

***ELIZABETHTOWN COLLEGE
BLUE JAY ATHLETICS***



***2017-18
STUDENT-ATHLETE HANDBOOK***

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MISSION STATEMENT

BLUE JAY ATHLETICS

The mission of the Blue Jay intercollegiate athletics program is to provide Elizabethtown College students with varsity sport programs that support and enhance the students' educational experience and develop important life skills. In our pursuit of excellence, we place the highest value on the principles of integrity, student-athlete welfare, sport and gender equity, sportsmanship and fair play.

LEARNING OBJECTIVES

Student Life Division

Student Life programs, activities and services will support the Elizabethtown College learning outcomes through a commitment to student learning and development in the following areas:

Interpersonal Skills:

Observable/measurable Student Outcomes:

- Utilizes conflict transformation strategies
- Practices effective and appropriate professional communication strategies with various constituencies
- Expresses thoughts and emotions after reflection
- Articulates thoughts clearly in written and oral communication
- Gains knowledge of the value of teamwork and understands the group process
- Treats others with respect and dignity

Self-Awareness/Self-Direction:

Observable/measurable Student Outcomes:

- Understands personal strengths and limitations
- Develops, pursues and assesses personal goals
- Articulates rationale for personal choices and behavior
- Seeks feedback from others
- Assumes responsibility for personal growth
- Demonstrates self-respect
- Engages in self-advocacy

Critical Thinking:

Observable/measurable Student Outcomes:

- Utilizes appropriate resources for problem-solving
- Investigates and analyzes issues and concepts from multiple perspectives
- Applies knowledge and skills to new situations
- Examines connections between classroom and out-of-class learning

Diversity:

Observable/measurable Student Outcomes:

- Understands personal identity and culture
- Gains knowledge about diverse perspectives within cultural and historical contexts
- Engages with people different from oneself
- Articulates advantages and challenges of a diverse society
- Appropriately challenges abusive use of stereotypes by others

Personal and Social Responsibility:

Observable/measurable Student Outcomes:

- Identifies the ethical dimensions of situations
- Exhibits democratic principles as a leader
- Initiates change for common good
- Assumes responsibility for consequences of individual and/or group actions
- Appropriately challenges the unfair, unjust or uncivil behavior of other individual or group

Wellness:

Observable/measurable Student Outcomes:

- Takes actions that promote personal health and reduce risk
- Exhibits resiliency
- Seeks balance through prioritizing the demands of education, work and leisure time
- Develops satisfying interpersonal relationships
- Identifies sustaining sources of joy, passion and fulfillment

Purposeful Life Work:

- Develops short and long-term professional goals
- Develops and articulates an understanding of personal beliefs and ultimate concerns
- Exhibits congruence among personal values, strengths, challenges and interests in life work choices
- Articulates characteristics of a preferred work environment
- Defines and pursues noble purposes in life work

Adopted 6-14-16

BLUE JAY CODE OF CONDUCT

Participation in Elizabethtown College's Blue Jay athletics program, a program rich in history and tradition, is a privilege. As a Blue Jay student-athlete, you have the responsibility to uphold the program's tradition of excellence and to represent Elizabethtown College and Blue Jay Athletics in a first-class manner, on and off campus. You should be a positive role model within our campus community, as well as a good citizen in the local Elizabethtown community.

As a Blue Jay student-athlete, you are expected to:

- Obey all federal, state, and local laws.
- Adhere to all Elizabethtown College policies, including the drug and alcohol policies.
- Refuse participation in hazing or team initiation activities.
- Display good sportsmanship and respect for others (e.g., opponents, officials, spectators) at all times.

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

NCAA DIVISION III PHILOSOPHY STATEMENT

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

To achieve this end, Division III institutions:

- Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;

- Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (students, alumni, institutional personnel) than on the general public and its entertainment needs;
- Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;
- Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators.
- Encourage participation by maximizing the number and variety of athletics opportunities for their students;
- Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
- Assure that athletics participants are not treated differently from other members of the student body;
- Assure that athletics programs support the institution's educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution's athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;
- Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process;
- Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;
- Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;
- Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;
- Support ethnic and gender diversity for all constituents;
- Give primary emphasis to regional in-season competition and conference championships; and
- Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

ELIGIBILITY INFORMATION

To be eligible to practice, you must **1)** be enrolled in a minimum of 12 credits (i.e., be a full-time student), **2)** complete the required NCAA and College athletic forms (as provided by the director of athletics) and **3)** have medical clearance from the College's head athletic trainer.

