

EAST STROUDSBURG UNIVERSITY
STUDENT-ATHLETE HANDBOOK

2009 - 2010



East Stroudsburg University Athletics
2009-2010

PERSONAL INFORMATION

Name: _____

Local address: _____

Phone number: _____

Major: _____

Academic advisor: _____

Advisor's office location: _____

Advisor's phone number: _____

Advisor's e-mail address: _____

Athletic Team: _____

Coach: _____

Coach's phone number: _____

Coach's e-mail address: _____

EMERGENCY INFORMATION

Notify: _____

Relationship: _____

Home phone number: _____

Work phone number: _____

Dear Student-Athlete:

This handbook provides specific information related to the athletics program and its policies and procedures at East Stroudsburg University. General policies and other information for students can be found in the Undergraduate Catalog and Student Handbook.

The goal of our athletics program is to provide you with an educationally-sound and athletically-competitive experience.

Keep in mind that your first priority is to be a good student. Your second priority is athletics. This handbook will help you in meeting your goals in both areas.

Best wishes in your classes and in your sport. If I can be of any assistance, please do not hesitate to contact me.

Yours in Championship Athletics,

Dr. Thomas Gioglio

Director of Athletics

CHAPTER 1 – INTRODUCTION

PURPOSE OF MANUAL

The Purpose of the Athletic Handbook is to provide information for the student-athlete at East Stroudsburg University. This guide will assist student-athletes in understanding the policies and procedures used in the University Athletic Program.

- **It is the student-athlete's responsibility to be knowledgeable of NCAA / PSAC regulations and ESU policies and procedures.**
- Athletic administration and coaches will assist student-athletes with questions regarding regulations and policies.
- East Stroudsburg University will make every effort to adhere to NCAA and PSAC regulations and will not support any student-athletes who knowingly violate such rules.
- When a new policy is introduced or an existing policy is modified, the new or modified policy will be distributed to affected persons either by posting it on the bulletin board at the Fieldhouse or on the athletic website. Head Coaches will also inform student-athletes of the new policy. Copies will also be available in the Athletic Office. The new or modified policy will appear in the next reprint of the Student-Athlete Handbook.
- As part of the University's efforts to ensure compliance with the Higher Education Act and Equity in Athletics Disclosure Act (EADA), the University keeps a copy of the annual EADA report on file in the Office of Intercollegiate Athletics. Student-athletes may request to review this report.

EAST STROUDSBURG UNIVERSITY ATHLETICS DEPARTMENT MISSION STATEMENT

The Department of Intercollegiate Athletics, in partnership with the Student Affairs Division of East Stroudsburg University, provides a diverse program of athletics with adherence to all University, PSAC and NCAA rules. All participants and spectators will be served in an environment of equality, dignity, and mutual respect. The program is conducted in a manner which facilitates the educational mission of the University and seeks to:

- Promote the physical, emotional, and social health and welfare of all student-athletes;
- Facilitate the total development of each student-athlete through community service and involvement in campus life;
- Provide equal opportunities, services, and facilities for all student-athletes;
- Recruit, retain, and support student-athletes and staff from diverse backgrounds and provide experiences to enhance appreciation of diversity on campus;
- Provide resources which facilitate the academic success of student-athletes;
- Conduct athletic contests in an environment of positive sportsmanship and ethical conduct;
- Provide a source of institutional pride to alumni, faculty, student, and community through athletic excellence, academic integrity, and institutional control.

STUDENT-ATHLETE CENTER FOR EXCELLENCE (SACE) MISSION STATEMENT

The mission of the Student-Athlete Center for Excellence (SACE) is to provide all student-athletes with the guidance, counseling, and instruction necessary to enhance academic and athletic performance. Further, the Student-Athlete Center for Excellence will allow the student-athlete to strive towards his/her individual potential in order to achieve overall excellence.

PURPOSE

SACE is a group of individual faculty members and staff members who volunteer their time and expertise to assist the student-athlete in being successful both in and out of the classroom. Programs are provided throughout the year which address performance related issues and academic concerns. Programming may include but is not limited to workshops on time management, note-taking skills, disordered eating, nutritional concerns, training regimens, and preparing for life after college. In addition to group programs, a student-athlete can request a one-on-one consultation, and programs can be developed to address the specific needs of that individual.

