



**CALIFORNIA UNIVERSITY OF PA
STUDENT ATHLETE HANDBOOK
2016-2017**

**STUDENT-ATHLETE SUBSTANCE ABUSE
POLICY**

**STUDENT ATHLETE CODE OF CONDUCT
STATEMENT**

Dear Student-Athlete,

Welcome to California University of PA and the Intercollegiate Athletic Program for the 2016-2017 school year. It is a privilege to play on an intercollegiate sports team at an institution and one that comes with great responsibility both on and off the playing field.

Academically - We have boasted an athletic graduation rate of 81% on the most recent NCAA ASR survey. In spring 2016, 185 athletes achieved a 3.25 or higher GPA. Overall, the athletic GPA for the spring term was 3.221 and there were 26 student-athletes that achieved a perfect 4.00 GPA. Morgan Huegel (Men's Indoor and Outdoor Track and Field) and Alex Zanella (Women's Indoor and Outdoor Track and Field) won PSAC Top 10 awards for their academic performance.

Athletically - In the last year, both Women's Tennis and Women's Basketball repeated as PSAC Conference Champions. The athletic department finished third in the Dixon Trophy standings which recognizes the top athletic departments within the conference. Cal U also finished 38th in the nation out of 263 Division II schools in the nation in the Learfield Sports Directors Cup recognizing outstanding athletic achievement in all sports. The athletic program continues to be a source of great pride and long tradition at the institution.

As a Cal U student-athlete, you are expected to abide by the rules of the NCAA, PSAC, University, Athletic Department, and your individual sports team. Student-athletes are expected to uphold the University core values of **civility, integrity, and responsibility** in all of their actions.

As stated earlier, it is a privilege to be a part of an intercollegiate program, and not a right. Enclosed in this student-athlete handbook are the expectations, policies, and rules which you are expected to abide by.

We look forward to another successful year. My door is always open for you if you ever have a question.

Dr. Karen Hjerpe

Dr. Karen Hjerpe
Director of Athletics
Hjerpe@calu.edu

IMPORTANT ATHLETIC CONTACTS/PHONE NUMBERS

Dr. Nancy Pinardi Vice President for Student Affairs x4439
Office Location: Natali Student Center

pinardi@calu.edu

ATHLETIC MAIN OFFICE – HAMER HALL ROOM 245
PHONE: 724-938-4351 FAX: 724-938-5421

ATHLETIC ADMINISTRATION:

Dr. Karen Hjerpe	Athletic Director	x4167	hjerpe@calu.edu
Ed Whited	Director of Facilities	x4351	whited@calu.edu
Jenni Morrison	Asst. to AD Business	x5790	morrison@calu.edu
Kelly Collins	Athletic Academic Advisor	x4995	collins@calu.edu
Carolyn Tardd	Administrative Asst.	x4197	tardd@calu.edu
Dr. William Biddington	Faculty Athletic Rep.	x4351	biddington_w@calu.edu
Ben Hilborn	Equipment Manager	x4351	hilborn@calu.edu
Matt Kifer	Sports Information Director	x4552	kifer@calu.edu

COACHES:

Michael Conte	Head Baseball	x5837	conte_m@calu.edu
Anthony Rebyanski	Asst. Baseball	x5709	rebyanski@calu.edu
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Justin Caldwell	Asst. M. Basketball	x4366	
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Katie Tetzlaw	Asst. W. Basketball	x5392	tetzlaw@calu.edu
Daniel Caulfield	Head Cross Country	x5828	Caulfield@calu.edu
Jackie Caulfield	Asst. Cross County	x5828	Caulfield_j@calu.edu
Football	724-938-4019		
Gary Dunn	Head Football Coach	x5381	dunn@calu.edu
Mike Craig	Defensive Coordinator	x5384	craig@calu.edu
Peter Davila	Defensive Backs	x5386	davila@calu.edu
Larry Wilson	Offensive	x5383	wilson@calu.edu
Chad Salisbury	Quarterbacks Coach	x5382	Salisbury@calu.edu
MerriLyn Gibbs	Head W. Golf	x5900	gibbs@calu.edu
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Glenn Francis	Head W. Soccer	x1695	francis@calu.edu
Rick Bertagnolli Dana Webb	Head Softball Asst. Softball	x5794 x4479	bertagnolli@calu.edu webb@calu.edu
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Peter Letourneau Barbara Letourneau	Head Volleyball Asst. Coach	x5876 x5876	letourneau@calu.edu letourneau_b@calu.edu

ATHLETIC TRAINING ROOM HAMER	724-938-4562
ATHLETIC TRAINING ROOM – STADIUM	724-938-1678

Team Doctor: Dr. Jose Ramirez-DelToro	
Dr. Shelly DiCesaro	dicesaro@calu.edu
Dr. Mike Meyer	meyer_m@calu.edu
Dr. Jamie Weary	weary@calu.edu
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Jeff Giovannucci	Giovannucci@calu.edu

ACADEMIC INFORMATION

A. ELIGIBILITY REQUIREMENTS

In order to be eligible for intercollegiate sports competition, a student-athlete must satisfy the NCAA rules and regulations regarding eligibility.

The current eligibility regulations affecting California's student-athletes are as follows:

1. Freshman or transfer students must meet NCAA requirements pertaining to eligibility.
2. Transfer students must also send a letter of self-disclosure to the athletic director pertaining to any disciplinary action that occurred at their previous institution(s) and since graduation from high school. Note: Any undisclosed information that may be detrimental to the integrity of California University of PA may result in termination of athletic award and/or loss of further participation at California University of PA. Transfer student-athletes must be approved by the Athletic Department transfer committee prior to practicing with any intercollegiate team.
3. The student must be a full-time student (i.e. carry **a minimum of 12 semester hours**)
4. The student must successfully complete 24 new semester hours per academic year, including summer. NOTE: In accordance with NCAA Bylaw 14.5.4.1, the student-athlete shall earn at least 18 hours during the regular year and can earn up to 6 hours in the summer.
5. A student-athlete **MUST PASS 9 HOURS PER SEMESTER** in order to be eligible. If a student fails to pass 9 hours in either the fall or spring in which they are a full-time student, the student-athlete will be rendered ineligible and **WILL LOSE HIS/HER ATHLETIC RELATED FINANCIAL AID.**

