competition, solicit or bet on any intercollegiate team, accept a bet on any team representing an institution, or provide information to individuals involved in organized gambling activities involving intercollegiate competition. Participation in gambling activities that involves professional athletics, through a bookmaker, a parlay card, or any other method employed by organized gambling, is a violation of NCAA regulations.
- ♦ **Financial Aid** - Athletics financial aid may be reduced or cancelled during the period of the award if the student-athlete: a) renders himself/herself ineligible for intercollegiate competition b.) engages in serious misconduct warranting substantial disciplinary penalty c.) voluntarily withdraws from a sport for personal reasons.



- ♦ **Hazing** - Any intentional, negligent or reckless action, activity or situation whether physical, mental emotional, or psychological, which subjects a person or group of persons, voluntarily or involuntarily, to abuse, mistreatment, degradation, humiliation, harassment, embarrassment, or intimidation, or which in any fashion compromises his or her inherent human dignity. Acts of hazing committed under the guise of tradition, unity development, or unofficially encouraged by team pressures are unacceptable. Each team is responsible for the actions of their group members. A team can receive sanctions as part of the conduct process.

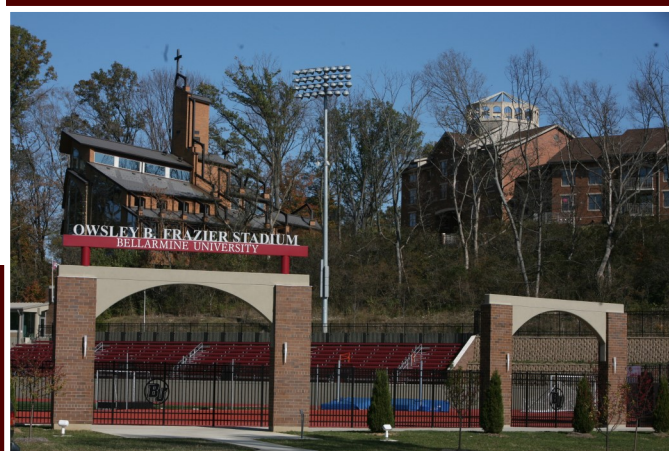
Some examples of hazing may include, but are not limited to:

**SUBTLE HAZING:** Behaviors that emphasize or accentuate a power imbalance between students or groups in a negative manner. Examples may include: deception, assigning demerits, silence periods with implied repercussions, deprivation of privileges, requiring students to perform duties not assigned to other students, socially isolating students, random tests of information, name calling, requiring students to refer to other students with titles while they are identified with demeaning names, expecting certain items to always be in a student's possession.

**HARASSMENT HAZING:** Behaviors that confuse, frustrate, and/or cause undue stress to some members are considered harassment hazing. Examples may include verbal abuse, threats or implied threats, line-ups, asking students to wear humiliating attire, stunt or skit events with degrading, crude or humiliating acts, personal servitude for existing students and sleep deprivation.

**VIOLENT HAZING:** Behaviors that have the potential to cause physical and/or emotional harm. Examples may include: forced or coerced alcohol, drug or food consumption, beating, paddling or other physical acts, branding, forced or coerced ingestion of substances, water intoxication, expecting illegal activity, abductions, and kidnapping.

**Hazing activities are defined as any activity with a direct or implied threat of physical, psychological, or emotional harm or any conduct or activity that would be a violation under the Bellarmine University Code of Conduct.**





# SEXUAL DISCRIMINATION AND MISCONDUCT POLICY

Sexual assault is a serious crime. It is a crime of hostility and aggression, as well as a violation of human dignity. Sexual assault is also a very sensitive crime which is unique in its physical and mental impact upon the alleged victim. When it occurs at Bellarmine University, it is also a flagrant violation of University standards and will not be tolerated.

The Bellarmine University community expects its members to treat other persons with respect and dignity and will not tolerate any form of sexual assault or sexual misconduct. Sexual activity should be explicitly agreed upon by both parties. The same holds whether the assailant is a stranger or an acquaintance. The use of alcohol or drugs will not be accepted as an explanation for the actions of any person charged with the violation of this policy. In addition, the use of alcohol or other mind-altering substances by either party does not have to be known by both parties for the offense to be considered sexual assault or sexual misconduct. Wanton, unacceptable conduct will be addressed severely for the good of the students and the academic community.

Students who violate this policy will be disciplined under the University's Code of Conduct and may be prosecuted under Kentucky's criminal statutes. Whether or not a criminal prosecution occurs, Bellarmine retains the right to proceed with disciplinary action at any time, and the University need not await the dispensation of any such criminal prosecution. Appropriate disciplinary action may include counseling, educational sanctions, disciplinary probation, suspension, expulsion, and referral to the proper law enforcement authorities for prosecution. This policy applies to student on student allegations only. All university policies governing sexual discrimination and misconduct apply to you and can be found in the Bellarmine Student Handbook.

## DEFINITIONS

The following definitions are offered to inform the Bellarmine University community of the various type of sex offenses that occur most frequently on college campuses. If the institution reasonably should know about student-on-student harassment that creates a hostile environment, immediate action will be taken to eliminate the harassment, prevent recurrence, and address effects, even if the harassment occurred off campus or is reported by a third party.

Sexual misconduct offenses include, but are not limited to:

1. Sexual Harassment
2. Non-Consensual Sexual Contact (or attempts to commit same)
3. Non-Consensual Sexual Intercourse (or attempts to commit same)
4. Incapacitation
5. Sexual Exploitation
6. Stalking
7. Dating Violence
8. Domestic Violence
9. Retaliation in connection with any of these offenses.



## Members of the Policy Response Team are:

Lynn Bynum, Title IX Coordinator, Chief Human Resources Officer – [lbynum@bellarmine.edu](mailto:lbynum@bellarmine.edu) or 502.272.8236

Natasha Begin, Asst. Dean of Students – [nbegin@bellarmine.edu](mailto:nbegin@bellarmine.edu) 502.272.8150

Patrick Englert, Asst. VP for Student Affairs - [penglert@bellarmine.edu](mailto:penglert@bellarmine.edu) 502.272.8323

# NCAA POLICY ON TRANSGENDER STUDENT-ATHLETE PARTICIPATION

The NCAA and Bellarmine University believes in and is committed to diversity, inclusion and gender equity among its student-athletes. The following guidelines are provided by the NCAA to ensure transgender student-athletes have fair and equal opportunities to participate.

## A. Transgender Student-Athletes Who ARE Undergoing Hormone Treatment:

1. A trans female student-athlete who is taking medically prescribed hormone treatment related to gender transition may participate on a men's team at any time, but must complete one year of hormone treatment related to gender transition before competing on a women's team.
2. A trans male student-athlete who is taking medically prescribed testosterone related to gender transition may not participate on a women's team after beginning hormone treatment, and must request a medical exception from the NCAA prior to competing on a men's team because testosterone is currently a banned substance.
3. In any case where a student-athlete is taking hormone treatment related to gender transition the treatment must be monitored by a physician, the NCAA, and Bellarmine Athletics must receive regular reports about the athlete's eligibility according to the following guidelines:



## B. Transgender Student-Athletes Who Are NOT Undergoing Hormone

### Treatment:

1. Any transgender student-athlete who is not undergoing hormone treatment related to gender transition may participate in varsity sports activities in accordance with his or her assigned birth gender.
2. A trans male student-athlete who is not being treated with testosterone related to gender transition may participate on a men's or women's team.
3. A trans female student-athlete who is not undergoing testosterone suppression treatment related to gender transition may not compete on a women's team.