To be eligible to practice and represent Elizabethtown College in intercollegiate athletics competition, you must: **1)** be enrolled in a minimum of 12 credits (i.e., be a full-time student), **2)** be in good academic standing, **3)** maintain satisfactory progress toward a baccalaureate or equivalent degree, **4)** complete the required NCAA and College athletic forms (as provided by the director of athletics) and **5)** have medical clearance from the College's head athletic trainer.

12-Credit Rule

Exception to 12-credit rule: You may practice and/or compete while enrolled in less than 12 credits **ONLY IF** you are in your final semester of your baccalaureate program and need less than 12 credits to graduate.

Good Academic Standing

Students who are not in "good academic standing" (i.e., are on academic probation) are eligible for practice only. According to Elizabethtown College policy, students who fall into the following categories are placed on academic probation:

<u>Semester Hours Attempted</u>	with	<u>Cumulative Grade Point Average Below</u>
1-18		1.70
19-34		1.90
35 or more		2.00

Satisfactory Progress

The College's Registration & Records Office interprets satisfactory progress toward a baccalaureate degree.

Certification of Eligibility

Each student-athlete's eligibility status will be evaluated at the end of each semester. Therefore, a student who is ineligible for competition in the fall may become eligible for the spring; and conversely, a student who is eligible for competition in the fall may become ineligible in the spring.

Seasons of Competition

You are eligible to participate in any given sport for four seasons of participation. A season of participation shall be counted when you participate (practice or competition) during or after the team's first contest of the season.

You must complete your four seasons of participation during the first 10 semesters in which you are enrolled in a fulltime program of studies in a collegiate institution.

Post-baccalaureate participation: If you are enrolled in a graduate program or are seeking a second baccalaureate degree at Elizabethtown College, you may participate in the intercollegiate athletics program, provided that you have eligibility remaining and the participation occurs within your first 10 semesters of fulltime college enrollment.

Missed Class Policy

You may not miss a class for an athletic event without first speaking with your professor to get his/her approval and to make arrangements to make up academic work that may be missed. It is your responsibility, not your head coach, to seek an excused absence from a professor.

You may not miss an academic class for a scrimmage or for a non-traditional season event. Also, you should not miss a class or leave class early for things such as a pre-game team meal or athletic training needs (e.g., taping).

Transfer Information

If you wish to talk with a coach at another Division III institution about the possibility of transferring to that institution, you may not do so until you complete the NCAA Permission to Contact/Self-Release Form and send it to that institution. The self-release form can be located on the NCAA web site (www.ncaa.org). You are not required to inform your coach that you are looking at another institution; however, you are encouraged to do so.

If you wish to talk with a coach at a Division I or Division II institution, you must first seek a release from the director of athletics at Elizabethtown College.

NCAA & DEPARTMENTAL POLICIES

DRUGS, ALCOHOL & TOBACCO

Student-athletes and team personnel (e.g., coaches, managers) are prohibited from using drugs and alcohol in conjunction with any athletic event, on or off campus.

In addition, NCAA rules prohibit the use of tobacco products by student-athletes and athletics personnel in practice or competition. Athletes and staff using tobacco products during a practice or contest shall be disqualified for the remainder of that practice or competition.

EQUIPMENT & APPAREL

You are expected to return all equipment and apparel within one week of your team's season-ending contest. Your head coach will provide you with instructions for receiving and returning equipment and apparel. If you do not return an item of equipment or apparel that was issued to you, you will be charged three times the cost of the item. In addition, you will be charged \$25 for each week that the item is late. These charges will be added to your College bill.

Team apparel is for competition only; it should not be worn as everyday casual wear.

GAMBLING

You can permanently lose all remaining eligibility in all sports if you participate in any gambling activity. Please know that "gambling activity" includes such things as participation in and/or organization of a "friendly" NCAA men's basketball pool in your residence hall or Fantasy football, baseball, etc.

