

GETTYSBURG COLLEGE STUDENT-ATHLETE HANDBOOK

**Gettysburg College Athletics
Bream Wright Hauser Athletic Center
300 North Washington Street; Campus Box 400
Gettysburg, PA 17325
717-337-6400**

MESSAGE FROM THE ATHLETIC DIRECTOR

Let me take this opportunity to welcome you to Gettysburg College Athletics. Gettysburg College athletic programs have a tradition of outstanding performance, academically and athletically. Our philosophy of intercollegiate athletics is committed to the successful balance of academic and athletic experiences. Included in this handbook you will find many of the goals and expectations of our athletic program, as well as the NCAA and the Centennial Conference. This information should serve as a guiding force and valuable resource for all student-athletes, as well as one of the tools for achieving academic success. We hope that you will have a rewarding experience at Gettysburg College.

GETTYSBURG COLLEGE MISSION STATEMENT

Gettysburg College, a national, residential, undergraduate college committed to a liberal education, prepares students to be active leaders and participants in a changing world. This statement is grounded in the core values of the institution:

- The worth and dignity of all people and the limitless value of their intellectual potential;
- The power of a liberal arts education to help students develop critical thinking skills, broad vision, effective communications, a sense of the inter-relatedness of all knowledge, sensitivity to the human condition, and a global perspective, all necessary to enable students to realize their full potential for responsible citizenship;
- The enrichment of the traditional liberal arts and sciences curriculum with the most promising intellectual developments of the age;
- The free and open marketplace of ideas and the exploration of the ethical and spiritual dimensions of those ideas, both indispensable to helping students learn to determine which have lasting value;
- The value of a lifelong commitment to service, and the role of the College in both providing an example of public service for students and fostering a commitment to service among our young people; and
- A belief that a residential college is the most effective means of promoting the personal interaction between student and professor, and student and student which develops the community that is the heart of a liberal arts education.

GETTYSBURG COLLEGE STUDENT-ATHLETE STANDARDS

Gettysburg College student-athletes belong to a proud tradition – they have consistently demonstrated that competition at the highest intercollegiate level can be combined with a successful and rewarding educational experience. These achievements on the field, on the court, and in the classroom will continue because Gettysburg student-athletes and coaches share in the commitment that the tradition of excellence be maintained. An extremely important part of that commitment is the understanding that Gettysburg varsity athletes are first and foremost students. As such, each student-athlete has the responsibility to fulfill clear expectations. These include:

- Understanding that earning a degree is the primary goal of the student;
- Meeting all academic responsibilities, including regular class attendance and the completion of all assignments in a timely manner;
- Complying with all rules and regulations of the NCAA, Centennial Conference and the College and understanding that it is each student's responsibility to be knowledgeable of these rules;
- Meeting regularly with faculty advisers;

- Striving to be involved as a full-fledged member of the College community and making a strong effort to derive as much as possible out of the educational experience, including establishing open and mature relationships with faculty;
- Understanding the support resources that are available in the Academic Advising Program and the College and assuming the responsibility to seek help when it is needed;
- Understanding that the assumption of personal responsibility is at the heart of the educational experience;
- All student-athletes should always be aware that they represent the College, the Athletic Department and team, and upperclass student-athletes should strive to serve as exemplary role models;
- Making a complete commitment to academic integrity; it is essential that every student be thoroughly familiar with the Honor Code and that all aspects of college life be conducted in accordance with the Honor Code.

CENTENNIAL CONFERENCE MISSION STATEMENT

The purpose of the Centennial Conference is to provide for athletic competition among institutions that share similar academic aspirations and are committed to the importance of the total educational experience for students engaged in sports.

The Conference comprises independent institutions whose student bodies are academically selective and whose missions and curricula are predominantly in the tradition of liberal education. The member institutions share educational cultures that seek to foster academic excellence. Intercollegiate athletic programs are an integral part of the life of member institutions and complement their educational objectives. Each institution provides a comprehensive, broad-based athletic program, available to all students. All varsity sports are expected to be treated equitably.

The supervision and oversight of the athletics programs is vested in the president of each institution. The day-to-day operation of the program is conducted by administrators of athletics.

Within an atmosphere of integrity and mutual trust, the member institutions pledge their commitment to the purpose and mission of the conference.