# **PROCESS FOR APPROVAL OF TRANSGENDER STUDENT-ATHLETES PARTICIPATION IN NCAA INTERCOLLEGIATE ATHLETICS**

## **A. Process To Participate:**

1. A transgender student-athlete wanting to participate in Intercollegiate Athletics should submit a request to meet with the Director of Athletics or his/her designee to review NCAA eligibility requirements and the procedure for approval of participation as a transgender student-athlete. Information shared in this meeting shall remain confidential.
2. The student will submit to the Director of Athletics a written request for participation and include a letter from the student's physician documenting the student-athlete's intention to transition or the student's transition status if the process has already been initiated. This letter shall identify the prescribed hormonal treatment for the student's gender transition and documentation of the student's testosterone levels, if relevant.
3. The Director of Athletics or his/her designee will meet with the student to review eligibility requirements and procedure for approval of transgender participation.
4. The Director of Athletics or his/her designee shall notify the NCAA and the conference office of the student's request to participate, with the student's permission.
5. If the student-athlete's request is denied by the athletic director or his/her designee, the decision must be automatically reviewed by a Transgender Participation Committee to be established by a school administrator. This committee shall be convened and its decision reported to the athletic director or his/her designee and the school administration in a timely fashion.

This committee will include:

- A. A health care professional, (e.g. Physician, psychiatrist, psychologist or other licensed health professional with experience in transgender health care and the World Professional Association for Transgender Health (WPATH) Standards of Care.
- B. The student-athlete's physician can serve in this role.
- C. The faculty athletic representative; and
- D. The university Title IX Coordinator

**\*\*The director of athletics or his/her designee will inform the NCAA and the conference office of the appeal outcome.**

6. In the event that an opposing team or school challenges a transgender student-athlete's approved eligibility must do so through a formal appeal process of the NCAA.
7. All discussions among involved parties and required written supporting documentation should be kept confidential, unless the student-athlete makes a specific request otherwise. All information about an individual student's transgender identity and medical information, including physician's information provided pursuant to this policy, shall be maintained confidentially.

# ADDITIONAL INCLUSION GUIDELINES

## Facilities Access

1. **Changing Areas, Toilets, Showers** - Transgender student-athletes will be able to use the locker room showers and toilet facilities consistent with the student's gender identity. Every effort will be made to have a private, enclosed changing areas, showers and toilets for use by any athlete who desires them. When requested by the transgender student-athlete, Bellarmine Athletics will make every effort to provide separate changing, showering and toilet facilities for the student's use, however transgender student-athletes shall not be required to use separate facilities.
2. **Competition At Another Institution** - If a transgender student-athlete requires a particular accommodation to ensure access to appropriate changing, showering or bathroom facilities, the Bellarmine athletic director or his/her designee, in consultation with the transgender student-athlete, will notify their counterparts at other institutions prior to competition to ensure that the student has access to facilities that are comfortable and safe. This notification will maintain the student's confidentiality. Under no circumstances will the student-athlete's identity as a transgender person be disclosed without the student's expressed permission.
3. **Hotel Rooms** - Transgender student-athletes will be assigned to share hotel rooms based on their gender identity, with recognition that any student who needs extra privacy should be accommodated whenever possible.



## Language

1. **Preferred Names** - In all cases, teammates, coaches and administrators will refer to transgender student-athletes by their preferred name.
2. **Pronouns** - In all cases, pronoun references to transgender student-athletes will reflect the student's gender.

## Dress Codes and Team Uniforms

1. **Dress Codes** - Transgender student-athletes should be permitted to dress consistently with their gender identities, while conforming to Bellarmine Athletic Department standards (i.e.; branding, sport apparel, etc.)
2. **Uniforms** - All team members should have access to uniforms that are appropriate for their sport and that they feel comfortable wearing. No student-athlete should be required to wear a gendered uniform that conflicts with the student's gender identity.

# PERSONAL RELATIONSHIP POLICY



We trust all members of our teams to be honest, responsible and mature. We desire what is best for the team as a whole, what is fair and workable for all individuals on the team and is based on broad principles of fairness. These expectations are for all members of our teams who must work together for the good of the team. Student-athletes have responsibilities to the team and a commitment to being a team member who is focused on contributing to achieving team goals. Relationship issues can distract a team from its competitive goals. For this reason, Bellarmine Athletics has the following expectations for all team members regardless of the type of relationship.

The following is a list of possible relationships that may be addressed with these expectations (other type of relationships not listed may also apply):

- Cliques or group conflicts on a team
- Heterosexual dating on mixed teams
- Two people dating the same person
- A person dating someone whom another person had a past relationship with
- Same sex dating on a men's or women's team
- Heterosexual dating on men's and women's teams that practice and/or travel together.
- Conflicts between student-athletes based on race, sexual orientation, sexual identity, personal belief systems or religion.



When with the team, the team comes first. Conduct yourselves as teammates. Being a member of a team requires responsible behavior and professional conduct. This includes at practice, during competition, on the team bus, in hotel rooms, in the training room, in the weight room, at team meetings, in the locker room and anywhere else when you are on "team time".

Focus on the team and your role as a team member. You don't have to hide your relationships but when on "team time" the following behaviors are expected:

- Respect team space: Avoid drama on team time. Leave relationship conflict at the locker room door.
- Resolve relationship issues on your own time, not the team's time.
- No PDA (Public Displays of Affection), this includes hand holding, kissing, hugging, etc.
- Get to know others on your team. Sit with various teammates on the bus, eat with various teammates, share hotel rooms with various teammates and sit with various teammates in team meetings.

## PERSONAL RELATIONSHIP POLICY CONT'D

If you need help with resolving relationship issues, please contact the Counseling Center located in the Allen Building.

### Possible consequences for failing to meet these expectations:

- Meeting with Coach, review expectations and consequences of not abiding by them
- Requested to meet with a counselor
- Suspension or dismissal from team for failing to abide by the expectations.

## BIAS-RELATED INCIDENTS

Bellarmine University values and celebrates the diverse backgrounds, cultures, experiences and perspectives of our community members. Bias-related incidents, including slurs based on racial or ethnic identity, faith tradition, gender identity, and sexual orientation create a hostile educational, living and working environment and such acts are not tolerated in our department or campus community.

The term “bias-related” refers to language, behaviors and acts that demonstrate discrimination or hate against persons or groups because of any of the following identity categories: age, faith tradition, gender, gender identity, race, sexual orientation, or national or ethnic origin.

If you experience or witness a bias-related incident you can report it by completing the Bias Incident Report Form located at [www.bellarmine.edu/studentaffairs](http://www.bellarmine.edu/studentaffairs) or to Campus Security who will put you in contact with a Bias Response Team Member.





# ACADEMIC RESPONSIBILITY

## ACADEMIC INTEGRITY

1. Bellarmine University values intellectual integrity and the highest standards of academic conduct. Dishonesty is not an acceptable avenue to success. It diminishes the quality of a Bellarmine education.
2. Academic integrity signifies earning credit honestly through your own efforts. This includes refraining from all forms of academic dishonesty/misconduct. The most common forms of academic dishonesty/misconduct include plagiarism, cheating, fabrication, aiding and abetting, multiple submissions, obtaining unfair advantage and unauthorized access.
3. Bellarmine student-athletes are expected to conduct themselves to the highest standards established by Bellarmine University. Student-athletes are expected to refrain from any forms of academic misconduct. Failure to follow such expectations can jeopardize your status as a Bellarmine student AND as a student-athlete. Academic misconduct can also result in loss of your athletics financial aid.



## Class Attendance

Each student is expected to attend all classes for which he/she is enrolled. The attendance policy for each course is determined by the instructor of the course. This policy shall be made known to the class at the beginning of each semester. It is the student's responsibility to know the policy on attendance for each course in which he/she is enrolled. It is the responsibility of student-athletes to attend every class session held when they are not ill, involved with a personal emergency, or traveling with the team. Consistent class attendance and participation are essential to academic success.

