

Student-Athlete Handbook

V.3.00

Updated 9/15/2016

Sports Participation

Student-Athlete Participation Forms

All varsity athletes are required to have a physical examination performed by a physician prior to the first year of participation in the Hendrix College Athletic Program in accordance with recommendations of the NCAA Sports Medicine Handbook. Before any athlete can participate in practice or competition, he/she must have turned in to the Head Athletic Trainer all required paperwork for that year of competition. Required paperwork includes: health appraisal (newcomers or returners), insurance information form, secondary insurance form, front and back copy of insurance card, release of medical records, assumption of risk and permission to treat, HIPPA form and physical exam(1st year). Paperwork is emailed to the student-athletes in June, prior to the academic year.

NCAA Compliance Forms

Additionally, all student-athletes must attend their team's NCAA Compliance meeting conducted for each team before the beginning on intercollegiate competition. To fill out the updated NCAA Forms and be briefed about NCAA rules and intercollegiate athletics' policy. The forms to be signed are:

- NCAA Drug Testing Consent Form
- NCAA Student-Athlete Statement Form

International Students and Intercollegiate Athletics

In addition to the above requirements, the NCAA mandates international students fill out an additional form to determine eligibility against NCAA rules. This must be completed before a student-athlete practices.

Student-Athlete Welfare

Hendrix College has several mechanisms in place to help student-athletes in time of need, including Academic Services and Counseling Services, available to students for any number of reasons, including issues listed below. If you have any questions about what else may be provided, please contact your head coach.

Tobacco

The Hendrix Athletic Department prohibits tobacco usage, in any and all forms. I will abide by NCAA and team policy (on and off campus) and understand tobacco use is counterproductive to my general health and well-being.

Alcohol and Illegal Substance Abuse

State law sets the minimum age for the purchase and consumption of alcoholic beverages at 21 years of age.

Using illegal drugs or misusing prescribed drugs is risky and usually harmful to your academic and athletic performance. Because drugs often produce behavioral, physical and psychological changes, their use can cause problems not only for you but for your teammates as well. Illegal or unauthorized drug use and abuse is a serious problem and the department wants you to understand the effects and consequences of such use; therefore, attendance at drug education sessions will be required.

Understanding the effects of drug abuse, problems associated with drug abuse and options for counseling and rehabilitation will be addressed.

If you believe you have an alcohol or drug abuse problem, talk with your coach, the athletic trainer of your sport, or the College's Health Services staff for assistance or information about alcohol abuse. All counseling, both within and outside of the department is confidential.

Alcohol and/or illegal substances are not to be possessed or consumed by any student-athletes, manager, or student-trainer – regardless of age, during any College sponsored travel for the purpose of athletic practice or competition. This restriction is in effect from the time of departure until the time of return and includes, but is not limited to, time spent in: (1) college, commercial or private carriers/vehicles; (2) hotels, motels and restaurants; and (3) athletic, commercial and/or private facilities. It is the responsibility of each head coach to monitor policy adherence.

See Appendix A for a full list of NCAA Banned Drugs

Gambling

NCAA rules strictly prohibit members of the athletic department or student-athletes from engaging in gambling or sport wagering activities.

It is hoped that you, as a student-athlete, will never be approached in an attempt to involve you in a gambling or bribery situation. However, on some campuses in the past, student-athletes have become involved with organized gambling operations. The results of this involvement have been both severe and tragic, not only for the individual but for the entire athletic program.

Hendrix has counseling services available to you for gambling addiction, and you should contact your coach for more information.

1. You are not eligible to compete if you knowingly provide information concerning intercollegiate athletic competition to individuals involved in organized gambling activities; solicit a bet on any intercollegiate team; accept a bet on any team representing the institution;

or participate in any gambling activity that involves intercollegiate athletics, through a bookmaker, a parlay card or any other method employed by organized gambling (NCAA Bylaw 10.3).

2. You are not eligible to compete if you have shown dishonesty in evading or violating NCAA regulations. (NCAA Bylaw 10.1).

3. Report to your coach or the Compliance Office any attempt to secure information concerning situations that might alter the normal performance of your team.

4. Do not accept any benefits from strangers, such as meals, presents, etc. You are required by both the department and the NCAA to report any individual who offers gifts, money or favors in exchange for supplying information or for attempting to alter the outcome of any contest.