Per NCAA rules, you shall not knowingly:

- Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- Solicit a bet on any intercollegiate team;
- Accept a bet on any team representing Elizabethtown College;
- Solicit or accept a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value; or
- Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.

HAZING POLICY

Hazing (i.e., initiation activities conducted to humiliate and embarrass new members of an organization) is strictly prohibited in the Blue Jay Athletics program. In Pennsylvania, hazing is illegal in institutions of higher education.

The head coach, team captains, and SAAC and SAM representatives of each program are responsible for taking all possible measures to ensure that hazing does not take place in his/her program and to encourage bonding activities that are positive in nature (e.g., a team dinner, a scavenger hunt).

State law defines hazing as follows:

“Any action or situation which recklessly or intentionally endangers the mental or physical health or safety of a student or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition for continued membership in, any organization operating under the sanction of or recognized as an organization by an institution of higher education. The term shall include, but not be limited to, any brutality of physical nature, such as whipping, beating, branding, forced calisthenics, exposure to the elements, forced consumption of any food, liquor, drug or other substance, or any other forced physical activity which adversely affects physical health and safety of the individual, and shall include any activity which would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual, or any willful destruction or removal of public or private property. For purposes of this definition, any activity as described in this definition upon which the initiation or admission into or affiliation with or continued membership in an organization is directly or indirectly conditioned shall be presumed to be forced activity, the willingness of an individual to participate in such activity notwithstanding.”

Please also see the College’s anti-hazing policy in the Elizabethtown College Student Handbook.

AWARDS PROGRAM

The following awards are presented to Blue Jay student-athletes:

Team MVP Award: A Most Valuable Player Award (a plaque) may be presented in each sport program. The head coach determines the selection process.

PLAYING & PRACTICE SEASON RULES

Per NCAA rules, your head coach must give you and your teammates one day off each week of the season. For one day of each 7-day period (e.g., Sunday), your coach may not schedule any team activities (e.g., practice, conditioning, team meeting, chalk talk, etc.).

TEAM TRAVEL

A student-athlete is required to travel with his/her team in College-sponsored vehicles unless the head coach approves an exception.

SPORTS MEDICINE INFORMATION

Athletic Training Policies and Procedures

The head athletic trainer will provide you with specific information regarding athletic training room policies and procedures, and insurance at your team's pre-season meeting. Additionally, all athletic training information is available on the College's official athletics website, www.etownbluejays.com.

Once on the homepage, navigate over the "Athletic Department" tab and click on "Sports Medicine."

Hours

A certified athletic trainer (AT) is available in the Athletic Training Room, Monday through Friday, 11:00 a.m.-7:00 p.m., during the academic year. Weekend times and hours will be made available as the athletic schedule demands. Student-athletes requiring rehabilitation should report between 1:00-3:00 p.m., and 5:00-6:30 p.m., or at a time agreed upon with an AT. The busiest hour in the training room is usually 3:00-4:00 p.m. and is reserved for in-season athletes only. Non-traditional season athletes and athletes needing rehabilitation must wait until the in-season athletes have been treated.

The Athletic Training Room is not open during the summer.

Athletic Insurance

The College's athletic insurance provides secondary coverage for each student-athlete; your family's insurance coverage is primary. In addition, the NCAA provides catastrophic injury coverage for treatment in excess of all other available benefit plans.

You must see the Head or Assistant Athletic Trainer, be evaluated and have a completed injury report to be covered by the athletic insurance coverage.

STUDENT LEADERSHIP OPPORTUNITIES

Student-Athlete Advisory Committee

The Student-Athlete Advisory Committee (SAAC) is composed of Blue Jay student-athletes appointed or elected by their respective teams. Each of the College's 23 intercollegiate teams has representation on the Committee. SAAC provides student-athletes with a network through which their concerns, questions, and ideas can be heard; provides student-athletes with a voice on campus, conference, and NCAA athletic issues; and represents Blue Jay Athletics at least once each semester in a community service project. Blue Jay SAAC members also are involved with the Conference Student-Athlete Advisory Committee.