****Please note beginning Fall 2016, the number of hours that must be earned in the previous semester will be 9. So, in certifying for Fall 2016, compliance will look at the last full time semester and each student-athlete must have earned 9 hours in that semester. For a transfer student – it would be 9 hours of transferable credit from the school they are transferring from.****
6. **Beginning August 1, 2016 – a student athlete must pass 24 hours per year (the averaging method has gone away).**
 - **Must pass 24 hours per year to be eligible**
 - **Minimum of 18 hours required during the regular academic year**
 - **Cumulative 48 hours after the first two years *** ONLY APPLIES TO NON-TRANSFER STUDENTS *****
 - **Number of credits that must be passed per full-time semester will be 9 which will be applicable to transfers as well.**
 - **Grade point average 2.00**
 - **Good academic standing (per institutional and NCAA requirements)(no change)**
 - **Designation of Degree by beginning of junior year (no change)**
7. The student-athlete must make satisfactory progress in a degree program and declare a major by the beginning of the fifth semester.****
8. The student-athlete must have his/her name on the official team roster.
 - Subject to amendment by the NCAA and/or PSAC

- Different degree programs may have grade point average requirements higher than the university requirement for good standing.
9. Student-athletes found by the athletic administration to be missing a significant number of classes (not attending) will have their scholarships immediately cancelled. (policy effective 4/18/05) Per NCAA Bylaws, a student-athlete cannot miss class for a practice with the exception of NCAA Championships when Cal U is the host institution.
10. **All students must abide by the academic policies set forth by California University of PA. In order to meet satisfactory academic progress at California, a student will need to have a 2.00 cumulative GPA. This is in effect no matter what year the student is in. Per NCAA Bylaws 14.01.2 as well as 14.4.1 – the cumulative 2.00 GPA will be necessary for competing in intercollegiate competition.**

At the end of each term, including summer, cumulative GPA's will be checked. If a student-athlete falls below the required 2.00 cumulative GPA, they will be ineligible immediately for competition. They will, however, be allowed to continue to practice with the team, they will just not be allowed to compete while their cumulative GPA is below 2.00. Failure to meet the required 2.00 GPA could mean a loss of athletically related financial aid.

11. **Financial aid award policy – Academic records are reviewed at the beginning and end of each semester to determine if the student athlete fulfills academic requirements to continue to receive financial aid.**

To meet Financial Aid progress, a student must:

- **Pass 67% of hours attempted each semester AND Have a 2.00 cumulative GPA.**

If a student does not meet BOTH of these each semester, then the following will occur:

- **Financial aid warning – If after 1 semester of not achieving either requirement as stated above, the student will be in financial aid warning. The student will continue to receive financial aid including athletic scholarship. Again, the student could practice BUT COMPETITION WOULD DEPEND ON WHETHER OR NOT THE STUDENT HAD THE REQUIRED ACADEMIC 2.00 GPA. (For instance, if the student does not pass 67% of hours attempted but still has the 2.00 Required cumulative GPA, then they meet academic standards for competition and could still compete).**
- **Financial aid suspension – After the second semester of not meeting both requirements as stated above, the student goes on Financial Aid suspension. At this point – ALL FINANCIAL AID INCLUDING ATHLETIC SCHOLARSHIP IS SUSPENDED/TAKEN AWAY.**
- **Appeal – If the student reaches financial aid suspension, there is an opportunity to appeal. If the appeal is successful and the student is moved to financial aid probation – then financial aid can be restored for the set period of probation. This aid would include athletically related aid.**

Generally speaking – with regards to financial aid – the athletic department will follow the policies and procedures of the University financial aid office. If financial aid can be awarded based on academic status, then athletic aid can also be awarded. If financial aid cannot be awarded based on academic status and failure to meet satisfactory progress, then athletic aid CANNOT be awarded.

Per NCAA Bylaw 15.3.4.1 – If a student-athlete renders himself or herself ineligible for NCAA Intercollegiate competition (by not having the 2.00 cumulative GPA), it is permissible to reduce or cancel athletic scholarships at that point. The student-athlete would be given an opportunity to appeal that decision.

Prior to being eligible to compete, a student-athlete must

1. Fill out NCAA forms
2. Be cleared by compliance office and added to the roster
3. Show proper proof of insurance
4. Be cleared medically to compete
5. Be cleared by the transfer committee staff if applicable

B. DECLARING A MAJOR

NCAA Bylaw 14.4.3.1.5 stipulates that student-athletes shall designate a program of studies leading toward a specific baccalaureate degree by the beginning of their third year of enrollment (5th semester). If a student-athlete is enrolled in the General Studies Program, it is strongly suggested that a major be selected by the end of their fourth semester. This permits ample time to complete all the necessary paperwork. Failure to declare a major results in a student-athlete becoming ineligible for their sport season. Student-athletes must be in a 4 year baccalaureate degree seeking program in accordance with NCAA Bylaw 14.1.7.1.

C. WITHDRAWING FROM A CLASS

Student-athletes must notify the compliance officer, athletic academic advisor, and head coach when withdrawing from a course. If courses are attempted, then the student-athlete withdraws, those courses are subject to be reviewed for academic progress.

Student-athletes should check with the athletic academic advisor prior to dropping any course. If student-athletes are dropping a course to add another – they should **FIRST ADD** the course they want and then drop the course they do not want so that their full time status remains.

Ceasing to attend class does not constitute official withdrawal.

NOTE: STUDENT ATHLETES MUST MAINTAIN AT LEAST 12 CREDITS EACH SEMESTER IN ORDER TO MAINTAIN ELIGIBILITY.

D. ADDING/DROPPING COURSES

Class schedules may be changed during the add/drop period using the schedule adjustment forms. All schedule changes are governed by the following regulations in the Office of Academic Records.

1. Schedule changes must be approved by the student's advisor and college dean, as necessary.
2. Courses may be added: during the first two days of a semester; during the first day of a summer term; or, for any class (such as an evening class) which has not yet met for the first time, during the first week of classes.
3. Students may drop courses without academic penalty during the university's designated drop period.
4. After the deadline for dropping a course without academic penalty, students who drop a course or courses officially will receive WP or WF grades. Each professor will assign the appropriate grade and the College Dean will translate A, B, and C grades to WP, and D and F grades to WF.