## Absences

- ♦ **Due To Illness** – Student-athletes should contact their instructors at the earliest opportunity...preferably **prior to** the class meeting (especially if any graded work is scheduled.)
- ♦ **Due To Emergencies** – Student-athletes should notify the Student Affairs Office and the Athletics Office if they must leave the University for any extended period of time because of hospitalization, injuries, or family problems. Instructors will be contacted, but it is the responsibility of the student-athlete to arrange for any make-up work.
- ♦ **Due To Team Travel** – Student-athletes should provide their instructors with a list of dates on which athletic events conflict with class attendance at the beginning of each semester. In addition, instructors should be reminded of forthcoming absences at least 5 class days in advance. Arrangements should be made ahead of time to make up all missed assignments, exams, quizzes, labs, etc.
- ♦ **Student-Athlete Absentee Notice Form** – Student-athletes should complete an absentee notice form for **each** class missed due to competition away from campus. The form confirms that you are participating in a college-sanctioned competition. It does not serve as an excused absence for that class. Forms need to be completed and signed by Pam Stackhouse/designee one week prior to absence. Your instructor has the final say in excused and unexcused absences and it is the student-athletes responsibility to know and abide by that policy.



## Withdrawal From A Course

Students may withdraw from a course during the first week of classes with no entry on their official transcript. From the second through the tenth week of classes, students may withdraw from a course with a grade of W on the transcript. To withdraw after the tenth week, students must obtain the permission of their school's Dean.

**The date of withdrawal is not the day the student stops going to class, but the date the proper withdrawal notice is received in the registrar's office. Contact Annie Coryell or Andrew Schroeder prior to withdrawing from any class.**

## Academic Status

Academic status is expressed in a quality point index. A student's quality point index is found by dividing the sum of quality points by the sum of "Quality Hours Attempted". For analysis of academic status, Bellarmine computes both a semester index and a cumulative index. To be eligible for graduation, a student must have a cumulative quality point index of 2.00 or higher.

## Good Standing

The status of good standing indicates that a student has a cumulative quality point of 2.00 or better and that he/she is making satisfactory progress toward a degree.

**The status of good standing indicates that a student is making satisfactory progress toward a degree and is not on academic probation or dismissal**

## Probation

A student will be placed on probation for any of the following reasons:

- ▶ Cumulative index falls below 2.00
- ▶ Semester index falls below 1.60
- ▶ Assigned two "Fs" in any semester

The academic probation process is carried out three times per academic year; at the end of fall, spring and summer terms. Students who are placed on academic probation are viewed again at the conclusion of the next complete term of enrollment and are either removed from probation (if non of the three probation criteria apply), continued on probation, or dismissed from the University

## Dismissal

Any student whose cumulative index falls below the following scale will be dismissed for poor scholarship:

- ▶ End of 2 semesters – 1.40
- ▶ End of 3 semesters – 1.50
- ▶ End of 4 semesters – 1.60
- ▶ End of 5 semesters – 1.80
- ▶ End of 6 semesters – 2.00

All appeals of academic dismissal shall be made to the Provost.



# COMPLIANCE: Athletic and Academic Eligibility

While you are a student-athlete at Bellarmine University, you are obligated to abide by the NCAA and University rules. The Athletics Department is ready to assist you with these issues. The Associate Athletics Director for Compliance will conduct an annual rules education meeting and periodic updates with each team as needed during the course of the academic year. Student-athletes are encouraged to ask questions and utilize the resources available.

## PROGRESS TOWARD DEGREE - DIVISION II

The NCAA has set academic standards to ensure the graduation of student-athletes. To maintain your athletic eligibility, you must meet the following standards:

1. Complete 24 hours of academic credit prior to the second year of enrollment.
2. At least 18 hours of academic credit must be earned during the traditional academic year (i.e.; fall, spring) starting with your third semester of full-time enrollment.
3. Must be in good academic standing at Bellarmine:
  - a. Cumulative GPA 2.00 or above.
  - b. Semester GPA 1.60 or above.
  - c. Not more than one "F" earned during one semester.
4. Nine hours of academic credit must be earned in the previous regular academic term (fall/spring) of full-time enrollment.
5. Declare a major no later than the beginning of your fifth semester or third year of enrollment. At this point, all academic credit used to fulfill NCAA requirements must be degree applicable. There is a maximum of six credit hours per semester towards an optional minor that may be used in the calculations for progress toward degree.



## PROGRESS TOWARD DEGREE - DIVISION I

The NCAA has set academic standards to ensure the graduation of student-athletes. To maintain your athletic eligibility, you must meet the following standards:

1. Complete 24 hours of academic credit prior to the second year of enrollment.
2. At least 18 hours of academic credit must be earned during the traditional academic year (i.e.; fall, spring) starting with your third semester of full-time enrollment.
3. Must be in good academic standing at Bellarmine:
  - a. Cumulative GPA 2.00 or above.
  - b. Semester GPA 1.60 or above.
  - c. Not more than one "F" earned during one semester.
4. Six hours of academic credit must be earned in the previous regular academic term (fall/spring) of full-time enrollment.
5. Declare a major no later than the beginning of your fifth semester or third year of enrollment. At this point, all academic credit used to fulfill NCAA requirements must be degree applicable.
6. Complete 40 percent, 60 percent, and 80 percent of your degree requirement before the beginning of your third, fourth, and fifth years of full-time enrollment.

# NCAA Full-Time Enrollment Rule

To be eligible for practice, competition, and athletic aid, you must be enrolled in a minimum of 12 credit hours during the fall and spring semesters. If you need fewer than 12 credit hours to graduate, you may enroll in only those hours in your final semester and still be eligible with approval from the Associate Athletic Director for Compliance.

## Gambling

The NCAA prohibits student-athletes and members of the Bellarmine Athletic Department from:

- Providing information to individuals involved in organized gambling activities.
- Soliciting or accepting a bet on any team representing the institution or an NCAA-sponsored sport.
- Participating in any gambling activity that involves intercollegiate or professional athletics.

Student-athletes violating the NCAA rules will be subject to a loss of one year of eligibility. Any student-athlete wagering on a competition in which Bellarmine is a participant risks permanent loss of eligibility. Student-athletes are responsible for reporting any offers of gifts, money, or favors in exchange for supplying team information or for attempting to alter the outcome of any contest to the coach or Associate Athletics Director for Compliance.

## Amateurism

Only amateur athletes can participate in NCAA sports. If at any time you participate in any of the following activities following your initial full-time collegiate enrollment, you cease to be an amateur athlete and are subject to losing your intercollegiate eligibility in a particular sport:

- ⇒ Use your athletic skill for pay in any form in that sport
- ⇒ Accept a promise of pay, even if it is to be received following the completion of your intercollegiate athletics participation
- ⇒ Sign a contract or commitment of any kind to play professional athletics
- ⇒ Accept any pay from an agent or agree to have an agent market your athletic ability or reputation
- ⇒ Receive, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization, except as permitted by NCAA rules
- ⇒ Compete on any professional team, even if no pay or compensation for expenses were received
- ⇒ Enter into an agreement (written or verbal) with an agent either prior to or following initial full-time collegiate enrollment

### Extra Benefits

As a student-athlete, you may not accept any special arrangement, item or benefit from a Bellarmine employee or a representative of Bellarmine's interests that is not generally available to the student body.

## Countable Athletically-Related Activities

The NCAA states that during the declared playing season, your participation in countable athletically-related activities must be limited to 4 hours per day, 20 hours per week, and 1 day off, which may be a travel day. Outside of the declared playing season during the academic year, your participation in countable athletically-related activities is limited to 8 hours per week, 4 hours per day, with a required 2 days off per week. Only 4 of the 8 hours can be spent on practice and/or skill instruction.

### Countable Athletically-Related Activities are:

1. Required practice and competition.
2. Required weight training and conditioning
3. Participation in a departmental physical fitness class or individual workout
4. Review of athletics practice or contest films/videos
5. Required camp, clinic, or workshop participation
6. Athletics-related meetings
7. Required team meetings

### Non-Countable Athletically-Related Activities:

The following are NOT counted in the weekly or daily time limitations:

- Training table or meals related to competition
- Physical rehabilitation or medical exams
- Academic study tables or tutoring
- Travel to or from practice or competition
- Voluntary individual workouts.

### Practice After Competition

Practice **MAY NOT** be conducted at any time (including vacation periods) following competition, except between contests, rounds or events during a multi-day or multi-event competition (e.g. doubleheaders in softball or baseball, rounds of golf in a multi-day tournament).