5. Be aware of the legalities of gambling at an institutional and state level. Understand that the consequences at the University level may be expulsion, and that the University will assist with the enforcement of federal, state and local anti-bribery laws.

6. Do not accept any money from a “fan” for a game “well played.”

7. Do not attempt to sell or accept money for a benefit in exchange for your complimentary admissions.

8. Do not discuss the condition or attitude of your team with anyone other than your teammates or coaches.

9. You must compete with honesty and sportsmanship at all times so that you represent the honor and dignity of fair play (NCAA Bylaw 10.01.11).

10. Do not participate in fantasy leagues or other similar contests that determine a cash or award winner.

Hazing

The State of Arkansas defines hazing as “any willful act, on or off the property, by any one student alone or acting with others which is directed against any other student or students, done for the purpose of intimidating the student, physically attacking, threatening him or her with social or other ostracism, or submitting such student to humiliation, shame, or disgrace among his or her fellow students. OR abusive tricks meant to frighten or scare.”

No person shall knowingly permit, encourage, aid, or assist any person in committing the offense of hazing, or willfully acquiesce in the commission of such offense, or fail to report promptly.

Hazing in the state of Arkansas is a misdemeanor, punishable by up to 90 days in jail, probation, restitution, and expulsion. All cases of reported or suspected hazing will be referred to the Dean of Students and Conway Police Department for investigation.

Sexual Misconduct

Hendrix and the Hendrix Athletic department prohibit all forms of sexual harassment, sexual misconduct, and gender based violence. The College is committed to fostering a community that promotes personal safety, acceptance, and tolerance for all, as well prompt reporting of sexual misconduct and a timely and fair resolution.

Transfers

The NCAA and Hendrix have rules and policies in place regarding transfer eligibility. Consult your coach about transfer information.

Participation Manual

Team Travel

Your head coach will review the standards for team conduct that you should observe when you travel with your team. Specific requirements for dress, individual conduct, curfews and free-time activities will be discussed.

Regardless of your sport, the athletic department does not allow student-athletes to use alcohol, tobacco or drugs at any time while representing their teams at home or on trips away from campus.

Traveling Squads

Only official members of the team party are permitted to travel. Travel limits for each team will be agreed upon between the coach and the Athletic Director and will be set in conjunction with SAA guidelines and good fiscal policy. **Academically ineligible student-athletes will not be considered official members of the team party and thus will not be allowed to travel.**

Academic Eligibility

Missed Classes

You may occasionally miss classes to participate in "away" athletic events. In general, faculty members are very understanding, provided that students inform them prior to travel and as early as possible about anticipated absences. Communication from the student-athlete to the faculty is key.

At the beginning of each semester, review the syllabus requirements and give each of your professors a copy of the "missed class" letter and your schedule of away competition. Review the syllabus with your professor and discuss any possible conflicts with exams, projects or papers. Make sure you understand your professor's requirements, and if you experience any difficulties in working out a schedule for makeup work, contact your academic counselor.

If your class instructor requires documentation of your team travel, request a letter from your coach at least one week in advance of the trip.

You should also reconfirm your absence with your professors, at least a week prior to departure. At that time, arrange to make up missed course work resulting from traveling with your team.

NCAA and Hendrix Academic Eligibility

Classification by grade level will be determined the first day of classes (Fall semester). GPA will be calculated at the end of the spring term for first year student-athletes and at the end of each semester for upper classmen.

Student-athletes must meet the following standards in order to compete.

- Must be enrolled in a minimum of **three** courses during the season of competition.
- The student must have earned at least **six** course credits after the first year of academic study, **thirteen** credits after the second year, **twenty** credits after the third year, and credits sufficient for graduation within five years.
- The student-athlete's cumulative grade point average (GPA) must meet or exceed the following thresholds:

First day of classes sophomore year	1.90
Beginning the junior, senior, or 5 th year	2.00

Team by Team Academic Concerns

Individual coaches have the responsibility to determine ancillary and compulsory procedures for student-athletes based on academic standing. See your coach for information

Tutorial Support

Peer tutoring is available to Hendrix Student-Athletes and Students alike through Academic Support Services. Meeting locations and times are available online or by calling 450-1482.