NCAA DIVISION III PHILOSOPHY

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

To achieve this end, Division III institutions:

- 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;
- Award no athletically related financial aid to any student;
- 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 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 program through the same general procedures as other departments of the institution;
- 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;

- Support student-athletics 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.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

GETTYSBURG COLLEGE ATHLETIC DIRECTORY

All listings are in the 717 area code

ADMINISTRATION & STAFF

<u>Position – Name (email@gettysburg.edu)</u>	<u>Phone</u>
Director of Athletics - Dave Wright (dwright)	337-6530
Assistant Director of Athletics (Senior Woman Administrator) - Carol Cantele (ccantele)	337-6404
Assistant Director of Athletics (Facilities) - Troy Dell (tdell)	337-6415
Assistant Director of Athletics (recruiting operations/budget) - Susan Fumagalli (sfumagal).....	337-6401
Assistant Director of Athletics (Compliance) - George Petrie (gpetrie).....	337-6406
Sports Information Director - Eric Lawrence (elawrenc)	337-6527
Assistant Sports Information Director - John Odom (jodom).....	337-6323
Orange & Blue Club Director - Cami Rawleigh (crawlrig)	337-6533
Sports Information/Orange & Blue Club Office Administrator - Jan Sharrah (jsharrah).....	337-6526
Head Athletic Trainer - Joe Donolli (jdonolli).....	337-6417
Associate Athletic Trainer - Michael Cantele (mcantele).....	337-6429
Assistant Athletic Trainer – Shannon Routzahn (sroutzah).....	337-6476
Equipment Managers	
Kelly Jones (kjones).....	337-6438
Rose Lenahan (rlenahan)	337-6462
Director of Campus Recreation - Nathan Bashaw (nbashaw).....	337-6322
Athletics Office Specialist - Jim Kressley (jkressle)	337-6400
Athletics Office Administrator - Monya Guise (mguise).....	337-6436
Campus Safety & Security	337-6912

HEAD COACHES

Baseball - John Campo (jcampo)	337-6413
Men's Basketball/Men's Golf - George Petrie (gpetrie)	337-6406
Women's Basketball/Softball - Mike Kirkpatrick (mkirkpat)	337-6409
Men's and Women's Cross Country and Track & Field - Steve Shutt (sshutt)	337-6403
Field Hockey - Barb Jordan (bjordan).....	337-6431
Football - Barry Streeter (bhstreet)	337-6414
Men's Lacrosse - Hank Janczyk (hjanczyk)	337-6405
Women's Lacrosse - Carol Cantele (ccantele).....	337-6404
Men's Soccer - Devin O'Neill (doneill).....	337-6407
Women's Soccer/Women's Golf - Todd Wawrousek (twawrous)	337-6460
Men's & Women's Swimming - Mike Rawleigh (mrawleig).....	337-6306
Men's and Women's Tennis - Bill Pfitzinger (bpfitzin)	337-6532
Volleyball - Alexa Keckler (akeckler).....	337-6410
Wrestling - Troy Dell (tdell)	337-6415

SQUAD SELECTION

All candidates will be given a fair opportunity to make the squad through an open try-out period as determined by the head coach. Final roster decisions are based on how the coaching staff has evaluated each candidate's skill and all-around attributes. The final candidates selected to the varsity squad are those who the staff believes give the team the best possible opportunity for success. Roster size is determined by the coaching staff and athletic administration. All candidates, including returning players, must earn a spot on the roster.

Resolving Student-Athlete/Coach Conflict

The purpose of this procedure is to provide you with a means for resolving conflict with a coaching staff member. Student-athletes who wish to become involved in conflict resolution are required to use the following procedures. Concerns should stay focused on specific individual situations. Areas of concern that are **NOT** appropriate to discuss with coaches are: *playing time, team strategy, play calling and other student-athletes.*

Step #1: If you are experiencing any concern or difficulty associated with your activities as a student-athlete, you should discuss your concern with a team captain or a team leader. If you are not comfortable for any reason in talking about your concern with a team captain or a team leader, you may go to the second step.

Step # 2: If you are not satisfied after discussion with a team captain or a team leader, or if you decided not to raise your concerns with a team captain or a team leader, the next step should be take your concern to your coach. It would be helpful, although not required, for you to put your concerns in writing, along with suggested solution(s) to the concern.