**INDIVIDUAL SPORT STUDENT-ATHLETES:** Division II has changed legislation regarding outside competition. Only those who are academically and athletically eligible to represent Bellarmine against other schools can compete as an “unattached” competitor during the school year and not use a season of eligibility. Those who are serving a year in residence and/or are not certified as an eligible student-athlete will not be able to compete as an “unattached” competitor; doing so would result in the loss of a year of eligibility. To ensure the eligibility of each student-athlete, prior to participating in any outside competition, team or event, student-athletes must complete an Outside Competition Approval Form. If you have any questions about limits on countable athletically-related activities or feel this rule is being violated, please speak with the Associate Athletic Director for Compliance. Athletically-related activities outside the playing season are prohibited 1 week prior to the start of final examinations through the conclusion of the student-athlete’s final exams.

# FINANCIAL AID

Financial aid in the form of athletic grants is available to all participants of each intercollegiate team on recommendation by the coach of each sport and approval by the Athletics Director and the Director of Financial Aid. Athletic grant-in-aids are made available in a package with all other financial aid that is available to all college students who can demonstrate a need factor through the completion of financial aid materials. The amount of athletic aid is subject to the regulations of the national associations governing the men and women sport programs, as well as state and federal grant regulations.

## University Charges Not Covered by the Full Grant-In-Aid:

- Matriculation Fee for first-time, full-time freshmen
- Residence Halls damage deposit
- Cost of treatment for non-athletically related injuries
- Optional school insurance policy
- Library fines
- Fines for damage to university property
- School supplies, reference books, pens, notebooks, etc.
- Lost textbooks, keys, Bellarmine ID's, etc.



## Renewal or Non-Renewal of Athletics Financial Aid

It is the policy of the Bellarmine Athletics Department to honor its financial commitment to each student-athlete in accordance with NCAA and the affiliated conferences. An athletics aid award may be issued for a period of not more than one (1) academic year. Upon recommendation of the head coach, all returning student-athletes eligible to receive athletics aid shall be notified in writing by the Director of Financial Aid on or before July 1 prior to the academic year in which the aid will be effective.

## Reduction and Cancellation of Athletics Financial Aid

Institutional financial aid may be graduated or canceled during the period of the award if the recipient:

1. Renders himself or herself ineligible for intercollegiate competition.
2. Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement.
3. Engages in serious misconduct warranting substantial disciplinary penalty.
4. Voluntarily withdraws from a sport for personal reasons. If the recipient withdraws from a sport for personal reasons prior to the institution's first competition in that sport, gradation or cancellation may occur immediately. If the recipient withdraws subsequent to the institution's first competition in that sport, the gradation or cancellation shall not occur prior to the conclusion of that semester.

## Outside Financial Aid

If you are the recipient of any scholarships, grants or loans that are not distributed by Bellarmine or a family member, you must notify the Office of Financial Aid or the Associate Athletic Director for Compliance. If you are employed during your college career, you must register your employment with the Associate Athletic Director for Compliance.



# STUDENT SUCCESS CENTER

## Taking a Test in the Student Success Center

Test proctoring in the SSC is available to students who qualify for accommodations through the Disability Services Office, or students who miss a test because they are representing the university at a university-sanctioned event. The date and time at which students will take a test is decided by the professor teaching the course. Professors and students need to be aware of space constraints. **The SSC needs five business days notice prior to the test date from students in order to ensure that we have necessary personnel on hand.** Testing in the SSC is available Monday through Friday (when classes are in session) beginning at 8:30 AM and all exams must be completed by 5 PM on these designated days during the fall and spring semesters. Summer hours may be adjusted based on student needs.

You can sign up to take a test via the Student Success Center website:

<http://www.bellarmine.edu/studentsuccess/testing-center/>

Please read through the following information on test-taking procedures and academic policies.

## Procedure

- “ **Course Information:** Students must know their instructor’s name and the name of the course/exam they are taking. Students must arrive at the SSC Testing Center with adequate time to complete the exam (per instructor’s guidelines).
- “ **Scheduling:** Students must schedule the appointment **five business days before the test (i.e. for a Monday test student should schedule the test date no later than the Monday prior)** via the online signup above. Appointments are given on a first-come, first-served basis.

The time a student reserves for the exam is the time that the exam starts. If the student arrives more than 10 minutes late for the scheduled exam, they will be given the choice of making other arrangements with the instructor, or having the number of minutes late deducted from the time allotted for the exam. The Testing Center does not have the authority to reschedule a test date or start time; this must be approved by the instructor. Testing begins at 8:30 a.m. Monday-Friday. There is no testing on weekends. The SSC closes at 5:00 p.m. Monday-Friday during the fall and spring semesters and has limited hours during the summer based on student needs. When you schedule an exam make sure that the latest time for ending your exam is not after closing time.
- “ **Time Allocated:** Students are only permitted to use the allotted time as outlined by their instructor or as stated on their Letter of Accommodation.
- “ **ID:** Students must have a current, valid, recognizable Bellarmine, state or federal issued photo ID.
- “ **Disruptive Behavior:** Disruptive behavior will not be tolerated. Any student acting in a disruptive manner will be asked to leave the testing room.
- “ **Surrender Exams and Materials:**

Exams are collected when the allotted testing time (as described by the instructor or in the accommodation letter) has ended. Students must turn in all testing materials, including scratch paper, to the testing proctor before leaving.

## Accommodations for Student Athletes

Student athletes with long-term disabilities and short-term injuries/conditions may qualify to use accommodations through Disability Services. These students are required to follow Disability Services procedures (See Student Handbook at <https://www.bellarmine.edu/studentaffairs/disabilityservices/>) and meet documentation requirements

(<https://www.bellarmine.edu/studentaffairs/disabilityservices/doc/>) when requesting formal, academic accommodations. Athletic Advisors may be more involved in the communication process when a student athlete sustains an injury. The following procedures should be followed when student athletes with or without on-going accommodations experience injuries that impact their performance in the academic setting.

### Student Athletes With On-Going Accommodations:

When a student athlete registered with Disability Services (accommodation letter already in place for the semester) receives an injury that impacts him/her in the classroom the subsequent steps will be followed:

- ◆ Student's Athletic Academic Advisor notifies The Office of Student Affairs of the injury/condition and verifies the student is receiving medical attention.
- ◆ The Office of Student Affairs sends an official memorandum to the injured student's instructors notifying them that the student will be out for several days for medical reasons. If the student athlete has sustained a concussion, the instructors will be notified that the student will not be able to check email and will need complete cognitive rest for several days.
- ◆ Athletic Advisors will continue to communicate with faculty about the duration of the absence from class (based on neurologist recommendation).
- ◆ If the neurologist makes academic accommodation recommendations that are NOT already included on the student's current accommodation letter, the student is responsible for meeting with Disability Services to have the accommodation letter amended. If the recommendations for new accommodations are reasonable, an amended accommodation letter will be sent to the student's instructors.
- ◆ If there are no new recommendations, the student will continue to use the accommodations already in place. Students are encouraged to review their accommodation letters with faculty to ensure proper provision of accommodations.



## Student Athletes With Temporary Injuries/Conditions:

When student athletes with no history of a diagnosed disability are injured or are temporarily impacted by a medical condition, the subsequent steps will be followed:

- ◆ Student's Athletic Academic Advisor notifies The Office of Student Affairs of the injury/condition and verifies the student is receiving medical attention.
- ◆ The office of Student Affairs sends an official memorandum to the injured student's instructors notifying them that the student will be out for several days for medical reasons. If the student athlete has sustained a concussion, the instructors will be notified that the student will not be able to check email and will need complete cognitive rest for several days.
- ◆ Athletic Academic Advisors will continue to communicate with faculty about the duration of the absence from class (based on neurologist recommendation).
- ◆ If the neurologist makes academic accommodation recommendations (i.e. extra testing time), the student's Athletic Academic Advisor will refer the student to Disability Services (See Apply for Services at <https://www.bellarmine.edu/studentaffairs/disabilityservices/>).
- ◆ Disability Services will send temporary accommodation letters to student's instructors after meeting with the student if the documentation is appropriate and the accommodation request is reasonable.
- ◆ Disability Services may request additional documentation if the student requests to use accommodations beyond the temporary period.