5. Leaving a course without officially dropping it in the Office of Academic Records may result in the assignment of an F grade by the professor. If the professor does not assign a grade, the designation of UW (unauthorized withdrawal) will be assigned by the Dean of Enrollment Management and Academic Services.
6. If a student-athlete attempts 12 or more hours as an undergraduate or 9 or more hours as a graduate student – then it is considered a full time semester for that student.

E. CLASS ATTENDANCE

It is the responsibility of the student-athlete to make up all class work missed because of scheduled competitions. Students should also give their instructors a schedule of events before that class starts. Any work missed during such absences must be made up within the period required of all students in that course. The coaches and the student athletes must make every effort to hold class absences to a minimum. Each coach should distribute a letter to the athlete that they will take to their professor notifying them of a missed class. This should be done at least 1 week ahead of the scheduled missed class so that the student-athlete may schedule make up work or tests. Class attendance is expected.

Student-athletes found by the athletic administration to be missing a significant number of classes will have their scholarships immediately cancelled. **The scholarship memorandum of agreement is a contract of which one stipulation is that you must attend class. If an athletic grant in aid is canceled during the semester because of the student athlete missing a significant number of classes, that student will be responsible for that semester's amount of grant in aid. (policy effective 4/18/07)**

F. GOOD ACADEMIC STANDING

In order to remain in good academic standing, student-athletes must meet standards set by both the NCAA **and** the university. If the university standards are more stringent than the NCAA standards, then the athlete must abide by university standards to be in good academic standing

GPA Requirements

All Undergraduate Students **2.00 Cumulative GPA required**

All Graduate students **must maintain a 3.00 GPA** in order to remain in Good Academic Standing

NOTE: ANY STUDENT WHO FALLS BELOW A 2.00 GPA WILL LOSE THEIR SCHOLARSHIP. IN ADDITION, THE ATHLETIC DEPARTMENT FOLLOWS THE UNIVERSITY'S POLICY ON GOOD ACADEMIC STANDING. IF YOU ARE NOT IN GOOD ACADEMIC STANDING WITH THE UNIVERSITY, YOU MAY NOT BE ELIGIBLE FOR COMPETITION.

G. ACADEMIC SUPPORT

The athletic academic support staff provides assistance to student athletes in tutorial services, progress towards degree requirements, and other academic areas. The staff will check grades on all certified student-athletes throughout the semester and will update the athletic administration and coaching staff on progress and concerns.

H. 10 SEMESTER RULE

You are **not eligible** after the first 10 semesters or 15 quarters in which you were enrolled at a collegiate institution in at least a minimum full-time program of studies as determined by the institution, except for extensions that have been approved in accordance with NCAA legislation. [Bylaws 14.2.2 and 14.2.2.3]

It is the responsibility of the student-athlete to track their 10 full time semesters. Student athletes should have discussions with the head coach as well as Kelly Collins – the academic athletic advisor - if the student athlete has eligibility remaining and is reaching their 10th full time semester.

I. NCAA WAIVERS

In unique situations of extreme hardship or injuries that prevent a student-athlete from playing, an NCAA Waiver to initial eligibility, continuing eligibility, or extension of eligibility may be applicable. In all cases, mitigating circumstances **must be present and documented** for a waiver to be filed. In all potential waiver cases, the head coach will consult with the Athletic Director on potential waiver cases to determine if a waiver can be filed and discuss the details surrounding the waiver.

The head coach must support the waiver request first. Once the head coach supports the waiver – then the athletic director, head coach, and student will meet to discuss the circumstances surrounding the waiver request. The student-athlete will be responsible for typing/signing a letter where they outline all mitigating circumstances associated with their request. The student-athlete will be responsible for collecting documentation needed to support the waiver which may include doctor's letters, high school records, letters of support, medical documentation, etc.

The student athlete, head coach, and athletic director will stay in contact regarding all additional documentation that may need to be provided. It is the responsibility of the student-athlete to retrieve that information and provide it to the athletic administration.

EXAMPLES:

- If a student simply played in a minimal amount of contests during the year and was otherwise eligible to compete and did not have a season ending injury, this does not constitute missed opportunities for play and would not be applicable for a waiver.
- If a student athlete was on a squad, certified for competition by the team physician, and at the decision of the coach, did not play for instance for 3 years, this does not constitute missed opportunities and in this scenario, a student athlete would not be eligible for a waiver
- If a student athlete was injured after 2 contests and was medically unable to return to play – the institution can apply for a medical hardship waiver as long as the athletic director has a letter from the doctor outlining the date of injury, when seen, what the injury was, and that the student athlete was medically unable to return for the rest of the playing year. ****please note that if a student-athlete sees their home doctor for surgery in these situations, you must provide that medical documentation and letter from the home doctor**** ****you will also be required to see our team physician to concur with the injury *****

Each case is unique to each individual student-athlete.

FINANCIAL AID AND ATHLETIC SCHOLARSHIPS

A. FINANCIAL AID

Some athletes are supported by an athletic grant-in-aid. Specific aid levels are recommended by the head coaches, and after approval by the Athletic Director, forwarded to the Director of Financial Aid for final approval. Aid is awarded on an annual basis. **It should be noted that any athletic grant in aid shall not be awarded in excess of one academic year and renewal of such aid is not automatic per NCAA Bylaw 15.3.3.1. There should be no assumption that your aid is automatically renewed as specifically outlined in this bylaw.** In accordance with Federal and State Laws, your athletic grant in aid may be taxed.

In accordance with NCAA Bylaw 15.3.4.1, athletic financial aid may be graduated (increased or decreased) or canceled during the period of the award if the recipient:

1. Renders himself or herself ineligible for intercollegiate competition; or
2. Fraudulently misrepresents any information on an application, letter of intent, or financial aid agreement; or
3. Engages in serious misconduct warranting substantial disciplinary penalty, or
4. Voluntarily withdraws from a sport for personal reasons. If the recipient withdraws from a sport for personal reasons prior to the institutions first competition in that sport, gradation or cancellation may occur immediately; however, the recipient's financial aid may be awarded to another student athlete in the term in which the aid was graduated or canceled. 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 or quarter.