Step # 3: If you do not believe that the initial conference with the coach has resolved the conflict, a request may be made for a meeting with the Director of Athletics and/or Senior Woman Administrator. You will be expected to present your concerns in writing to the Director of Athletics and/or Senior Woman Administrator and the written statement and comments will be taken under advisement. If appropriate, the Director of Athletics and/or Senior Woman Administrator will inform the student-athlete in writing of any outcome of this process. Personnel issues will not and legally cannot be discussed with student-athletes. Therefore, resolutions or answers to certain questions may not be provided.

STUDENT-ATHLETE CODE OF CONDUCT

The purpose of intercollegiate athletics is to provide an opportunity for the athlete to develop one's potential as a skilled performer in an educational setting. Participation in athletics is a privilege provided to you by the college. Students should remember that at all times they are representatives of Gettysburg College, and their teams. Any behavior viewed unfavorable by other individuals may create an unacceptable impression of their team, the athletic department, and Gettysburg College.

All student-athletes should adhere to the following standards of conduct which conform to all program policies established by the NCAA and the Centennial Conference. All student-athletes:

- must strive for the highest degree of excellence in academics and athletics;
- are expected to treat all players, officials and coaches with respect and courtesy;
- are expected to respect and accept the decisions of the coach. If there are questions, address the concerns to the coach, and if needed, to the athletic director and/or senior woman administrator;
- will exhibit dignity and sportsmanship in manner and dress when representing the institution;
- are expected to be grateful for the opportunity to participate and be willing to assist in all department areas;
- will conduct themselves both on and off the field, in appropriate ways, as to promote a positive image of Gettysburg College and the student body;
- will refrain from the use of tobacco products while representing the college;
- will refrain from any gambling activity;
- will refrain from the use of any drug not prescribed for medical purposes and are prohibited from using or distributing any steroid or drug listed on the NCAA list of banned substances;
- will refrain from the use of alcoholic beverages while representing the college;

- will never physically abuse any college property;
- will refrain from any hazing activity.

CLASS ATTENDANCE

- Student-athletes are encouraged whenever possible to schedule classes to minimize conflicts with practice and competition schedules.
- In situations where practice schedules conflict with class schedules, students must attend class.
- Student-athletes competing for teams during their non-traditional season are NOT permitted to miss class for competition.

NCAA RULES IN REGARDS TO STUDENT-ATHLETE'S PARTICIPATION

- **Playing Season**
 - The time during the academic year, in which you are permitted to practice and compete is termed the playing season.
 - In many cases, this time is divided into a fall/spring season or a traditional/non-traditional season.
 - Factors of importance to you as an athlete during the playing season:
 - You must be given a day off each week. *
 - You may not miss class for practice unless it is in conjunction with away travel to a game or contest.
 - A day off may be the travel day unless you practice or compete.
 - Practice is any related activity required by the coach (practice, viewing tapes, weight training).
*Daily and weekly limitations do not apply during semester breaks or when classes are not in session.
- **Outside of the playing season during the academic year:**
 - During the off-season a student-athlete may be asked to participate in a weight training program to benefit them both physically and in terms of injury prevention. Instruction and monitoring for safety may take place, but this may not be mandatory, or held against any athlete for lack of participation.

SUMMARY OF NCAA REGULATIONS – DIVISION III

Season of Intercollegiate Competition (NCAA Bylaw 14.2.4.1): A season of intercollegiate participation shall be counted when a student-athlete participates (practices or competes) during or after the first contest following the student-athlete's initial participation at the institution. A season of participation shall not be counted when a student-athlete participates in a preseason scrimmage or preseason exhibition conducted prior to the first regular season contest. This provision is applicable to intercollegiate athletics' competition conducted by a Division III collegiate institution at the varsity, junior varsity or freshman team level.

Freshman

- Must be admitted to the college as a regular degree-seeking student;
- Enrolled in a full-time course load;
- Completed and signed all the NCAA and college related paperwork;
- Medically cleared for participation by the athletics training staff.

Upperclassman

- Enrolled in a full-time course load;
- Be in good academic standing as defined by the College;
- Declare a major by the start of the junior year;
- Meet the College standards for satisfactory progress;
- Completed and signed all the NCAA and college related paperwork;
- Medically cleared for participation by the athletics training staff.

SUBSTANCE USE AND ABUSE

NCAA BANNED DRUG CLASSES 2006-2007

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/health-safety for the current list. 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.

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) do not strictly regulate the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete’s own risk. Student-athletes should contact their institution’s team physician or athletic trainer for further information.