CHAMPS/LIFE SKILLS RECOGNIZED INSTITUTION

East Stroudsburg University is recognized by the NCAA as a CHAMPS/Life Skills Institution. As a result of this designation, the University is committed to offering programs to address the following goals:

- To enhance the academic performance of student-athletes.
- To assist student-athletes in making progress towards graduation.
- To assist freshman student-athletes in making a successful transition to college life.
- To assist student-athletes in managing the demands associated with participating in intercollegiate athletics.
- To provide student-athletes with the means to assume responsibility for their education.
- To help student-athletes bridge the gap from college to professional life through Life Skills programming.

CHAPTER 2 – CONDUCT

STUDENT-ATHLETE CONDUCT

The University does not condone any behavior, threat, or act that interferes with a student's education or University-related activity by threatening, demeaning, harassing, or seriously embarrassing any person or group on the basis of race, ethnicity, religion, gender, sexual orientation, or disability.

All students have the responsibility to comply with the regulations stated in the University Student Code of Conduct, as presented in the ESU Student Handbook. Student-athletes have the additional responsibility of complying with the regulations stated in the Student-Athlete Handbook.

Violations of the University Student Code of Conduct may result in probation, suspension, or dismissal from the University and/or the Athletics Program.

Violations of conduct as stated in the Student-Athlete Handbook will be subject to disciplinary action taken by the Director of Athletics, coach, University, PSAC, or NCAA.

SPORTSMANSHIP POLICY

Student-athletes are representatives of the University and its athletics program. Student-athletes will conduct themselves as responsible, mature individuals who display good sportsmanship and ethical conduct at all times.

Un-sportsmanlike behavior includes, but is not limited to, the following:

- Verbal or physical abuse of an individual involved in an athletic contest (player, coach, official, spectator, etc.).
- Profanity, taunting, gesturing (before, during, or after an athletic contest).
- Public criticism of game officials or institutional personnel.
- Throwing objects at someone or onto the field of play.

Violations of the sportsmanship policy will result in disciplinary action.

ALCOHOL POLICY

The East Stroudsburg University Intercollegiate Athletics Department does not permit the use of alcohol at any athletic event whether on or off-campus, on travel to and from contests, and on overnight trips.

Violations of the alcohol policy will result in disciplinary action.

DRUG POLICY

The NCAA and East Stroudsburg University have strict rules about drug use and drug testing.

- The use of illegal and NCAA banned substances is prohibited.
- Prior to the start of each athletics season, each student-athlete must agree in writing to participate (if selected) in the drug-testing program.

DRUG-TESTING CONSENT

Per NCAA regulations, all student-athletes must sign the Drug-Testing Consent form in order to participate in intercollegiate athletics. By signing the form, this affirms that the student-athlete is aware of the NCAA drug-testing program and agrees to the following:

- To be tested on a year-round basis for anabolic agents, diuretics, ephedrine and urine manipulators, and peptide hormones.
- To allow your drug-test sample to be used by the NCAA drug-testing laboratories for research purposes to improve drug-testing detection.
- That you were provided an opportunity to review the procedures for NCAA-drug testing that are described in the NCAA Drug-Testing Program brochure.
- That you understand the consent and the results of your drug test will only be disclosed in accordance with the provisions of the Buckley Amendment.
- That you understand that drug-testing results will only be disclosed for purposes related to your eligibility for participation in regular season and postseason competition.
- That you have received a copy of the NCAA list of banned substances.
- That you understand that if you sign this statement falsely or erroneously, you violate NCAA rules regarding ethical conduct, and you further will jeopardize your eligibility.

If a student-athlete is found to have used a substance on the list of banned drugs or tests positive in accordance with the testing methods authorized by the NCAA Executive Committee, they shall be ineligible for further participation in regular season and postseason competition for one calendar year.

NCAA BANNED-DRUG CLASSES (2008-2009)

The following is the most recent NCAA list of **banned-drug classes** and **examples** within each class. Any substance that falls under a prohibited class is prohibited regardless of whether or not it appears on the list provided below. Please note that the list

ethacrynic acid	spironolactone
flumethiazide	triamterene
furosemide	trichlormethiazide

and related compounds

STREET DRUGS

heroin	tetrahydrocannabinol (THC) ³
marijuana ³	

PEPTIDE HORMONES AND ANALOGUES

corticotrophin (ACTH)	insulin like growth hormone (IGF-1)
growth hormone(HGH, somatotrophin)	luteinizing hormone (LH)
human chorionic gonadotrophin (hCG)	

ALL THE RESPECTIVE RELEASING FACTORS OF THE ABOVE-MENTIONED SUBSTANCES ALSO ARE BANNED

erythropoietin (EPO)	sermorelin
darbepoetin	

ANTI-ESTROGENS

anastrozole	tamoxifen
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and related compounds

DEFINITIONS OF POSITIVE DEPENDS ON THE FOLLOWING

- ¹ For caffeine—if the concentration in urine exceeds 15 micrograms/ml.
- ² For testosterone—if the administration of testosterone or 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.