Athletic financial aid may also be reduced or canceled during the period of the award for:

5. Failure to file state and federal financial aid forms each year.
If a student who generally qualifies for financial aid (Pell, PHEAA, etc.) fails to file by the deadline, generally April 1st, the amount of estimated financial aid will be deducted from the scholarship.
6. Failure to meet the academic requirements of the university and the policies of the athletic department
7. Failure to observe training rules of the sport and/or policies of the athletic department including attend rehabilitation for injuries
8. Violation of the student code of conduct, student-athlete code of conduct, or athletic substance abuse policy
9. Failure to file State and Federal Financial Aid forms each year.
10. Signing a professional sports contract for your sport or agreeing to be represented by an agent
11. Lack of performance or lack of contribution to the goals of the program
12. Misses a significant number of classes.

As soon as one of the above occurs, the coach will notify the Athletic Director in writing. The Athletic Director will then notify the Financial Aid Director and Vice President in writing that the individual's aid will be terminated. Student-athletes will have the opportunity to appeal this decision.

B. RENEWAL OF ATHLETIC FINANCIAL AID

For the annual renewal process, athletes will be notified in writing by the Athletic Director and Financial Aid liaison of their athletic aid for the next year by July 1st of each academic year. In order for a student-athlete to receive athletically related financial aid of any amount, an official athletic memorandum of agreement must be signed each year by July 1st. Student-athletes should not assume that their athletic aid will be renewed. Only by this written document will this be official that athletically related financial aid will be received. Once the Athletic Director signs the agreement, student-athletes have 14 days to sign and return the memorandum of agreement to the athletic department. Failure to return the document within the specified period (14 working days from the Athletic Director's signature), the document will be rendered null and void. A new memorandum of agreement is required for any renewed award by July 1st for the next academic year.

Only the offer set forth in the Memorandum of Agreement is valid. If you received offers or promises that differ from this award, please notify the University Athletic Director. Verbal, email, or offers made by some other means by coaches or representatives of the California University of PA athletic department are not valid offers of agreement and only those listed on the Memorandum of Agreement are valid offers. Multi-year promises are not permissible per NCAA bylaw 15.3.3.1.

For incoming freshman, athletic scholarships will not be posted until final academic eligibility has been determined by the NCAA eligibility center (per NCAA 14.3.5.1). For incoming transfer students, athletic scholarships will not be posted to financial aid bills until after all final transcripts have been received by the University and transfer eligibility has been determined.

CALIFORNIA UNIVERSITY OF PA ATHLETIC DEPARTMENT SCHOLARSHIP APPEALS POLICIES AND PROCEDURES

The following are the steps to the appeal process and the policies and procedures for conducting the hearing:

1. You must submit your appeal in writing to the Vice President for Student Affairs, Dr. Nancy Pinardi and the Senior Associate Director of Financial Aid, Mr. Jeff DeRubbo within 15 calendar days of receipt of your notification that you wish to appeal.

Mr. Jeff DeRubbo	Dr. Nancy Pinardi
Senior Associate Dir. Financial Aid	VP for Student Affairs
Dixon Hall Room 105	Natali Student Center
derubbo@calu.edu	Pinardi@calu.edu
724-938-4415	724-938-4439
2. In your appeal, you should include your name, year in school, sport, and the reason you are appealing. Include copies of any relevant documentation that you wish to submit.
3. The institution shall conduct the hearing within 30 consecutive calendar days of receiving your request for the hearing in accordance with NCAA Bylaw 15.3.2.4.
4. The appeals committee is comprised of:
 - a. Mr. Jeff DeRubbo – Senior Associate Director of Financial Aid

- b. Dr. Nancy Pinardi – Vice President for Student Affairs or Designee
 - c. Dr. William Biddington – Faculty Athletic Representative
 - d. Student Athlete Advisory Committee President or designee from SAAC or student-athlete
 - e. Additional representative from Student Affairs
5. At the hearing, the Director of Athletics and/or designee will meet with the appeals committee. The Director of Athletics or designee will leave the room.
 6. The student-athlete will then meet with the appeals committee. The student-athlete will then leave the room.
 7. The appeals committee will then stay and discuss the appeal. The Senior Associate Director of Financial Aid will notify the student-athlete in writing within 7 business days as to the result of the appeal. The decision of the committee is final and there are no further appeals.
 8. Failure of the student-athlete to show for the appeal at the agreed upon date and time will indicate to the committee that there is no further desire to appeal the cancellation of aid. In accordance with NCAA Bylaw 15.3.2.4, the institution will have met their responsibilities of providing a hearing and would not need to reschedule.

POSSIBLE ACTION OF THE APPEALS COMMITTEE

- * If the Athletic Appeals Committee finds that the decision to reduce, to cancel, or not to renew aid is not in violation of the laws, regulations, or institutional policies, and no extenuating circumstances are present, the appeal will be immediately denied.
- * If the Athletic Appeals Committee finds that the decision to reduce, to cancel, or not to renew aid is in violation of the regulations and institution policies, the appeal is immediately approved. The financial aid is then made available to the student as soon as possible.

The ruling of the appeals committee is final and there is no further appeal.

C. SUMMER SCHOOL AND WINTER SESSION

The University does not offer student-athletes summer school or winter session athletic financial aid. Summer school and winter session would be at the expense of the student-athlete.

D. FIFTH YEAR ATHLETES

The University does not offer student-athletes fifth year athletic related financial aid after their eligibility is completed or they have sustained an injury, or have not graduated. Student-athletes can and are encouraged to apply for an NCAA post graduate scholarship. Information on the scholarships can be obtained on the NCAA website at www.ncaa.org or through the Faculty Athletic Representative Dr. Biddington at Biddington_w@calu.edu.

E. INJURED STUDENT ATHLETE

Any student athlete who becomes injured in their sport and can no longer compete will have their athletic aid continued for a maximum 4 year period if funds are available. Failure to make satisfactory progress or failing a class will result in this commitment becoming null and void. Student-athletes as a part of their scholarship will be required to attend all practices and help with general organization of the program.

F. STATE AND FEDERAL FINANCIAL AID

All scholarship student athletes must file for State and Federal Financial Aid. If their paperwork is not received and on file by the first day of classes in the fall, student athletes will not receive their athletic related financial aid. This is a condition of their contract.

G. MID SEMESTER GRADUATES

If a student athlete graduates at mid-year, the athletic aid will be prorated to one-half of the annual award.