(e) Definitions of positive depend on the following:

1. For caffeine – If the concentration in urine exceeds 15 micrograms/ml
2. For testosterone – If the administration of testosterone or 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.

Bylaw 31.2.3.1.1 Drugs and Procedures Subject to Restrictions

The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed these guidelines and/or quantities of these substances used:

- **Blood doping.** The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited and any evidence confirming use will be cause for action consistent with that taken for a positive drug test.
- **Local Anesthetics** The Executive Committee will permit the limited use of local anesthetics under the following conditions:
 - 1) That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine
 - 2) That only local or topical injections can be used (i.e. intravenous injections are not permitted):
 - 3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.
- **Manipulation of Urine Samples.** The executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution, and or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration.
- **Beta 2 Agonists.** The use of beta 2 agonists is permitted by inhalation only.
- **Additional Analysis.** Drug screening for select non-banned substances may be conducted for non-punitive purposes.

GETTYSBURG COLLEGE POLICY ON ALCOHOL AND DRUGS

The College supports the choice not to drink alcoholic beverages and actively discourages and sanctions the irresponsible use of alcohol. In compliance with Pennsylvania law and the Drug Free Schools and Communities Act, the College does not approve of the consumption of alcoholic beverages by students (or their guests) that are under the age of 21, on or off campus. The College will establish reasonable procedures to assure that students are aware of their legal obligations. Inappropriate behavior involving the furnishing or consumption of alcoholic beverages will result in appropriate disciplinary proceedings and penalties. The college recognizes and cooperates with law enforcement authorities in their enforcement efforts pertaining to the illegal consumption or possession of alcoholic beverages, and will seek to educate students about laws pertaining to the use, consumption, possession, and abuse of alcoholic beverages.

DRUG POLICY: Illegal possession, manufacture, distribution or use of drugs or narcotics by students constitutes unacceptable conduct and such students are subject to disciplinary measures including suspension or expulsion by the College.

ALCOHOL AND DRUG ABUSE EDUCATION PROGRAMS: Alcohol and Drug policy and guidelines section four (4); pages 14 through 34, of the Student Handbook contain descriptions of these programs. Please refer to that document to obtain additional information.

At the time of printing College Life was implementing a point system for drug and alcohol violations. The process will be implemented in the fall and information will be presented in a separate handout.

GETTYSBURG ATHLETIC TRAINING

MEDICAL ELIGIBILITY FOR ATHLETIC PARTICIPATION

Before any athlete begins participation each academic year, all forms must be signed and on record in the appropriate office. The forms are accessible on each student's CNAV account under MyPlace -> MyForms. The forms required include:

- Agreement to Participate
- Authorization to Render Medical Treatment and Release of Medical Information
- Emergency Contact
- Proof of Insurance

A reminder about insurance coverage: Gettysburg College student-athletes must have health insurance up to the \$5,000.00 level per injury either through their parents/guardian or purchased through the college. The athlete's insurance is always the primary coverage. In the case of accident or injury while involved in intercollegiate athletics, the college has a secondary insurance policy that picks up after \$5,000 and will cover these cases up to \$75,000. The NCAA insurance will then cover up to a limit of \$20,000,000. Forms for the College's secondary coverage will be given to athletes as necessary by a Certified Athletic Trainer, and must be completed and returned to Mary Ann Remaley, Box 409, Gettysburg College, Gettysburg, PA 17325, within 60 days of the incident. Documentation, in the form of an Explanation of Benefits from your primary insurance carrier, must be provided. Injuries that exceed these limits will be covered by a larger policy that is carried through the NCAA.

To be medically eligible to participate in athletics at Gettysburg College all first-year students and newcomers, as well as juniors who have participated in athletics at Gettysburg College within the last year, must have a physical exam on file prior to enrollment. All returning student-athletes (sophomores and seniors) who have participated in athletics at Gettysburg College within the last year will receive a physical screening before participation upon their return to college.