## Return to Learn:

Academic Advisors for Athletics will work closely with student athletes as they recover from a concussion. This will include ongoing phone calls and scheduled appointments as needed until the athlete has fully resumed all academic work and is caught up on all course work.



# Locker Room to Boardroom

In collaboration with the Career Development Center, Athletics has established the **Locker Room To Boardroom** initiative, which will help guide student-athletes through the career discernment process during their time at Bellarmine while also providing resources on translating skills developed as a student-athlete to potential employers. This includes assigned Career Advisors, career specific programming with the Student-Athlete Advisory Committee, and team-specific workshops. Below is a career action plan, which is tailored for Bellarmine student-athletes as well information on connecting with the Career Development Center.

## CAREER ACTION PLAN

### First Year

**Self-Discovery:** Finding where strengths and interests align with academic and professional pathways.

1. Take the MyPlan assessments
2. Attend the Majors & Minors Showcase
3. Take BU199: Major & Career Explorations as a first or second- year student
4. Meet with a Career Advisor to develop your career plan
5. Activate your Handshake account
6. Inquire about 4+1 Masters opportunities

### Second Year

**Experiential Learning:** Building relevant experience to gain skills and advance professional goals.

1. Complete a Job Shadow
2. Take BU299: Internship Preparation & Success online or during your off-season
3. Apply for the Summer Internship Scholarship and complete an internship for academic credit
4. Develop your resume
5. Meet with a Career Advisor

### Third Year

**Mentoring & Networking:** Connecting with alumni and employers to explore, learn, and seek opportunities.

1. Attend Career Fairs
2. Participate in the Alumni Mentor Program
3. Build your LinkedIn profile
4. Complete a Mock Interview
5. Complete a second internship experience
6. Start thinking about graduate school opportunities

### Fourth Year

**Career Readiness:** Translating the relevant experience and skills to employers and your network.

1. Meet with a Career Advisor
2. Attend Career Fairs
3. Activate your job search/apply for graduate school
4. Contact your network/references
5. Participate in the Alumni Mentor Program
6. Finalize your resume
7. Participate in the #KnightsGetHired campaign to share your first destination



## CAREER RESOURCES

Navigate your Pathway to Meaningful Work with these online resources:

- **Handshake:** [bellarmine.joinhandshake.com](http://bellarmine.joinhandshake.com) (internships, jobs, appointments, resources)
- **Career Tools:** [tinyrul.com/CareerEverywhere](http://tinyrul.com/CareerEverywhere) (search database of career resources)
- **Vocational and Personality Assessments:** [bellarmine.myplan.com](http://bellarmine.myplan.com) (self-discovery)
- **What Can I Do With This Major:** [bellarmine.edu/studentaffairs/careercenter/majors](http://bellarmine.edu/studentaffairs/careercenter/majors)
- **Buzzfile:** [buzzfile.com/Major.Employers-by-Major](http://buzzfile.com/Major.Employers-by-Major) (job search by major)
- **Alumni Knight Network:** [alumniknightnetwork.com](http://alumniknightnetwork.com) (networking with Bellarmine alums)



Matt Real  
Assoc. Director, Career Development



Jackie McNatt  
Assist. Director, Career Development

# MIND, BODY AND SPORT

Health means both physical and mental health: they are two sides of the same coin, with one often affecting the other. Physical problems, including sport injury, often have psychological or emotional consequences. Psychological problems, which can include eating disorders and substance-use problems, typically have physical consequences. As with physical injuries, mental health problems may affect athletic performance and limit, or even preclude, training and competition until successfully managed and treated.

Mental health issues are a critical issue in collegiate sport. You, as a student-athlete, may face many of the same mental health risk factors as your non-athlete peers. However, your role as a student-athlete may expose you to an additional set of risk factors. These risk factors can take the form of direct stressors (e.g., time demands, performance pressures, coaching style), interactions with others in your environment that encourage risk behaviors and discourage seeking help,

harassment and discrimination related to personal characteristics such as race/ethnicity or sexual orientation. Seeking help in your world might be considered a sign of weakness. Rather than speaking with someone or seeking help, you believe you should simply “tough it out.” or “play through it”.

To provide support, Bellarmine Athletics is actively working to reduce the stigma of mental health conditions so our student-athletes seek help. Through a collaborative and confidential approach with our medical team, coaches/support staff, and the

Counseling Center, Bellarmine you have an opportunity to focus on a unified approach to mental, emotional and physical wellness.

## Bellarmino University Care Team

Another source of support on campus is the University Care Team. The team is composed of an interdisciplinary group of university professionals who work proactively to enhance students' wellness, thereby enriching the campus and increasing its safety. The Care Team is chaired by the Dean of Students and includes representatives from Residence Life, the Counseling Center, Health Services, Disability Services, the Student Success Center and the Office of Public Safety. Reports are received and processed daily by the team and appropriate interventions and follow up are planned for the individuals of concern. The team meets bi-monthly to maintain communication and case management. Campus constituencies are trained annually on the mission and purpose of the Care Team and on reporting procedures. Students, faculty, and staff members may report information to the Care Team via a form on the Dean of Students Office website at [www.bellarmino.edu/studentaffairs/dean/](http://www.bellarmino.edu/studentaffairs/dean/). All reports will be followed up by a Care Team member by phone or email.

Appropriate referrals include but are not limited to the following concerns:

- ◆ Problems in daily functioning (e.g. missing class, social isolation, poor hygiene, erratic behavior, marked decline in academic performance)
- ◆ Mental health (suicidal statements/ideation, references to imposing harm to self or others, depression, grief, eating disorder)
- ◆ Health/medical concern
- ◆ Adjustment concerns (social issues/family concerns)
- ◆ Substance use/abuse concerns
- ◆ Other concerns about well-being (e.g. suspected domestic violence, harassment, homelessness)

## COUNSELING CENTER

Students seek personal counseling for many reasons: a personal crisis, relationship problems, anxiety, grief, depression, stress, alcohol/drug problems, eating/body image issues, etc. Recognizing the impact that personal concerns can have on academic performance, Bellarmine provides personal counseling services to its students. Those services include individual, couples and group counseling; crisis intervention; assessment; and consultation. The Counseling Center staff is comprised of licensed mental health professionals and advanced graduate practicum students under the supervision of the full-time staff. Counseling services are free, confidential, and available to all currently enrolled Bellarmine students. To schedule an appointment, students should call 502-272-8480. For more information, visit the web site: [www.bellarmino.edu/studentaffairs/counselingcenter](http://www.bellarmino.edu/studentaffairs/counselingcenter)

### STAFF

**Gary Petiprin, Ph.D., Director**

**Melissa Gibson, Ph.D., Assistant Director**



# BELLARMINE UNIVERSITY SPORTS MEDICINE DEPARTMENT

## Medical Care & Insurance Procedures

### Medical Certification for Student-Athlete Participation

The Bellarmine University Athletics Department requires all student-athletes to complete a pre-participation physical examination prior to the student-athlete being issued equipment, being permitted to participate in any practice or strength and conditioning sessions, or any intercollegiate athletic activities. The pre-participation physical examination **MUST** be administered by a Bellarmine University Team Physician or his/her designee and must be completed on an annual basis. The requirements for medical certification include, but are not limited to the following:

- Completion and submission of the *Notice of Student-Athlete Insurance Responsibilities Form*
- A photocopy (front & back) of the student-athlete's current *health insurance card and prescription benefits card*.
- Completion and submission of the *Health History Questionnaire (through HealtheAthlete portal)*
- Completion of a Medical Examination, Nursing Review and Orthopedic Screening examination by a Bellarmine University Team Physician and/or their designee
- Completion of a sickle cell anemia trait blood test for all incoming freshman/transfer student-athletes
- Completion of baseline concussion testing
- Completion and submission of the concussion awareness form
- Completion of the mental wellness screening form

Individuals may be required to complete additional tests or examinations as required by the Bellarmine University Team Physicians. Costs associated with any additional tests, consultations, or medical procedures needed to gain certification for participation will be sent to the student-athlete's primary health insurance for payment first. Costs not paid by the student-athlete's primary health insurance will be paid by the Bellarmine University Athletic Department. If, for any reason, the student-athlete is not certified for intercollegiate athletics participation, the Bellarmine University Team Physician will notify the student-athlete of this decision. All required documents must be completed and on file in the Bellarmine University Sports Medicine Department before the student-athlete is permitted to participate in intercollegiate athletics activities at Bellarmine University.