Athletic Equipment

Student-Athlete Responsibilities

Student-athletes are responsible for all equipment issued to them. If equipment is not returned, the cost of the equipment not returned will be charged to the student's College account. If any equipment is stolen or missing, it should be reported immediately. Student-athletes will be invoiced for all missing or unreturned equipment. It is the responsibility of the head coach to make sure that student-athletes are aware of this policy and the ramifications of non-compliance

Old or Discontinued Equipment

Old or discontinued equipment can be sold to student-athletes or others for a reasonable charge. Students must not possess old athletic equipment provided by Hendrix without authorization.

Athletic Training

Lightning Policy

The Hendrix College Athletic Department uses a lightning storm detector and/or certified weather service. If it is determined there is a strike within **3 to 8 miles** of the facilities, complete evacuation of all athletes, coaches, officials, and spectators from the outdoor facilities will occur. The closest safe structure to all Hendrix College outdoor facilities is the Wellness and Athletic Center. Athletic activity may not resume until 30 minutes after the last sighting of lightning. All athletes must remain in the Wellness and Athletic Center until it is deemed that they may safely exit the facility. Spectators and officials may leave at their own risk.

The decision to stop competition during games at Hendrix College will begin with the decision of the game officials. The Hendrix College game administrator for that particular event has the right to overrule the game official to stop the game in accordance with the lightning policy. The certified athletic trainer at the event also has the grounds to stop competition in accordance with the Hendrix College lightning policy and the NCAA/SAA lightning policy. The decision to cease outdoor practices will start with the decision of the coach(es) overseeing the session. The Head Athletic Trainer or Athletics Director has the final decision in removing athletic teams from the outdoor facilities.

Insurance

All student-athletes are required to have personal primary health insurance which covers intercollegiate athletic injuries prior to any form of participation in athletics at Hendrix College. Hendrix College does not provide primary health/medical insurance coverage for student-athletes but students who do not have such coverage may purchase an individual policy through the Athletic Department. Hendrix College carries a secondary or excess insurance policy for our student-athletes through NACDA Insurance. The policy provides coverage for medical expenses that are incurred by student-athletes during participation in intercollegiate athletics at Hendrix College. This policy covers the student-athlete after bills have been processed through the student-athlete's primary insurance policy and the policy's \$1000.00 deductible has been met. The student-athlete and his/her primary insurance carrier are responsible for the \$1000.00 deductible. Any questions about the secondary insurance policy or purchasing the primary insurance policy should be directed to the Athletic Department Administrative Assistant or the Head Athletic Trainer.

Medical Referrals

All athletic injuries requiring outside medical attention must be cleared through the Head Athletic Trainer to assure proper maintenance of medical files, with the exception of medical emergency treatment. Referrals for medical services not coordinated through the athletic

training staff will not, in most cases, be processed through the Hendrix College secondary insurance policy and bills incurred will be the sole responsibility of the student-athlete.

Treatment Policy

Treatments will take place before and after practice or as indicated by the athletic trainer. The training room will be open until after the last scheduled practice.

Treatment priority belongs to in-season student-athletes. Student-athletes are solely responsible for arriving at the Training Room in time to receive treatment and make practice on time.

Appendix A

Banned Substances

Bylaw 31.2.3.1

Banned Drugs

The following is the list of banned drug classes:

(a) Stimulants:

amiphenazole
amphetamine
bemigride
benzphetamine
bromantan
caffeine
chlorphentermine
cocaine
cropropamide
crothetamide
diethylpropion
dimethylamphetamine
doxapram
ephedrine
ethamivan
ethylamphetamine
fencamfamine
meclofenoxate
methylene-
dioxymethamphetamine
methamphetamine
methylphenidate
nikethamide
pemoline
pentetrazol
phendimetrazine
phenmetrazine
phentermine
phenylephrine
phenylpropanolamine (ppa)
picrotoxine
pipradol
prolintane
strychnine
synephrine
and related compounds*

(b) Anabolic Agents:

anabolic steroids
androstenediol
androstenedione
boldenone
clostebol
dehydrochloromethyl-testosterone
dehydroepiandrosterone (DHEA)
dihydrotestosterone (DHT)
dromostanolone
fluoxymesterone
gestrinone
mesterolone
methandienone
methenolone
methyltestosterone
nandrolone

norandrostenediol
norandrostenedione
norethandrolone
oxandrolone
oxymesterone
oxymetholone
stanozolol
testosterone2
tetrahydrogestrinone (THG)
trenbolone
and related compounds*
Other anabolic agents
clenbuterol

(c) Substances Banned for Specific Sports:

Rifle:
alcohol
atenolol
metoprolol
nadolol
pindolol
propranolol
timolol
and related compounds*

(d) Diuretics:

acetazolamide
bendroflumethiazide
benzthiazide
bumetanide
chlorothiazide
chlorthalidone
ethacrynic acid
flumethiazide
furosemide
hydrochlorothiazide
hydroflumethiazide
methyclothiazide
metolazone
polythiazide
quinethazone
spironolactone
triamterene
trichlormethiazide
and related compounds*

(e) Street Drugs:

heroin
marijuana3
THC (tetrahydrocannabinol)3

(f) Peptide Hormones and Analogues:

chorionic gonadotrophin (HCG - human chorionic gonadotrophin)
corticotrophin (ACTH)
growth hormone (HGH, somatotrophin)
All the respective releasing factors of the above-mentioned substances also are banned.
erythropoietin (EPO)
sermorelin

(g) Definitions of positive depends

on the following:

1. for caffeine-if the concentration in urine exceeds 15 micrograms/ml.
2. for testosterone-if the administration of testosterone or the use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.
3. for marijuana and THC-if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

* The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

These are not the ONLY banned substances, as the list is ever growing and changing. Discuss all supplements with the trainers.

Appendix B



Hendrix College Athletic Department - Warrior Code of Conduct

Philosophy:

Membership on a Hendrix College Athletic Team is considered a privilege, not a right. Student-athletes have a special responsibility to lead and conduct themselves in a manner that is a credit to themselves their sport, the athletic department and to Hendrix College.

All athletes are expected, in both attitude and action, to make a positive contribution to their programs and to strive for peak performance. Student-athletes must abide by established rules and regulations set forth by the NCAA as well as institutional, state and federal regulations.

Student-athletes are among the most visible individuals on campus, as well as in the community. You have a unique platform and responsibility to be a role model, mentor and spokesperson. The college, the athletic program, and all student-athletes benefit from this positive exposure. Student-athletes accept the high standards of conduct expected of them and will be held accountable for their actions.

As a student-athlete at Hendrix College, I will demonstrate a high standard of conduct in the following manner:

A. College, Department, and Team Policies and Rules:

I will adhere to all college, department and team policies and rules.

***SANCTIONS:** Violations of policy may result in disciplinary action through the College Judicial Office, the Department of Athletics and/or your coach.*

B. Academic Eligibility:

I will maintain full-time status and maintain satisfactory progress towards a baccalaureate degree.

Minimum GPAs established as 1.90 for Sophomores and 2.00 for Juniors and above. No minimum GPA exists for first year students. I will be enrolled in a minimum of 3.0 credit hours at time of competition.

***SANCTIONS:** Student-athlete falling below full-time status will be subject to sanctions and/or loss of eligibility in the traditional or non-traditional season as outlined in the College Handbook. Student-athletes without the minimum GPA are not eligible to compete.*

C. Drugs, & Alcohol:

I will abide by institutional and team policy (on and off campus) as well as state/federal laws concerning the consumption/use of alcohol and/or other drugs, (both recreation and performance enhancing) and I am aware of the violations as they are written in the student-athlete handbook.

***SANCTIONS:** Student-athletes found in violation of campus/ team rules involving tobacco, alcohol, marijuana, and /or any illicit drugs will be subject to suspension and loss of eligibility under college, athletics department and NCAA rules. A student-athlete may be recommended (by his or her coach or administration) to the Counseling Center.*

D. Behavior:

I will exemplify high principles of honor, respect, integrity, and morality and I will conduct myself in a positive manner on and off the campus and lead by example.

***SANCTIONS:** Student-athlete will act with respect towards college officials, faculty, and staff. Violations could include an immediate suspension. Athletes who have been charged with a crime will be suspended immediately pending an investigation. Those convicted of a crime off campus and/or are found guilty of violating any college policy, will be subject to disciplinary action through the College judicial office, the Athletic Department and/or your coach.*

E. Hazing:

As a student-athlete, it is my responsibility to prevent any form of HAZING, or any act committed against my teammates or any other student that is HUMILIATING, DEMEANING, or ENDANGERS their health and safety. I will not take part in any initiations, regardless of consent or willingness to participate by others. I am aware that some feel powerless to resist, so I must set the example by not allowing hazing to occur.