ATHLETIC TRAINING ROOM FUNCTION

In order to better serve the athletes that need to make use of the athletic training room and to serve those individuals effectively and efficiently within the parameters of our limitations, we are making you aware of the following:

- No spikes (rubber, nylon or metal will be worn in the athletic center, likewise the athletic training room.) No equipment will be brought into the athletic training room.
- Spikes or shoes will not be taped on the foot for any reason. Be sure you have a proper fit. See equipment managers if necessary.
- Pads and extra protective equipment will be worn as prescribed and designed by the manufacturer. Only locally designed pads by the athletic trainers will be allowed to be taped on to protect an injury.
- Individuals with chronically sprained ankle or rehabilitated ankles will be issued a newly designed and proven AOA Swede-O ankle brace or Royce brace and instructions on how to apply it. This brace will be cared for by the student-athlete and will not be taped over or taped on. These will be signed out and returned.
- Treatments will be entered on your treatment card as administered. Every student-athlete should sign in to the athletic training room every time they enter the room before and after practice.
- Check the charts in the locker room to insure proper fit of equipment.
- In hot weather, weigh in and out after each practice. Drink plenty of fluids. Weigh-in charts are posted in the locker room.
- No players are allowed in any cabinets or storage closets unless directed by the athletic trainer. Ice and cups needed after practice should be arranged through your captains. Ice after practice may be given to you on the practice field and applied in your locker room.

- We are your link to the coaches in regard to the medical status of your team and yourself. Please keep us informed of all medical problems that may arise, especially any physician(s) seen off-campus or during vacations.
- All equipment signed out of the athletic training room should be returned when not in use. This is specialized equipment and there is not enough for each person. Athletes will be billed for equipment not returned 72 hours after the season ends.
- Treatment hours will be posted outside the athletic training room. Avoid pre-practice crowds. Plan rehabilitation in the morning. If you are injured you must be treated before you practice.
- Shorts and undergarments are required to be worn by all athletes in the athletic training room.
- Rehabilitation is the key to successful return to participation. (Ankles, knees, shoulders will be rehabilitated before taping).

ATHLETIC TRAINING ROOM HOURS

Weekdays:	10:00 a.m.-12:00 p.m. 2:00 p.m.-6:00 p.m.
Weekends:	Competition athletes only

STRENGTH AND CONDITIONING PROGRAMS

Student-athletes in varsity sports are provided strength training facilities. These facilities feature a variety of free weights, power racks, dumbbells, and supplemental machines. The facility also contains conditioning equipment that can be used as part of each student-athlete's workout.

The facilities are located in Wright 115. Hours of operation may vary slightly from year to year and are posted on the door but will most likely be:

Weekdays:	11 a.m.-10 p.m.
Saturday:	12 p.m.-8 p.m.
Sunday:	12 p.m.-10 p.m.

WEIGHT ROOM RULES AND REGULATIONS

- Return all weights, barbells and plates to racks;
- No gum, candy, food, drink, alcohol or tobacco or any kind allowed, although water in a closed container is acceptable;
- Workout clothes required: shirts and closed toe shoes must be worn;
- A qualified spotter is required when using free weights;
- Familiarize yourself with each individual machine. Ask for assistance if you are unfamiliar with any apparatus;
- Use collars with free weight bars;
- Do not bang weights or drop weights on the floor;
- Weights and equipment are never to be removed from the weight room;
- Report any malfunctions to supervisor, attendant or instructor;
- Keep fingers clear of weights, chains, pulleys, etc.;
- Do not use weight room if left unsupervised by facility worker and notify campus recreation at extension 6322 immediately if room is left unattended;
- Complete exercise and move on – do not rest on equipment;
- No pets allowed except those assisting disabled individuals;
- Wipe down pads when finished;
- Be courteous to others in the weight room;
- No horseplay, offensive language or activity that is detrimental to a positive and safe environment.

Gettysburg College students, employees, retirees and dependents/spouses are given priority for use of this facility. Guests may use facilities when accompanied by a student, employee or retiree.

HOSTING PROSPECTIVE STUDENT-ATHLETES

Acting as a student host is an important service to the institution and the athletics department. Appropriate conduct is required of you by institutional, conference and NCAA standards. The following guidelines should be followed by all student hosts.

- Treat your prospective student-athlete as you would want to be treated in an unfamiliar environment;
- Be certain that the prospective student-athlete always knows how and where to reach you should you become separated;
- Do not supply the prospective student-athlete alcohol or illegal drugs;
- If you have been assigned to host a specific prospective student-athlete for an overnight you are obligated to make sure that the prospective student-athlete spends the night in your room or a previously designated room approved by the coach.