No member of the Bellarmine University Athletics Department will permit a student-athlete to participate, nor will Bellarmine University provide insurance coverage to any student-athlete who has not completed the medical certification procedures.



**Brad Bluestone**

Assistant A.D./Student  
Wellness



**David Krebs**

Athletic Trainer



**Cloe Klaus**

Athletic Trainer



**Tesha Brock**

Athletic Trainer



## Exit Physical Examinations

Bellarmine University Sports Medicine Department will conduct annual examinations prior to the conclusion of every spring academic term for the purpose of but not limited to the following:

- A. Post season evaluation and assessment
- B. Exit physical examination for student-athletes graduating or not returning.

This will include a review of all injuries or illnesses sustained during participation throughout the year and referral for follow-up care if applicable.

## Insurance Coverage of Student-Athletes

In accordance with NCAA regulations and federal law, individual health insurance MUST cover all Bellarmine University student-athletes and be in place prior to participation in any practice or competing in competition. The student-athlete's insurance MUST cover intercollegiate athletic related injuries or illnesses. **THIS POLICY IS THE PRIMARY INSURANCE COVERAGE FOR ALL INTERCOLLEGIATE ATHLETIC RELATED INJURIES OR ILLNESSES.**

The Bellarmine University Athletics Department provides a medical and catastrophic insurance program for its student-athletes. **THIS POLICY IS SECONDARY TO, OR IN EXCESS OF, PERSONAL FAMILY MEDICAL INSURANCE COVERAGE.** It covers only injuries, illnesses or accidents resulting from the direct participation in the intercollegiate athletics program during the dates of the primary competitive season and designated off-seasons as approved by the Bellarmine University Director of Athletics, in accordance with NCAA regulations.

## Coverage Limits

Please be aware that Bellarmine University has been forced to limit the amount of a student-athlete's insurance deductible and out of pocket expenses that we will pay. With the increasing cost of medical insurance many families are choosing high deductible plans with large out of pocket expense amounts. We strive to assist with all medical bills that occur while participating in athletics, but we are not responsible for covering the entire family's deductible and out of pocket expenses for the year.

Bellarmine University will now pay up to \$2,000.00 of a student-athletes deductible and out of pocket expenses. Anything that is over and above that amount the family will be responsible for paying. After the remaining deductible and out of pocket expenses have been met, Bellarmine will pay the remaining balance from bills related to the student-athlete's injury.



## 104 Week Limitation on Secondary Insurance Coverage

The Bellarmine University's medical and catastrophic insurance program will pay for the excess of the "Necessary" medical treatment up to the "Usual and Customary" charges for such expense incurred within 104 weeks (2 years) from the initial date of the injury/illness/accident. The first expense must be incurred within sixty calendar days of the date of the injury/illness/accident and the treatment for the injuries must be continuous.



## **Compliance with Insurance Company Requests**

It is the student-athletes and his or her parent or guardian responsibility to understand the conditions that apply to their policy and comply with any requests for information, etc. from the any insurance company. In the event that a student-athlete should receive a bill for an injury or illness that occurred as a direct result of participation in intercollegiate athletics at Bellarmine University, the student-athlete must submit the bill to a Bellarmine University Sports Medicine staff member within thirty days of receipt of the bill. Bills not received within this period are the responsibility of the student-athlete or the student athlete's parent or guardian. The Bellarmine University Department of Athletics or the Bellarmine University Sports Medicine Department **WILL NOT** be responsible for any delays in payment, collections notices, credit reports, etc. that occur due to bills not being submitted in the stated thirty day period.

In the event that a student-athlete or his or her parent or guardian receives reimbursement directly from their insurance company for athletic related injury or illness claims, *the full account balance becomes the responsibility of the student-athlete or his or her parent or guardian, until payments are remitted to the provider.*



## **Insurance Policy Changes**

The Bellarmine University Sports Medicine Department must receive any changes to a health insurance policy as soon as they occur. If proper notification is not received at least seven days prior to the date the students health insurance coverage changes or ceases to exist, the Bellarmine University Athletics Department will not be responsible for paying any subsequent medical bills, delays in payment, collections notices, credit reports, etc. that occur. This is a NCAA requirement and the student-athlete may face NCAA sanctions if this policy is not followed.

## **Medical Bills**

Submit all correspondence to the following address:  
Bellarmine University Sports Medicine  
Knights Hall – Athletic Training 023A  
2001 Newburg Rd  
Louisville, KY 40205

## **Exclusions and Limitations**

The Bellarmine University Athletics Department's secondary medical insurance policy **WILL NOT** apply to the situations indicated below. This list is not all-inclusive.

- ⇒ Injuries/illnesses that are not the direct result of intercollegiate athletics participation during the dates of the primary competitive season and designated off-seasons as approved by the Director of Athletics and in accordance with NCAA regulations
- ⇒ Experimental procedures unless approved by both Primary and Secondary insurance companies
- ⇒ Cosmetic surgery or procedures unless directly related to an athletics related injury
- ⇒ Hospital room and board charges in excess of the semi-private room rate unless hospitalized in an intensive care unit
- ⇒ Injuries/illnesses that are a result of intramural, club sports, and recreational activities (non-intercollegiate activities)
- ⇒ Injuries/illnesses that are recurrences of old injuries/illnesses, sustained before participation in the intercollegiate athletics program
- ⇒ Expenses for athletic injuries incurred after completion of the student-athletes intercollegiate athletic eligibility
- ⇒ Medical expenses beyond the limitations and exclusions of, or not covered by the Bellarmine University Department of Athletics insurance policy

The Master Policy on file at the University contains all of the provisions, limitations, exclusions, and qualifications of the Bellarmine University Athletics Department's insurance policy, some of which may not be included in this brochure. If any discrepancy exists between this brochure and the Policy, the Master Policy will govern and control the payment of benefits.

### **International Student-Athletes Insurance**

In order to enroll in classes at any United States college or university, international students must prove that they have insurance that complies with standards set by the federal government. Insurance requirements will vary depending on if the student qualifies for F-1 status or J-1 status. The International Education Services (IES) Office can assist the student-athlete with all insurance inquiries.

Proof of compliance with international student insurance requirements must be made at the Bellarmine University Health Center and/or International Education Services Office in order to avoid deportation, exclusion from classes, and/or exclusion from participation in Bellarmine University athletics.

The aforementioned guidelines may not be exact in every situation and for every student-athlete. International insurance regulations are continually amended and changed by the U.S. government. The Bellarmine University Sports Medicine Department will not be held responsible for changes that the University or federal government may make, or the student-athlete's failure to check the specific guidelines for their country or insurance company. It is the student-athlete's responsibility to make sure that they comply with Federal, Bellarmine University, and Bellarmine University Department of Athletics regulations at all times.

## **ATHLETIC TRAINING FACILITY**

Expectations are that all students—athletes follow the Sports Medicine Code of Conduct.