Violations of the drug policy will result in disciplinary action.

GAMBLING POLICY

Any and all forms of gambling involving intercollegiate sports and professional sports are strictly prohibited by the NCAA and East Stroudsburg University Athletic Department. Actions interpreted as gambling include, but are not limited to the following:

- Placing a bet on any college or professional sports event.
- Giving information about your team or teammates to anyone who bets on college or professional sports.
- Placing wagers on any college or professional sport event, even if it does not involve your college.
- Participating in sport “pools” run by friends in the dorm or by anyone else.

The NCAA rules are clear. The minute you are discovered to have made a bet of any kind on any college or professional sport or to have given information to someone who does gamble, you are declared ineligible to compete in college sports and dismissed from the team.

Violations of the gambling policy will be subject to disciplinary action and may jeopardize any remaining athletics eligibility.

HAZING POLICY

Hazing is defined as a willful act, occurring on or off the campus of an educational institution and directed against a student or prospective member of an organization operating under the sanction of an educational institution, that recklessly endangers the mental or physical health or safety of the student or prospective member for the purpose of initiation or admission into or continued membership of any such organization, to the extent that such person is knowingly placed at substantial risk of the loss of life or substantial bodily or psychological harm. Acts of hazing include, but are not limited to:

- Any activity which recklessly endangers the physical health or safety of the student or prospective member, including but not limited to physical brutality, whipping, beating, branding, exposure to the elements, forced consumption of any food, liquid, drug or other substance or forced smoking or chewing of tobacco products.
- Any activity which recklessly endangers the mental health of the student or prospective member, including but not limited to sleep deprivation, physical confinement, or other extreme stress inducing activities.
- Any activity that requires the student or prospective member to perform a duty or task which involves a violation of the criminal laws of this state or any political subdivisions in this state.

Any student-athlete affiliated with East Stroudsburg University who participates in any hazing activity will lose his or her scholarship and be immediately suspended from athletic competition for a minimum of 1 year. This consequence applies even if the

“hazed” student or prospective member agrees and volunteers to participate in such activity.

SEXUAL HARASSMENT POLICY

Sexual harassment is a form of sex discrimination. It occurs in a variety of situations which share a common element: the inappropriate introduction of sexual activities or comments into the working or learning environment. Often, sexual harassment involves relationships of unequal power, and contains elements of coercion as when compliance with requests for sexual favors becomes a criterion for personal advancement, financial gain, academic achievement, or any other benefit that might accrue. However, sexual harassment may also involve relationships among equals, as when repeated sexual advances or demeaning verbal behavior have a harmful effect on a person’s ability to study, work, or live in the academic setting.

The following types of behavior are examples of what may constitute sexual harassment:

- Verbal harassment including sexually offensive or chauvinistic language that is severe and pervasive
- Inappropriate remarks about another’s body, clothing or sexual activities
- Subtle or overt pressure for sexual activity
- Inappropriate touching, patting or pinching
- Leering or ogling another’s body
- Generalized sexist remarks or behavior
- Inappropriate and offensive uninvited sexual advances
- Solicitation of sexual activity or other sex-linked behavior by promise of reward
- Sexual assault
- Coercion of sexual activity by threat of punishment

East Stroudsburg University, consistent with its efforts to foster an environment of respect for the dignity and worth of all members of the University community, holds that sexual harassment of students and employees is unacceptable and impermissible conduct.

All members of the East Stroudsburg University community are responsible for being knowledgeable of this policy.

Academic and other administrators are responsible for referring to the Director of Diversity and Equal Opportunity complaints of alleged or actual sexual harassment including incidents where reprisal for reporting sexual harassment has occurred.

The following persons have been designated to provide information, support, and assistance for issues of sexual harassment and institutional climate that adversely affects and discriminates against students and employees on the basis of gender:

Director of Diversity &
Equal Opportunity
Reibman Building
570-422-3656

Director of Human Resources
Reibman Building
570-422-3422

Counseling & Psychological
Services Department
Flagler-Metzgar Building (2nd Floor)

Director of Judicial Affairs &
Commuter Student Services
Flagler-Metzgar Building (2nd Floor) 570- 422-3277 570-422-3461

These persons will hold inquiries and private discussions, helping the individual understand all options available, and supporting decisions about what action, if any, to pursue through an informal and/or a formal process.