H. HOSTING A RECRUIT - RECRUITING POLICIES

As a student-athlete, you may be required to host a potential student athlete on campus. The athletic department has strict policies that govern student hosts. A student host must have emergency contact information of their coach and public safety during a recruit's visit. Alcohol, tobacco and other drugs are prohibited for use by a potential student-athlete (recruit) and current student-athlete when recruits are on campus for a visit or staying overnight. The student host will lose their scholarship if this rule is violated and actions can also result in violation of the student-athlete code of conduct or substance abuse policy.

If you are to receive host money to host a recruit, you would need to see the Asst. to the AD for Business Jenni Morrison and sign off on papers that you understand your responsibility to host a recruit and handle the money. **Within 48 hours of the recruit leaving campus, you must reconcile the receipts and remaining money with Jenni Morrison. Failure to turn in receipts and any remaining money would result in a hold being placed on the student-athlete's account.**

I. UNIFORMS AND EQUIPMENT

Uniforms and equipment will be distributed following:

1. Proof of passing physical from athletic training/team physician and providing proper health records
2. Proof of health insurance to athletic training and athletic administration
3. Proper certification per the NCAA Eligibility Center.

Student-athletes as well as coaches should sign off on equipment issued and returned. Student-athletes are responsible for the care and custody of all materials for their respective sports after issuance. Inventories for all equipment and supplies are made periodically and reported to the respective coach, equipment manager, and the athletic director and/or associate athletic director.

Materials that are damaged, lost, or stolen are to be charged to the person responsible for them at the time. Amounts charged are established at replacement costs, and are to be collected by the athletic business manager. Failure to return these items or make financial restitution shall result in a reporting of a delinquent account and shall be handled in accordance with established University procedures. Holds will be placed on accounts. Money received in this manner is credited to the sport operating budget.

J. REQUESTING A TRANSFER

If a student-athlete requests to transfer from California University of PA to another institution, they must request in writing their desire to either speak to other institutions regarding the possibility of transfer or must request in writing their desire to transfer.

All requests must be made to the Athletic Director Dr. Karen Hjerpe. Requests should be made by letter in writing or email (Hjerpe@calu.edu) and should be followed up with a face to face meeting with the Athletic Director.

The Athletic Director will then have 14 consecutive calendar days to respond to the request to transfer in writing to the student which will be delivered back via e-mail with a request for a meeting face to face with the student-athlete. Failure of the Athletic Director to respond within 14 days of receipt of the transfer from another institution (if written request is first received by the student) will result in an automatic release.

If the student-athlete is granted permission to transfer, then correspondence from other schools will be filled out when received by the Athletic Director (the one time transfer release form).

If the student-athlete is denied permission to transfer, or limited on the schools the student-athlete can transfer to (such as denial to PSAC conference schools), then the student-athlete will be given an opportunity to appeal that decision.

CALIFORNIA UNIVERSITY OF PA ATHLETIC DEPARTMENT APPEALS POLICIES AND PROCEDURES FOR 1 TIME TRANSFER REQUEST

The following are the steps to the appeal process and the policies and procedures for conducting the hearing:

1. You must submit your appeal in writing to Dr. William Biddington, Faculty Athletic Rep. within 14 calendar days of receipt of your notification denying your release that you wish to appeal that decision.

Dr. William Biddington
Biddington_w@calu.edu

2. In your appeal, you should include your name, year in school, sport, and the reason you are appealing. Include copies of any relevant documentation that you wish to submit.
3. The institution shall conduct the hearing within 30 consecutive calendar days of receiving your request for the hearing in accordance with NCAA Bylaws.
4. The appeals committee is comprised of:
 - a. Dr. William Biddington – Faculty Athletic Representative
 - b. Dr. Tim Susick – Student Affairs – or designee
 - c. Larry Sebek – Student Affairs or designee
 - d. Student Athlete Advisory Committee President or designee from SAAC or student-athlete
 - e. Dr. Jamie Weary – Athletic Training or designee
5. At the hearing, the Director of Athletics and/or designee will meet with the appeals committee. The Director of Athletics or designee will leave the room.
6. The student-athlete will then meet with the appeals committee. The student-athlete will then leave the room.
7. The appeals committee will then stay and discuss the appeal. The Faculty Athletic Representative will notify the student-athlete in writing within 7 business days as to the result of the appeal. The decision of the appeals committee is final.
8. Failure of the student-athlete to show for the appeal at the agreed upon date and time will indicate to the committee that there is no further desire to appeal the denial of transfer.

ATHLETIC TRAINING

A. ATHLETIC TRAINING ROOM FACILITIES

The athletic training and sports medicine facilities are intended primarily for the use of California University athletes and visiting teams. Use by persons not directly connected with the university is discouraged.

Athletic training rooms are located in Hamer Hall, Convocation Center, Phillipsburg, and Adamson Stadium. All student-athletes must adhere to the posted rules. The head coach will be informed of student-athletes who violate rules and appropriate action will be taken.

B. PRE-EXISTING INJURIES

The Athletic Department will not be responsible for any pre-existing injury of a student-athlete. The cost attributed to reinjury will be the responsibility of the student-athlete. All incoming students are responsible for notifying the Athletic Trainer of any preexisting injury. Failure to notify the athletic department of a pre-existing injury can result in termination of athletically related financial aid.

C. MEDICAL INSURANCE POLICY FOR STUDENT ATHLETES AT CALIFORNIA UNIVERSITY OF PENNSYLVANIA FOR 2016-2017

1. PROOF OF INSURANCE

All student athletes are required to have and show proof of medical coverage that covers athletic injury up to \$90,000. **Any United States Student Athlete not having medical insurance will be required to take and pay for the prescribed athletic department insurance policy during the academic year based on the following:**

Sports of Football, Tennis, Golf, Soccer, Volleyball and Cross Country MUST APPLY BY JULY 1ST AND MUST HAVE COVERAGE FROM AUGUST 1ST THROUGH MAY 31ST

Sports of Basketball, Swimming, Indoor Track, Outdoor Track, Softball and Baseball – MUST APPLY BY AUGUST 1ST AND MUST HAVE COVERAGE FROM SEPTEMBER 1ST THROUGH MAY 31ST

ANY DUAL SPORT ATHLETES MUST BE COVERED FOR THE ENTIRE TIMES INDICATED IN ALL SPORTS.