### **Sports Medicine Code of Conduct**

- The athletic training facility is coeducational. All student-athletes are required to maintain appropriate dress and decorum during their visits to the facility. Loitering, profanity, or roughhousing is prohibited.
- All student-athletes must report to the athletic training room as soon as an injury occurs. It is the responsibility of the student-athlete to inform the athletic training staff when they are injured.
- It is the responsibility of the student-athlete to coordinate their treatment time. The general rule is that you must be in the training room at least one hour prior to your scheduled practice/competition time. If your schedule does not permit you to be there at that time, it is your responsibility to coordinate your needs with the Bellarmine University Sports Medicine staff.
- Student-athletes must report to the athletic training room for treatment until released by the Bellarmine University Sports Medicine staff.
- Student-athletes should be on time for scheduled physician appointments and treatment/ rehabilitation.
- Student-athletes must sign-in every time they enter the athletic training room for any treatment/rehabilitation.
- The athletic training room is for evaluation of injuries, taping, treatments, and rehabilitation. It is not a place to hang out. Please do not be offended if you are asked to leave.
- Muddy shoes and all cleats must be removed before entering the athletic training room.
- No shoes are allowed on the treatment tables.
- No student-athlete is permitted to operate athletic training room equipment – NO SELF TREATMENT.
- Cell phone usage in the athletic training room is limited to emergency use only. No photos, videos or social media posts pertaining to activities in the athletic training room will be permitted.

## **Injury / Illness Reporting Procedures**

Any medically certified intercollegiate athletics participant that is injured or becomes ill must immediately report the injury or illness to a member of the Bellarmine University Sports Medicine staff as soon as they occur, or as soon as possible. Obvious emergency or life threatening situations that occur, and require immediate attention, do not require the approval of the Bellarmine University Sports Medicine staff. If a member of the Bellarmine University Sports Medicine staff is not available or on site, the supervising Bellarmine University staff member is responsible for arranging proper emergency treatment. The Bellarmine University Sports Medicine staff must be notified as soon as possible.

The Bellarmine University Sports Medicine staff will assess the injured student-athlete's ability to participate on a daily basis and communicate that to the appropriate coaching staff member. It is very important that an injured athlete see the Bellarmine University Sports Medicine staff daily for treatments. This will allow the staff to determine the earliest safe date for resuming any athletic activities. Decisions regarding safe return to play status of a student-athlete will be at the sole discretion of the Bellarmine University Sports Medicine staff and team physicians.

## **Missed Doctor's Appointment Policy**

Student-athletes who are late or fail to show up for scheduled appointments with the team physician, medical consultants, or diagnostic procedures will be personally financially responsible for all charges resulting from the missed appointment. In addition, the student-athlete will be responsible for rescheduling the appointment and providing transportation.



## **Physical Therapy / Rehabilitation Referral Procedures**

At times, it may be necessary for a student-athlete to utilize an outside physical therapy facility. In such situations, permission must be granted from the Head Athletic Trainer or his/her designee. Such referrals must come from a member of the Bellarmine University Sports Medicine Department. *If a student-athlete decides to utilize physical therapy/rehabilitation services without the authorization of a member of the Bellarmine University Sports Medicine Department, the student-athlete or the student athlete's parent or guardian will be financially responsible for any and all medical bills incurred.*

## **Physician Referrals / Consultations**

The Bellarmine University Department of Athletics and Sports Medicine Department has relationships with many medical providers in the Louisville area who have consistently provided high quality service to Bellarmine University student-athletes. Members of the Bellarmine University Sports Medicine Department will refer student-athletes to these providers, unless extenuating circumstances necessitate a different provider.

All student-athletes must be seen and evaluated by a member of the Bellarmine University Sports Medicine staff before a referral to a physician. A member of the Bellarmine University Sports Medicine Department must authorize and properly refer all student-athletes to see a physician or medical consultant. *If a student-athlete decides to see a physician or undergo a diagnostic test WITHOUT prior authorization from a member of the Bellarmine University Sports Medicine Department, the student-athlete or the student athlete's parent or guardian will be financially responsible for all medical bills incurred.*

## **Medical Second Opinions**

If a student-athlete or his/her parent or guardian desires another physician's opinion for an injury or illness, a member of the Bellarmine University Sports Medicine department must be notified. This second opinion must be in coordination with the Bellarmine University team physicians to provide continuity of care. Any treatment plan resulting from this second opinion must be discussed with, and approved by, the Bellarmine University Team Physicians. *If a student-athlete decides to see a physician or undergo a diagnostic test WITHOUT prior authorization from a member of the Bellarmine University Sports Medicine Department, the student-athlete or the student athlete's parent or guardian will be financially responsible for all medical bills incurred.*



## **Dental Care**

Bellarmino University Athletics Department's medical insurance program will assume financial responsibility for dental care resulting from the direct participation in the intercollegiate athletics program in accordance with NCAA regulations. As with other injuries, this insurance is SECONDARY to, or in excess of, personal family medical insurance coverage.

Custom molded mouthpieces can be fitted for student-athletes participating in high-risk sports (e.g. basketball, lacrosse, field hockey, etc.) and other student-athletes who express a desire for them. The cost for these is the responsibility of the student-athlete unless deemed medically necessary.

The Bellarmine University Athletics Department and its medical and catastrophic insurance program WILL\_NOT assume financial responsibility for dental injuries, head and facial injuries or mild traumatic brain injuries (concussions) if the student-athlete is not properly wearing his/her required mouthpiece at the time of injury. Medical bills associated with such injuries will be the sole responsibility of the student-athlete or his/her parent or guardian.

## **Other Notices**

If any medical bills paid by Bellarmine University are subsequently deemed personal in nature based on the previously stated sections of this document by the Bellarmine University Department of Athletics or the Bellarmine University Sports Medicine Department those bills must be reimbursed by the student. If reimbursement is not made by the student Athlete within a reasonable time period those bills will be added to the student's tuition statement for collection/reimbursement back to the University.



# NCAA DRUG TESTING POLICY

The NCAA randomly tests student-athletes for banned substances. If you have tested positive for a NCAA banned substance, you will lose your eligibility for a minimum of one year and will not be able to participate in athletic activities at any NCAA institution for a minimum of one calendar year following the positive test.

## ADD/ADHD Medication Documentation

The NCAA requires that any student-athlete prescribed medication for ADD/ADHD have documentation that supports this diagnosis from a licensed psychologist. The procedures for managing this documentation are administered by the Bellarmine University Sports Medicine Staff. It is the responsibility of each student-athlete to notify the Bellarmine University Sports Medicine Department that they are taking these medications and comply with NCAA regulations. Failure to do so can result in a positive drug test and loss of eligibility. Costs associated with compliance with these procedures are the responsibility of the student-athlete or their parent/guardian.



## The Drug Testing Consent Form that you sign prior to participation each academic year states:

- A student-athlete who tests positive for a banned drug other than a “street drug” shall be withheld from competition in all sports for a minimum of 365 days from the drug-test collection date and shall lose a year of eligibility. A student-athlete who tests positive for a “street drug” shall be withheld from competition for 50 percent of a season in all sports (at least the first 50 percent of all contests or dates of competition in the season following the positive test);
- A student-athlete who tests positive has an opportunity to appeal the positive drug test.
- A student-athlete who tests positive a second time for the use of any drug other than a “street drug” shall lose all remaining regular-season and postseason eligibility in all sports. A combination of two positive tests involving street drugs (marijuana, THC or heroin), in whatever order, will result in the loss of an additional year of eligibility.
- The penalty for missing a scheduled drug test is the same as the penalty for testing positive for the use of a banned drug other than a street drug

If a student-athlete immediately transfers to a non-NCAA institution while ineligible because of a positive NCAA drug test, and competes in collegiate competition within the prescribed penalty at a non-NCAA institution, the student-athlete will be ineligible for all NCAA regular-season and postseason competition until the student-athlete does not compete in collegiate competition for the entirety of the prescribed penalty.