The informal process seeks to mediate a resolution of the complaint. The formal process may carry with it warning, suspension, or other appropriate sanction.

For a more detailed copy of the policy, or if you have questions, contact the Office of Diversity and Equal Opportunity at 570-422-3656.

SOCIAL NETWORKING WEBSITE POLICY

Student-athletes are representatives of the East Stroudsburg University community and its Athletic Department. As a student-athlete you may use social networking websites such as Facebook and MySpace provided that:

- You use is in compliance with the ESU computer use policy.
www4.esu.edu/technology/comp_policies.cfm
- No offensive or inappropriate pictures are posted.
- No offensive or inappropriate comments are posted.
- No information posted on the website(s) and no use of the website(s) violates the East Stroudsburg University Student Code of Conduct or the Student-Athlete Conduct Section of the East Stroudsburg University Student-Athlete Handbook.

Any violation of this policy will result in disciplinary action. Sanctions may include written notification requiring that the unacceptable content be removed, temporary suspension from the team, dismissal from the team and loss of athletic aid, if applicable.

Any unacceptable content posted by anyone other than the East Stroudsburg University student-athlete which may include but is not limited to student-athletes at other institutions or non-student-athletes at East Stroudsburg University will result in discipli-

nary action that may include written notification requiring that the unacceptable content be removed, temporary suspension from the team, dismissal from the team and loss of athletic aid, if applicable.

The Athletics Department advises East Stroudsburg University student-athletes to exercise extreme caution in their use of social networking websites and to remember that the content they post reaches a wide audience and may become more public than they intended.

Please note: You should not post your home address, local address, phone number(s), birth date, or other personal information as well as your whereabouts or your plans. You could be opening up yourself to predators. Additionally, potential employers, internship supervisors, graduate programs and scholarship committees use these sites to screen applicants/candidates.

Questions regarding acceptable content should be directed to your head coach or the Athletic Director, 570-422-3642.

STUDENT-ATHLETES AND THE MEDIA

ESU student-athletes have a responsibility to the university, your coaches, and teammates for cooperating with the media.

All interviews are arranged through the sports information office. Student-athletes are not permitted to speak with reporters unless they have been cleared by the Sports Information Director.

The sports information office will call you to arrange any interviews with the office graduate assistant or the media. The interviews will be scheduled at a mutually convenient time so that you don't miss classes or practice.

Acknowledge the reporter's presence when he/she meets you. Make eye contact and shake his/her hand.

Thank the reporter for his/her time and interest after the interview. Make it a pleasant experience for you and the reporter so that he or she will want to interview you again.

During the interview:

- Be yourself. Be honest. Be positive. Avoid criticizing a coach, a teammate, or an opponent. Treat all parties with respect.
- Avoid criticizing or placing blame on an official for the outcome of an event.
- Listen to the question carefully. Make sure you understand the question before you answer. If you don't understand, ask for clarification or have the reporter repeat the question.
- Take time to think before you speak. Understand that any statement made may be seen in "print" or heard on the "air."
- Speak clearly and use complete sentences.
- It is better to say you do not know the answer to a question, than to give an incorrect or misleading answer.
- If a particular question is uncomfortable or is one on which you prefer not to comment, a proper response might be... "I know you can understand (or appreciate) that there are certain things I can't or don't want to discuss."
- Any problems involving a reporter or related to an interview should be reported to the Sports Information Director.
- Remember that reporters have a professional commitment to report the facts, the wins and the losses, the good and the bad. Reporters work for their media companies and service their readers or listeners. They do not work for the university. There may be times when you may not like what they have to report. You must accept this reality and deal with it in a positive manner.
- Publicity and promotional information about the student-athlete will be released by the Sports Information Director and distributed to the media but only with the permission of the student-athlete.

STUDENT HOST POLICY

Serving as a student host is an important service to the East Stroudsburg University Athletic Department and your team. Appropriate conduct is required of you per institutional, conference, and NCAA regulations. As a student host it is your responsibility to understand and adhere to the following guidelines.