2. FOREIGN STUDENTS

All foreign student athletes, as directed by university mandates, are required to take and pay for the prescribed athletic department medical insurance policy that covers athletic injury, to start on August 1 for Fall Sports (football, volleyball, golf, cross country, tennis, and soccer) and September 1 for the Winter and Spring sports. Foreign student athletes who have insurance must have their policy reviewed by California University Athletics. Athletics in conjunction with the Health Center will determine if the policy meets the guidelines set forth by California University of PA and the NCAA. If it does not, then the athlete is required to purchase the accepted policy offered through California University of PA. The student-athlete is responsible for the cost of the insurance policy. Athlete must have insurance during time of participation or association with an intercollegiate team.

3. VALID PROOF

No student athlete will be allowed to get a physical, be issued equipment, or practice without proof of a valid and active medical insurance policy that covers athletic injury.

Any student athlete that begins practice September 1st or is a walk-on athlete during the year must wait 48 hours from the time of the initial athletic department meeting to the time they will be allowed to practice provided they have all of the proper medical insurance information in which includes:

All student-athletes must have the following paperwork completed and approved before practicing, conditioning or participating with a team.

1. University Health Forms – Incoming freshman, new walk ons and transfers only.
2. Proper immunizations completed include:
TB Test, MMR I, MMR II, Tetanus
3. Orthopedic Clearance – if necessary
4. Athletic proof of insurance form and copy of insurance card– All student-athletes
5. Athletic eligibility paperwork

If for some reason, a student athlete participates in conditioning, practices or competition without medical insurance, that student will be personally responsible for their medical bills up to \$90,000. (Eff. 5/24/11)

Student-athletes must disclose pre-existing injuries including concussions. Injuries that occur outside of athletics (such as by participation in intramurals) are the responsibility of the student-athlete.

4. DISCONTINUED/CANCELLED INSURANCE

If a student athlete's medical insurance is discontinued during the playing season, **it is the responsibility of the student athlete to notify the athletic department and the head athletic trainer immediately.** Any cost that may occur during the time the policy is not in effect for any reason will **not** be the responsibility of the athletic department. Failure to disclose loss of insurance during the season will result in automatic dismissal; from any athletic related activity until the coverage is reinstated. **If a student-athlete presents insurance at the time of waiver that is false information or has expired, the student-athlete will be responsible for ALL charges.** California University of Pennsylvania and the Athletic Department will not be responsible for claims resulting under this paragraph. (5/24/11)

5. HMO COVERAGE

All students carrying HMO coverage will be sent home for all services. There will be no exceptions. These students are strongly encouraged to carry the temporary coverage during the traditional playing season for that particular sport as outlined in this document.

6. ATHLETIC DEPARTMENT INSURANCE POLICY AND COVERAGE

A. General

1. The CalU of PA Department of Athletics requires all student-athletes to have acceptable primary health insurance coverage, as determined by the Sports Medicine – Athletic Training staff, which will cover athletic related injuries as a condition to participate in intercollegiate athletics.
2. On January 1, 2014 the Patient Protection and Affordability Care Act (PPACA) became fully implemented. This requires ALL persons to have a compliant medical insurance illness and accident policy. It is imperative that you have sufficient coverage or face financial penalty via the Federal Government. Please note that it is the student-athlete's responsibility to have insurance coverage as a condition to participate in any team related physical activity. Student-athletes will need to secure coverage prior to reporting to campus. This can be done through

your state insurance exchange. No participation will be permitted without insurance coverage!

3. This policy must have full network benefits that are payable in Pennsylvania, specifically Southwest PA. Policies that limited / restricted benefits are not acceptable. Examples of those policies are out of state HMOs (with no provider network in Southwest PA), Travelers Insurances, ER care only, surgery only, etc..
4. If the student-athlete has an **HMO**, they will be required to have services conducted in their available network. Example: If the insurance is an HMO from Florida, the student-athlete will have to travel to Florida for any procedures that may be required (imaging, surgery, referrals, etc.) If a procedure is elected to be conducted out-of-network, the student-athlete will be financially responsible for expenses incurred.
5. **International student-athletes** are required to have a primary health insurance policy that is payable in Southwest Pennsylvania. Many Travelers Insurance policies are ER only, or only paid by reimbursement. The student-athlete would be responsible for 100% of the medical bills out of pocket. Since the secondary insurance will only cover expenses directly billable to the primary insurance, the secondary policy will not be applicable in this case.
6. The CalU of PA Department of Athletics provides only secondary accidental medical coverage for student-athletes, athletic training students, and student-managers, for ***athletically-related injuries***.
7. If there are any co-pays or deductibles for the student-athlete's personal insurance, the CalU of PA Department of Athletics secondary insurance policy will cover it provided the claim meets policy terms and conditions and the **copay and/or deductible does not exceed \$2,500**.
8. There is **no coverage for general medical conditions** (illnesses) at any time, dental care that is unrelated to an athletic injury, or injuries that are sustained away from supervised intercollegiate activity such as (open gyms, intramurals, extra hitting in the cages, lifting on your own, etc.)
9. **Parents should not cancel/drop their son/daughter from their primary health insurance**, as the CalU of PA Department of Athletics requires that all student-athletes have primary insurance coverage as a condition to participate in intercollegiate athletics.
10. **Any/all charges for medical services resulting from termination/lapse/cancellation of the student-athlete's primary insurance will become the responsibility of the student-athlete.**
11. **All medical bills and Explanation of Benefits (EOBs) that are sent to the student athlete (at home or school address) must be submitted to the Insurance Coordinator, Mindy Fisher, immediately.** If these documents are not turned in, the insurance claims cannot be processed, **and the student athlete will be responsible for the medical expenses not paid by the claim.** If the forms are not turned in, and the claims are not paid, the provider may submit the student athlete to collections and negatively affect their credit rating. It is the student athlete's responsibility to submit all necessary paperwork immediately to process the claims in a timely manner. **(updated 7/13/16)**

B. Athletic-Related Injuries

1. The CalU of PA Department of Athletics' secondary insurance policy provides coverage for student-athletes for incidents that occur while participation in supervised and official conditioning, practices, or contests. Travel to and from these supervise and official activities is also covered. Student-athletes are also covered while practicing and competing at an away site.

2. Neither the CalU of PA Department of Athletics, nor its secondary insurance policy provide coverage or accept responsibility for paying any medical claims incurred from a student-athlete being injured while participating in **unsupervised activities**.
3. Neither the CalU of PA Department of Athletics, nor its secondary insurance policy provide coverage or accept responsibility for paying any medical claims on **injuries sustained prior to attending CalU** of PA. Example: A transfer student-athlete sustains a knee injury at their prior institution, but waits to have the surgery performed while at CalU of PA.