#### **18.4.1.5.1 Duration of Ineligibility -- Banned Drug Classes Other Than "Street Drugs."**

A student-athlete who, as a result of a drug test administered by the NCAA, is found to have used a substance on the list of banned drug classes other than "street drugs" (in accordance with the testing methods authorized by the Board of Governors), shall be charged with the loss of a minimum of one season of competition in all sports, in addition to any seasons of competition already triggered due to participation (Bylaw 14.2.4.1). The student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the collection of the student-athlete's positive drug test and until the student-athlete tests negative (in accordance with the testing methods authorized by the Board of Governors) and the student-athlete's eligibility is restored by the Committee on Student-Athlete Reinstatement. (Revised: 1/10/90 effective 8/1/90, 1/16/93, 1/9/96 effective 8/1/96, 1/14/97 effective 8/1/97, 1/8/01, 1/12/04, 10/29/04, 1/11/08, 1/18/14 effective 8/1/14, for any NCAA drug test administered on or after 8/1/14, 7/22/14, 1/14/15; applicable on a retroactive basis to any student-athlete with remaining eligibility, 1/26/15)

#### **18.4.1.5.2 Duration of Ineligibility -- "Street Drugs."**

Examples of banned drugs can be found at [www.ncaa.org/drugtesting](http://www.ncaa.org/drugtesting). Any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC), 877-202-0769 or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) password ncaa2. It is your responsibility to check with the appropriate or designated Bellarmine University Sports Medicine staff member before using any substance.

Loss of eligibility for any reason also may result in loss of the student's Athletic Grant.



# TRAVEL POLICY

## PRACTICE

For off-campus practices, student-athletes should have reliable transportation to and from off-campus sites. Student-athletes who drive should exercise appropriate caution when driving to and from off-campus sites. Whenever possible, the coaching staff should drive Bellarmine (rented) vehicles.

## Competition

When an athletic team travels to an away competition, the team should travel in one party unless prior approval has been given. Airlines, charter bus or Bellarmine (rented) vehicles driven by the coaching staff are the prescribed modes of transportation.

The official team travel party consists of the coaching staff, student-athletes on the team roster, managers, athletic trainers, approved support staff, and Bellarmine employees. No individual other than those in the official travel party may travel in a chartered bus or Bellarmine (rented) vehicle without the written approval of the Athletics Director or his/her designee at least 24 hours prior to the trip.

Requests for student-athletes or parents (driving student-athletes) to drive their personal vehicle separately from the team (even if following the team bus or vans) to or from the site of competition must be approved at least 24 hours prior to departure by either the Athletics Director or his/her designee. Such requests will be considered on a case-by-case basis, but they should be an exception, not the norm.

When staying overnight in conjunction with team travel, all team members (official travel party) are expected to stay in the designated team hotel with the team, not with parents or other parties. Any exception needs prior approval from the Athletics Director or his/her designee.



After a student-athlete has completed his/her competition(s) and has been released by the head coach, the student-athlete may return home with their parent(s) separate from the team. A Travel Approval Form must be signed and completed 24 hours prior to departure for each competition. All other team members must return with the official travel party.

# SOCIAL NETWORKING

We recognize that most student-athletes wish to participate in the social opportunities offered by social networking sites such as Twitter, Instagram, Snapchat, Vine, LinkedIn, Facebook, etc. We encourage student-athletes to use these online communities in constructive and positive ways such as communicating important information to peers; finding people with similar interests; and forming special interest groups. Social networking sites expand one's reach immensely and there are many valuable uses of these networks. In the spirit of our University's mission, we wish to encourage free speech in this online setting.

However, there are a number of concerns with social networking sites that you should be aware of. Some of these concerns are as follows:

## KEEP IN MIND:

- **Nothing is every fully private.** Even if you are locked, your followers can make your postings public.
- Once a post or photo is placed online, it is **completely out of your control**, regardless of whether you limit access to your page. Even if you delete it, someone could have saved it or screen-captured it.
- **Do not allow yourself to be photographed in a compromising situation.** Anyone can post a cell phone photo of you and tag or ID you.
- **Do not post disrespectful comments or engage in inappropriate behavior** such as:
  - \* Derogatory or defamatory language about anyone, including coaches, officials, opponents, Bellarmine University, NCAA, etc.
  - \* Comments that constitute a credible threat of physical or emotional injury to another person.
  - \* Comments or photos that describe illegal behavior.
  - \* Comments that disclose confidential, sensitive or private information such as athlete injuries, rosters, etc.
- For safety reasons, **Do not post your personal information.**
- **Do not post any content that would constitute a violation of GLVC, SoCon, or NCAA rules** such as:
  - \* Commenting about a recruit or sending a message to a recruit is not permitted until they have made a formal written commitment to Bellarmine (i.e.; National Letter of Intent - NLI, Athletic Award Agreement, or Acceptance of Admission, etc.)

## Consequences of Irresponsible Use:

- ⇒ **Predators/stalkers/criminals** may use this information to target you for harassment or criminal attack or to engage in identity theft.
- ⇒ **Employers** may use this information adversely if they perceive your sites to be immature or unprofessional as they gather information for a background check.
- ⇒ **Graduate School Admissions Officers** may use this information to ascertain your maturity and professional growth.
- ⇒ **Law enforcement Personnel** (on and off campus) may use information to prosecute you criminally if you are displaying behavior that violates the law, if you have admitted to breaking the law, or if you have used language which is threatening, harassing, or defamatory
- ⇒ **Student Affairs Personnel** may use information posted on your website to ascertain whether you have violated any provision of the Bellarmine Student Code of Conduct and then bring disciplinary action against you.

Please enjoy all the positive benefits of social networking but remember your obligations as a student-athlete at Bellarmine University. Be a responsible user of social networking and meet the expectations of your role as a Bellarmine student-athlete.

# STUDENT-ATHLETE ADVISORY COMMITTEE

## What is a Student-Athlete Advisory Committee

A 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.

### Bellarmine University Student-Athlete Advisory Committee

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

The Bellarmine SAAC is made up of representatives from each sports program, cheerleaders and dance team 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 campus.

The SAAC meets twice a semester. All athletes are welcome and are encouraged to attend committee meetings. Any athlete with a concern should request that his or her sport representative or any other SAAC member place the item on the committee agenda. The student-athlete may also attend the meeting and bring up the matter as new business.

### SAAC At A Glance...

- ◆ Generate a student-athlete voice within the NCAA structure
- ◆ Solicit student-athlete response to proposed NCAA legislation.
- ◆ Recommend potential NCAA legislation.
- ◆ Review, react and comment to the governance structure on legislation, activities and subjects of interest.
- ◆ Actively participate in the administrative process of athletics programs and the NCAA.
- ◆ Promote a positive student-athlete image.





# SPORTS PERFORMANCE



## Mission Statement

To achieve athletic excellence through a systematic training approach that will enhance both mental and physical performance. The Sports Performance staff will enhance each individual athlete's athletic potential through a structured program that includes all aspects of physical development and injury reduction.

## Program Philosophy

The Sports Performance staff will enhance every athlete's performance to reach their athletic potential. Through comprehensive and scientifically based program design, the Sports Performance staff will reduce the risk of injury while improving all components necessary to allow each student-athlete to reach their maximal performance. Results will not only be focused on team and individual awards achieved, but also the by-products of successful teamwork, work ethic and pride. Each individual athlete has an impact on the success of the program. When an athlete is

## SPORTS PERFORMANCE RULES AND REGULATIONS

1. **BE ON TIME** – If you miss the start of your group you will not receive credit for the day.
2. **RACK YOUR WEIGHTS** – Strip down all bars when you are finished using them.
3. **DO NOT DROP THE DUMBBELLS** – Help each other up after each set. Keep the dumbbells off the floor.
4. **DRESS APPROPRIATELY** – Be Proud To Be A Knight! Dress in Bellarmine University issued apparel and proper footwear.
5. **NO SITTING** – We will stay on our feet throughout the entire workout unless an exercise requires us to sit.
6. **CLEAN UP AFTER YOURSELF** – Place dirty towels in towel bin and throw away your empty water bottles in the recycle bins.
7. **NO IPODS DURING TEAM LIFT GROUPS** - I-pods and headphones are only permitted on the cardio equipment during personal workouts.
8. **WATER ONLY IN THE WEIGHT ROOM DURING WORKOUTS** – Do not bring any non-certified products into the weight room.
9. **BOLDED WORK SETS MUST BE OBSERVED BY STRENGTH COACH** – You will not receive credit for the workout unless your **BOLDED** sets have been signed off by a Strength Coach.
10. **PLACE WORKOUT CARD IN OUT BOX** – Do not leave your card lying around the room.