Student-Athlete Mentors

Student-Athlete Mentors (SAMs) are student-athletes who are trained to mentor and provide positive leadership for other Blue Jay student-athletes. The SAM program is the primary substance abuse education program in the athletic department. In addition, SAMs are trained to provide support for and assist in seeking professional assistance for student-athletes who are struggling with challenges outside the competitive arena (e.g., eating disorders, homesickness, depression, roommate problems).

Team Captains

Each Blue Jay sport program has the opportunity to name/elect a team captain(s).

IRA R. HERR ATHLETIC HALL OF FAME

The Elizabethtown College Athletic Hall of Fame is named in honor of Ira R. Herr, the College's first Director of Athletics.

The purpose of the Elizabethtown College Ira R. Herr Athletic Hall of Fame is to honor those individuals and teams who have made outstanding contributions to the intercollegiate athletic programs at Elizabethtown College or who have earned distinction in the world of athletics.

All graduates of Elizabethtown College are eligible for individual membership provided five years have elapsed since graduation. Teams shall be eligible provided five years have elapsed since that team performed.

CONFERENCE AFFILIATIONS

Elizabethtown College became the ninth full-time member institution of the Landmark Conference on July 1, 2014. The Landmark Conference formed in 2005 and began competition in the fall of 2007. The group of like-minded institutions from the Mid-Atlantic region joined forces to organize and operate intercollegiate athletic competition in a manner that recognizes, as paramount, the centrality of the academic mission at each institution, while embracing the idea that athletics competition is an important component of the undergraduate experience.

A group of presidents met in November of 2005 and discussed creating an organization to engage in athletic competition. The Catholic University of America, Drew University, Goucher College, Juniata College, Moravian College, the University of Scranton, Susquehanna University and United States Merchant Marine Academy were the eight charter members of the new conference.

The Landmark Conference sponsors 18 sports, a total which will increase to 20 with the addition of men's and women's golf in 2017-18. Elizabethtown College fields teams in all

20 sports the Landmark sponsors. The Blue Jays' wrestling team currently competes as independent, without a conference affiliation.

Landmark Conference (8 members)

The Catholic University of America
Drew University
Elizabethtown College
Goucher College
Juniata College
Moravian College
University of Scranton
Susquehanna University

CONFERENCE AWARDS PROGRAM

The conference provides awards as follows:

Conference Championship Teams

The conference presents a championship plaque to each conference championship team.

Conference Champions (Individuals)

The conference presents medals to the top finishers in individual championships (e.g., cross country, swimming, track & field).

All-Conference Recognition

The conference presents a certificate to student-athletes who have been named to all-conference teams in their respective sport.

Player-of-the-Year and Rookie-of-the-Year Honors

The conference presents an award to the Player of the Year and a certificate to the Rookie of the Year.

Conference Tournament MVP

For team sports, the conference presents an award to the tournament's Most Valuable Player.

Player-of-the-Week

For all Landmark-sponsored sports, the conference recognizes Players of the Week. For some sports, there are multiple weekly awards based on positions (e.g., Player and Pitcher of the Week for baseball and softball, Offensive and Defensive Player of the Week for soccer, field hockey and lacrosse).

Academic Honor Roll

The conference recognizes an Academic Honor Roll at the conclusion of each sport season (fall, winter, and spring). Student-athletes of sophomore class standing or higher, with a 3.2 or higher cumulative grade point average, are named to the Academic Honor Roll. Each student-athlete named to the Honor Roll will receive a certificate.

Cumulative grade point averages for the Academic Honor Roll revert to the most recent semester (e.g., Fall Honor Roll reverts to cumulative GPA through the most recent spring semester, Winter Honor Roll reverts to the GPA through the most recent fall semester and Spring Honor Roll reverts to the GPA through the most recent fall semester).

NCAA INFORMATION

Elizabethtown College is an NCAA Division III member institution. As a Division III institution, E-town is not permitted to award financial aid on the basis of athletic ability. Also, as a Division III institution, E-town sponsors an athletics program that places greatest emphasis on the overall quality of each student-athlete's educational experience and on the successful completion of the student-athlete's academic program.

NCAA information for student-athletes can be found at the NCAA website, www.ncaa.org.

NCAA Scholarship Opportunities

The NCAA provides scholarship opportunities for selected student-athletes. For further information, go to the NCAA website and/or see the director of athletics.

GO JAYS !!!