C. General Illnesses and Non-Athletic Related Injuries

1. The CalU of PA Department of Athletics provides NO insurance coverage for injuries that occur outside of supervised intercollegiate athletic activities.
2. All non-emergency illnesses and non-athletic related injuries will be handled by the CalU of PA Student Health Center whenever possible. Emergencies will be handled by EMS.
3. There is no charge for on-site treatment with the Student Health Center, but special diagnostics, prescriptions, and any services provided through referral to outside medical providers, will be charged to the student-athlete and it will be his/her responsibility to pay for these services.
4. All costs associated with referrals, on or off campus for general illnesses and non-athletic related injuries, are the responsibility of the student-athlete. This includes, dental and vision exams.
5. **Student-athletes with specific medical needs are responsible for providing the supplies they would need during their participation in intercollegiate athletics (ie, diabetic supplies, inhalers, epi-pens, etc.).**

Expenses resulting from athletic injury that exceed \$90,000 will be submitted to the NCAA Catastrophic Insurance Plan for consideration (Effective 5/24/11).

7. **PRE-PARTICIPATION PHYSICAL EXAMINATION**

All Student athletes must be examined and approved for participation by the university physician before being permitted to practice or compete with an intercollegiate team. While the examination is effective for one year, the university physician may re-evaluate an athlete's fitness for participation at any time. Pre-existing injuries should be disclosed and documented at the time of the physical examination.

All student athletes must have a completed medical history questionnaire on file prior to the start of practice and semester. This medical history questionnaire must be filled out by you and your family physician. This is mandated by California University of PA. Failure to have this on file will result in you not being able to register for classes or compete. Students who have sustained injuries to the head, neck, back, shoulders, knee or internal organs, or who have suffered recent (within one year) fractures, dislocations, or severe sprains are required to report such injuries to the sports medicine staff or the university physicians. Any infectious diseases must be similarly reported. Failure to report such injuries or illnesses relieves the university of all responsibility should a subsequent injury or re-injury to the affected part occur. Loss of any paired organs (eye, kidney, testicle, etc.) shall disqualify a student from participation in an intercollegiate team unless written permission is given by the family physician and/or the university physicians.

If a student has an HMO for medical insurance, that student will be sent home if they need to be examined by a physician or have a surgical procedure.

8. HEALTH CARE

The Athletic Training staff is responsible for the “on the spot” health care of all athletes during practice and competition. The Athletic Director is responsible for making necessary arrangements with the certified athletic trainer for this service. It is the student athlete’s responsibility to report all injuries to the Certified Athletic Trainer (ATC). It is the Certified Athletic Trainers responsibility to report all athletic injuries as well as provide a status report for participation of the injured athletes to the coach. The Certified Athletic Trainer is responsible for reporting all serious accidents/injuries to the Athletic Director.

The Certified Athletic Trainer is responsible for completing any accident/health report forms and necessary insurance forms. In situations where a medical referral is recommended, it is the responsibility of the Team Physician or Certified Athletic Trainer to make arrangements for such a referral. The ATC or attending physician is the person responsible for determining when a participant is medically able to participate; the coach may not make this decision. In the absence of qualified medical personnel, the student athlete shall not continue to participate.

9. RELEASE OF INFORMATION AUTHORIZATION

Athlete must decide whether or not the team physician, the certified athletic trainers, or other medical personnel of California University are permitted to release the medical history or injury information, as may be requested by a professional team or amateur athletic association.

10. REFERRAL TO OFF CAMPUS MEDICAL SPECIALISTS

When it is determined that an athlete needs to be referred to an off campus medical specialist for treatment or consultation, the procedures will be:

- A. A member of the athletic training staff or a university physician will make the appointment with the specialist.
- B. Arrangements for transportation to the specialist will be arranged by a member of the athletic training staff.
- C. In an emergency, when the athletic training staff cannot be contacted, the athlete must obtain medical assistance through the University Student Health services. The athletic training staff must be notified of the injury by the student athlete.
- D. **If a student wishes to seek a second opinion, they may do so but are responsible for all costs associated with that appointment and subsequent care. The certified athletic trainer in that sport must be notified of the intent on a second opinion.**
- E. **It should be noted that even if a second opinion is obtained, that doctor must work with the athletic department team physician and the California University of PA team physician will have final authority to allow a student athlete to return to play in all cases.**

THE ATHLETIC DEPARTMENT WILL NOT ASSUME RESPONSIBILITY FOR MEDICAL EXPENSES UNLESS THE ABOVE PROCEDURE HAS BEEN FOLLOWED.

11. TREATMENT

Injured athletes are expected to report for treatment and rehabilitation according to the schedule prepared by the athletic training staff. Failure of the athlete to keep appointments will be interpreted as unwillingness to cooperate, indicative of little interest in returning to competition as early as possible. Such behavior will be reported to the appropriate coach. Decisions regarding the return of an injured athlete to practice and competition will be the sole responsibility of the athletic training staff and the university physician.

D. DRUG, TOBACCO AND ALCOHOL BAN

PENNSYLVANIA STATE ATHLETIC CONFERENCE DRUG STATEMENT

Drug use and abuse represents a danger to the well-being of student athletes and presents a serious threat to the integrity of intercollegiate athletics. The Pennsylvania State Athletic Conference supports efforts adopted by the National Collegiate Athletic Association to curtail the unauthorized use of chemical substances. A number of factors contribute to define student athletes as a high-risk population regarding the use of drugs. These factors include pressures to excel, high visibility in the campus community, and recognition of their roles as institutional representatives. Prescription drug use that are not under current doctor's orders would also be considered in the athletic department drug policy.