EQUIPMENT ROOM RULES

- Athletic equipment will be signed out on a card at the equipment room for the entire sports season. Make sure you receive all equipment signed for. The office will have open hours posted on the equipment room door and in the locker rooms.
- Equipment is property of Gettysburg College. Do not lend out equipment. You are responsible for equipment lost or stolen. Do not take equipment to dorms or off-campus housing.
- The athlete is responsible for practice clothing to be laundered. Make certain that the correct procedure is followed as different temperatures are used during washing and drying. Any loose clothing found in laundry will be considered lost and you will be charged accordingly. When returning soiled practice gear, please use laundry drop-off.
- All clothing must be turned right side out.
- All clothing must be Gettysburg College issued items. No personal laundry will be done.
- All sweat clothing must be handed in with practice clothing when laundering is needed. Do not hand in with uniform items.
- Do not alter clothing or protective padding. If this occurs without the approval of equipment manager, the athlete will be billed automatically.
- If you drop or are cut from a sport, hand in all equipment that day. If not, the athlete will be billed accordingly.
- At the end of the sport season all Gettysburg College equipment issued to the athlete must be turned in to the equipment room within 48 hours of last contest. If not, that athlete will be billed.
- There will be a \$15.00 automatic, non-refundable billing fee if the deadlines mentioned above are not met.
- Keep locker room neat and in order. You may lose the privilege of practice clothing if locker room is not kept in an orderly fashion.

UNIFORMS

- are numbered and you are responsible for the numbers issued
- are turned in for laundering immediately following the contest

EQUIPMENT

- will be randomly inspected for proper fit and if you have questions on fit, see an equipment manager;
- other protective equipment will be issued with approval of an athletic trainer.

PER DEIM ALLOWANCE FOR MEALS

When student-athletes are traveling to away contests, the college will provide meals for these student-athletes for meals that are missed due to traveling. It is the discretion of the coach as to where the team will eat meals during travel. The following amounts are allotted for the missed meals that the college will provide, but are also subject to change.

Breakfast	\$3.00
Lunch	\$5.00
Dinner	\$7.00

STUDENT-ATHLETE ADVISORY COMMITTEE

Mission Statement

The Student-Athlete Advisory Committee (SAAC) at Gettysburg College is a dynamic group of student-athlete team leaders who, by working together, develop and strengthen a sense of personal responsibility and wellness among student-athletes, the administration and the community. We are dedicated to representing the interests of our fellow student-athletes for the betterment of athletics at Gettysburg. For this the committee will serve as an open forum for all varsity athletes and act as a vehicle to promote communication between coaches, athletic administration and student-athletes.

Role of SAAC

The Role of SAAC is to enhance the total student-athlete experience by:

- Providing a student-athlete voice within the department, discussing issues and concerns, and providing feedback as necessary;
- Building a sense of community within the athletics program involving all athletic teams;
- Encouraging active involvement of student-athletes for community service projects;
- Emphasizing the need of support from faculty and staff for all athletic programs;
- Promoting a positive image of athletics on campus by celebrating and generating excitement for our unique community;
- Fostering achievement of academic and athletic goals;
- Receiving valuable training in wellness related topics such as: alcohol and drug abuse prevention, nutrition, sexual assault prevention, stress and depression;
- Using educational and professional resources to support our efforts.

Support and Referral

One of the goals of the SAAC is to provide early intervention and support to student-athletes with concerns regarding a wide variety of personal and interpersonal issues, from substance abuse to sexual assault, nutrition, depression, etc.

Job Description for SAAC Representatives

- Uphold the mission statement;
- Act as a resource to peers; A SAAC representative should be someone whose teammates can talk with if they have a problem in any area of their lives (not restricted to team issues). The SAAC representative is not obligated to inform any representative of the Athletic Department of any issues that they address, however the SAAC representative is urged to direct their peers to the appropriate and/or necessary qualified resource on campus or in the community.
- Be knowledgeable about campus and community resources; If a team member has a problem and is not sure of where they can seek assistance, the SAAC representative can direct the person to the appropriate resource(s)/person(s).
- Coordinate team programming; SAAC representatives are responsible for organizing one team program per semester. Programs may be educational, team need-based, or self-help oriented.
- Support and uphold the ideals of the Athletic Department in and out of the athletics arena; SAAC representatives hold a position of leadership and responsibility in the college community and need to act accordingly whether they are in the academic, athletic or social setting.
- Work with coaches to fulfill SAAC mission – SAAC representatives should report to coaches after every meeting and brief them on what occurred during the meeting. Coaches should be aware of the goings-on in the SAAC program and encourage the work of SAAC representatives.
- Attend all SAAC general meetings and SAAC committee meetings.