***SANCTIONS:** Student-athletes who are found guilty of initiating or supporting hazing activities will be immediately suspended and could forfeit their eligibility. Hazing is against Arkansas State Law, and could be referred to Conway Police for Investigation.*

F. Gambling:

As a student-athlete, it is my responsibility to refrain from sports gambling of all types. Participating in any wagers, providing information to anyone related to sports wagering, and attempting influence the result of any contest to secure a monetary outcome is strictly against NCAA rules and federal law.

***SANCTIONS:** Student-athletes who are suspected of gambling-related activities will be immediately suspended pending investigation and could forfeit their eligibility. Additional sanctions may be imposed, depending on severity of the offense.*

G. Social Media and On-Line Communities:

I understand social media accounts and on-line community sites are in the public domain with powerful search tools such that anyone can view anything I post. Information I post on these sites is subject to public knowledge and judgment. The information is a reflection of me, my teammates and the Hendrix College Department of Athletics. Since the athletics department and Hendrix College have a vested interest

in their reputation, I am required to remove postings deemed inappropriate by the Director of Athletics, coach or designee. It is my sincere intention to be a role model student-athlete for the college.

***SANCTIONS:** Student-athletes found participating in on-line communications or communities which violate the Code of Student Conduct may be subject to disciplinary action.*

H. Sexual Misconduct

Hendrix and the Hendrix Athletic department prohibit all forms of sexual harassment, sexual misconduct, and gender based violence. The College is committed to fostering a community that promotes personal safety, acceptance, and tolerance for all, as well prompt reporting of sexual misconduct and a timely and fair resolution.

***SANCTIONS:** Student-athletes who are found guilty of sexual misconduct by the College will be immediately suspended pending investigation and could forfeit their eligibility to participate. Additional sanctions may be imposed, depending on severity of the offense by the College and Department.*

I. Tobacco

The Hendrix Athletic Department prohibits tobacco usage, in any and all forms. I will abide by NCAA and team policy (on and off campus) and understand tobacco use is counterproductive to my general health and well-being.

J. MEDICAL CLEARANCE & SPORTSMANSHIP:

In addition, to the above, I will be expected to:

1. Demonstrate good sportsmanship and treat all officials and opponents with respect.
2. Refrain from the use of profane and vulgar language or gestures.
3. Complete, provide and sign all required athletic training paperwork.
4. Any/All supplements must be approved by team's trainer PRIOR to use.
5. Maintain proper level of physical conditioning, including cardiovascular fitness, muscular strength and flexibility and appropriate body composition.
6. Adhere to a prescribed rehabilitation program for the management of injuries.
7. Notify all instructors of a class absence due to the approved athletic contest well in advance of the absence.
8. Be responsible for all college-issued athletic equipment.

K. Likeness Waiver and Release:

As a condition of my participation in Hendrix Athletics, I hereby acknowledge and grant Hendrix College, the Southern Collegiate Athletic Association, and any parent, subsidiary and affiliated entities, and to such other persons as Hendrix College may designate or give permission to from time (hereinafter collectively referred to as "licensees") the absolute, irrevocable right and permission to use, in any manner, my name, voice, portrait, likeness, testimonials and statements (including but not limited to photos, videos, film and/or other recordings) either alone or accompanied by other material such as still images or footage in any media and formats whether now known or later developed, for any purpose relating to developing and/or promoting Hendrix College, Hendrix athletics, and/or Hendrix student-athletes.

I agree that I will not hold or seek to hold licensees responsible for any liability resulting from the use of my name, voice, portrait, likeness, photograph and/or footage in accordance with the terms of this agreement, including, but not limited to what might be deemed as to be a misrepresentation of me, my character or my person due to distortion, optical illusion or faulty reproduction that may occur in the finished product. I acknowledge the fact that the licensees are not obligated to make any use of my name, voice, portrait, likeness, biographical information, still images, and/or footage.

I have read and have understood this release. I understand that by signing this release, I have given up substantial rights. I have voluntarily signed this release. I am at least 18 years of age and I am competent in my own name. I have read this release before signing below and I fully understand the contents, meanings and impact of this release and waiver.

I understand that failure to follow this code of conduct will result in athletic ineligibility and/or disciplinary action, which may include suspension or dismissal from my team.

I understand that as a student-athlete I am accountable to my coaches and the athletic department. however, as a student I am accountable to the college's code of conduct through the dean of students' office, and thereby am accountable to both offices. sanctions may be dually enforced or singularly enforced, if agreeable and acceptable to both offices.