Member institutions of the Pennsylvania State Athletic Conference are committed to the total development of student athletes. That commitment includes a comprehensive drug education program that involves athletic administrators, coaches and certified athletic trainers. It also includes specific efforts to provide education and rehabilitation information to all students who participate in intercollegiate competition. The conference opposes the use of both performance enhancing and recreational drugs, including alcohol abuse, and encourages member institutions to develop appropriate policies and programs to combat this growing problem. - Adopted 12/7/89

When traveling to compete while representing the athletic department at California University of Pennsylvania, the use of alcohol and drugs by any student athlete is strictly prohibited. Failure to abide by this policy can result in immediate dismissal from the team and loss of athletic aid. (eff. 4/24/06)

PURPOSE

California University, in response to the Pennsylvania State Athletic Conference Drug Statement, has adopted a drug testing policy. This policy seeks to protect student athletes at California University from the risks and dangers of drug abuse through such measures as drug education, testing, rehabilitation programs and, where appropriate, sanctions for violation of the policy. The program is designed to provide avenues of assistance for student-athletes at California University of Pa regarding problems and concerns such as alcohol or drug abuse.

REQUIREMENTS

All student athletes will receive a copy of this policy and must sign a Drug-Testing Consent Form. All student athletes shall participate in a drug and alcohol education program and must participate in counseling sessions as requested.

DRUG TESTING POLICY:

How will testing be done and what action will be taken if a student-athlete tests positive? The following policy is a lifetime policy for a student-athlete. Failure to provide a sample at the time it is requested will be considered a positive result. It is not a year-to-year policy but rather cumulative over the career of a student-athlete at California University of Pennsylvania. **FAILURE TO PROVIDE A SAMPLE AT THE TIME OF THE DRUG TEST WILL BE CONSIDERED A POSITIVE RESULT.**

USE AND/OR POSSESSION OF ILLEGAL DRUGS OR DRUG PARAPHERNALIA

If a student-athlete tests positive for the first time during their intercollegiate career at California University or is charged with possession of drugs or drug paraphernalia, the following will take place.

FIRST VIOLATION

ATHLETIC DEPARTMENT SANCTIONS

- Written parental notification
- Meet with Athletic Director and Head Coach
- Suspended immediately from program pending outcome of investigation or legal proceedings

- Suspension from competition to include 50% of contests. Penalty will take effect from the point of the positive drug test. If student-athlete is charged with possession, student-athlete will be suspended until such time that the charges are resolved through the legal system. Once resolved, and if found guilty, student athlete will serve the remaining 50% of contests. If resolution takes further time, student-athlete understands that this may result in more than a penalty of 50% of contests based on the timing of the system. If after resolution, student-athlete is found not guilty, student-athlete understands that due to suspension, a season may have been lost while awaiting resolution. Student can practice during time of suspension.
- The penalty of contests carries to postseason and can also carry over to the next year if not fully served.
- Suspension carries in all sports (cannot switch sports to avoid suspension)
- Loss of 50% athletically related financial aid applicable upon confirmation of positive test or convicted of possession.
- Student-athlete will be required to go to counseling in the BASICS program within two weeks of being notified. Failure to meet the requirements of the BASICS program will result in an immediate loss of athletic scholarship retroactive to the beginning of the semester and termination from playing on any sports team. In addition, you will not be released from California University of PA to attend another institution
- Student-athlete will be tested every Monday and Thursday after the positive test for the remainder of their collegiate playing career at California University. Student-athlete will work with the University Health Center to schedule an appointment to be drug tested on those days. Failure to show and be tested each Monday and Thursday will result in an immediate loss of athletic scholarship retroactive to the beginning of the semester and termination from playing on any sports team at California University. In addition, you will not be released from California University to attend another institution. If the result of one of your additional tests conducted by the University Health Center is positive, the student-athlete will advance to second violation,
- All results will be confidential.
- Additional sanctions can be handed down from program based on team rules.
- This is the student-athlete's first strike.

SECOND VIOLATION

ATHLETIC DEPARTMENT SANCTIONS

- Written parental notification
- Immediate suspension from program pending outcomes of investigation or legal proceedings. Student-athlete cannot practice, compete, or be involved with the team in any way.
- Loss of athletic scholarship and athletic eligibility at California University for life if charges upheld.
- Scholarship will be immediately revoked and retroactive to the beginning of that semester.
- Meet with Athletic Director and Head Coach
- Student-athlete will not be released to any institution for any sport.

PROHIBITED DRUGS

The following are guidelines from the NCAA on prohibited drugs. Student-athletes are responsible for keeping updated on changes in the list of NCAA substances. The use of anabolic steroids, cocaine, marijuana, amphetamines, and any other controlled substances as prescribed by federal and state law or banned by the NCAA, is expressly prohibited. Such use is prohibited whether it occurs before, during or after a team's

season. The only exceptions are for medications prescribed by a licensed physician and registered with the Head Athletic Trainer.

** Student-athletes should review supplements they may be taking from nutrition centers with the strength coach or certified athletic trainers as these may contain substances banned by the NCAA. **

NCAA Banned Drugs

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (banned for rifle only)
- d. Diuretics and Other Masking Agents
- e. Street Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

- a. Blood Doping.
- b. Local Anesthetics (under some conditions).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff!

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- **Any product containing a dietary supplement ingredient is taken at your own risk.**

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

EXPLANATION OF INHERENT RISKS FOR PARTICIPATION IN INTERCOLLEGIATE ATHLETICS

Participating in athletics at the intercollegiate level is exciting and some sports involve forceful contact with the ground or another player. Sports may also be played through various seasons where it may be hot, humid, raining or snowing. Because of these conditions inherent to sports, participating in intercollegiate athletics exposes an athlete to many risks of injury. Those injuries include, but are not limited to, death; paralysis due to serious neck and back injuries; brain damage; damage to internal organs; serious injuries to the bones, ligaments, joints and tendons; and general deterioration of health. Such injuries can result not only in temporary loss of function, but also in serious impairment of future physical, psychological, and social abilities, including the ability to earn a living.

In an effort to make each sport safe, the coaching staff will instruct players concerning the rules of the game and the correct mechanics of all skills. It is vital that athletes follow the coach's skill instructions, training rules, and team policies to decrease the possibility of serious injury. Team rules and policies are listed in the team notebook each athlete receives at the preseason meeting.

We have read the information above concerning the risks of playing intercollegiate athletics. We understand and assume all risks associated with trying out, practicing, or playing. We further agree to hold California University of Pennsylvania and its employees, representatives, coaches, volunteers and agents harmless in any and all liability actions, claims or additional legal action in connection with participation in any activities related to participation in California University of Pennsylvania intercollegiate athletics.

In signing this form, we assume the inherent risks of playing sports and waive future legal action by our heirs, estate, executor, administrator, assignees, family members and ourselves.

Date: _____

Signature of athlete: _____