Meetings

All meetings are generally held the first Sunday of each month in Wright 100 from 7:00 p.m. – 8:30 p.m.

HAZING

Gettysburg College opposes all forms of hazing. Hazing is defined as: Any action or situation which recklessly or intentionally affects the mental or physical health or safety of a student or willfully destroys or removes private property for the purpose of affiliation, initiation, admissions, or as a condition for continued membership in any organization recognized as a fraternity, sorority, or athletic organization by Gettysburg College, on or off College property. Please note that the consent of those hazed will not be accepted as a defense for hazing activities. The severity of the penalty for a hazing offense will be determined in proportion to the hazing activity. In addition to Gettysburg College's Anti-Hazing policy, students must also comply with the Commonwealth of Pennsylvania Hazing law, (found on the College website.) From a legal perspective, hazing is a crime. Hazing creates an environment of disrespect that contradicts the values of our community. The College takes a strong position against any and all forms of hazing.

Examples of conduct which would violate this policy are listed in the Handbook of Student Rights and Responsibilities.

Reporting an incident of hazing:

A hazing incident may be reported to the College department of Safety and Security at extension 6912, College Life at extension 6000 or the Director of Athletics at extension 6400.

College response to allegations of hazing:

Any allegations of hazing reported to the College will be investigated. If the investigation shows evidence of hazing, the College will then take appropriate disciplinary action against the individual and/or organization deemed responsible for the hazing. The Student Conduct Review board will hear charges against organizations and individuals. Disciplinary action would include both punitive sanctions (e.g. fines, loss of privileges, suspension or expulsion of the organization) and educational sanctions (e.g. programs, workshops, etc.) Please note that the College will also support any victim of hazing if they want to speak to the local police about the possibility of pressing criminal charges.

SPORTS INFORMATION

The Gettysburg College Sports Information Department is responsible for all information provided to the public regarding Gettysburg College athletic teams, coaches and student-athletes. Student-athletes will be asked to fill out a questionnaire prior to each season. The questionnaire will provide the sports information office with background information on each student-athlete, in order to present accurate information in all publicity efforts. The sports information office is continually working on providing press releases concerning the athletic accomplishments of student-athletes. This includes submitting athlete's names for athletic and academic honors associated with college athletics.

Interviews:

At times student-athletes may be asked to perform interviews with local media. It is important at all times, that student-athletes reflect a positive image of the college and the student-athletes of Gettysburg College. The Bullets' athletic programs benefit from media exposure; therefore you should view your obligation to cooperate with the media as a chance to promote your team, yourself, your sport and Gettysburg College. If you want advice on how to handle an interview, do not hesitate to talk to a member of the sports information staff. We are here to help. Please let us know immediately if you feel you are misquoted or if you have had a problem with any member of the working media.

Only do interviews that have been arranged or approved by a member of the sports information staff. This allows us to ensure that requests for your time are legitimate and allows us to remind you of appointments. Also, in the event of a negative occurrence, we can handle requests appropriately and offer advice on how you might deal with certain questions. If you are contacted directly by a reporter, ask that person to arrange the interview through our office.

Do not give out home phone numbers to a member of the media – EVER!

If you have an interview scheduled:

- Show up on time;
- Do not say "No Comment" but instead use phrases such as: "I'd rather not talk about that." "I'm not qualified to discuss that." "You would need to speak to the coach about that."
- A member of the sports information staff will be present during interviews if requested or if we feel it is necessary;

- Anticipate the tough questions before you sit down with reporter and practice your answers;
- Keep head up and smile;
- Look at the person interviewing you;
- Be courteous;
- Be presentable (representing the college) wear practice gear or nice clothing and remove gum;
- Avoid “ums, you know, etc.”

DO NOT:

- Criticize teammates, coaches or officials;
- Joke or use sarcasm as you cannot control the tone in which it is written, or the context in which it will be aired;
- Say anything “off the record,” or “just between you and me”;
- Say anything that you would not write down, add your signature to and feel comfortable showing your coach or your mom;
- Pretend you are a coach. Let the coach answer questions regarding who will start, game plans and strategies;
- Wear black and white clothing or stripes, another school’s attire, or clothing with holes for photo shoots.
-