In order to be a student host the student-athlete:

- Must be enrolled full-time at East Stroudsburg University.
- Must have been certified as a qualifier if serving as a host as a freshman.
- Must complete an orientation program with the coach prior to hosting a prospective student-athlete. The orientation program will include, but not be limited to, education on policies related to overnight visits, drug and alcohol use, sexual harassment, hazing, and hate crimes.
- Must understand the responsibilities associated with his/her role and clearly understand the coach's expectations of him/her in the role of student host.
- Must complete and sign a student host form stating that he/she has understood and will abide by the guidelines stated.

When serving as a student host the student-athlete:

- Must abide by all East Stroudsburg University policies and Pennsylvania laws and must ensure that the prospective student-athlete does the same.
- Must accompany the prospective student-athlete at all times.
- Must check the prospective student-athlete back into his/her place of residence.

- Must respect the recruiting process by providing the prospective student-athlete with a professional experience and an honest and fair character evaluation.
- May not give cash to the visiting prospect.
- May not use a vehicle provided, or arranged for, by an institutional staff member or booster.
- May not transport the prospect or anyone accompanying the prospect.
- Must ensure that the prospective student-athlete does not take part in any practices related to the sport for which they are being recruited.
- Must contact the coach in case of emergency.

TEAM TRAVEL POLICY

Student-athletes are representatives of East Stroudsburg University and its intercollegiate athletic department and are expected to conduct themselves as such at all times.

The East Stroudsburg University Intercollegiate Athletics Department does not permit the use of alcohol, illegal drugs, and tobacco products of any kind at any athletic event whether on or off-campus, on travel to and from contests, and on overnight trips.

Personal appearance is a reflection of one's team and University. Student-athletes must adhere to the dress code for travel as determined by the Head Coach. Student-athletes should use good judgment when selecting the appropriateness of their attire and should take into consideration the nature of the event as well as its location.

Transportation of its student-athletes to and from athletic events is the responsibility of East Stroudsburg University. Student-athletes must travel with the team to and from the athletic event or team destination unless specifically released by the Director of Athletics. A student-athlete who wishes to travel to and/or from an athletic event in a personal vehicle or with one's parent/guardian must request approval from the Head Coach. The request must reflect an extenuating circumstance, and a release form must be completed and signed by all parties involved. In the event the student-athlete is a minor, written consent must be given by the parent/guardian. Requests will be evaluated on a case by case basis, and the final decision rests with the Director of Athletics. Requests that have been approved by the head coach must be submitted for final approval to the Director of Athletics not later than 2 business days prior to the event. ESU insurance does not cover individuals who travel in a vehicle other than the team carrier.

Violations of the travel policy will lead to disciplinary action.

TOBACCO POLICY

The NCAA prohibits the use of tobacco products by all student-athletes, coaches, officials, and staff during intercollegiate competition and practices. Smokeless tobacco is included in this policy. The use of tobacco is further prohibited in connection with any intercollegiate team functions including meetings, practices, games, informal workouts, medical treatments, and locker room areas.

Violations of the tobacco policy will result in disciplinary action.

CHAPTER 3 – NCAA / PSAC RULES AND REGULATIONS

NCAA / PSAC REGULATIONS

East Stroudsburg University competes as a National Collegiate Athletic Association (NCAA) Division II member institution. East Stroudsburg University is also a member of the Pennsylvania State Athletic Conference (PSAC). Our athletic programs and the student-athletes who participate in these programs must adhere to and comply with all PSAC and NCAA rules and regulations.

If you have any questions or think that you may have violated a rule, please see an Athletics Administrator immediately.

PLAYING AND PRACTICE SEASONS

Student-athletes shall not participate in more than 20 hours of athletically related activities per week during the season and 8 hours per week during the off-season.

EXTRA BENEFITS

As a student-athlete, you are not permitted to receive “extra benefits” from University staff, donors, or boosters of the Athletics Program.

- Some examples of impermissible benefits are: gifts, reduced-cost rent, cash, loans, use of a car, long-distance phone use, medical services, entertainment, and impermissible academic assistance.
- It is permissible for a student-athlete or the entire team to receive an occasional meal from an institutional staff member in the general locale of the institution. This should be done on an *infrequent basis* and/or on a *special occasion*. If necessary, the institutional staff member may provide transportation to the student-athletes in order for them to attend such a meal.

AMATEURISM

A student-athlete must be an amateur as defined by the NCAA.

In order to remain athletically eligible, you must not jeopardize your amateur status by taking part in activities that are prohibited which include, but are not limited to, the following:

- Using athletic skill (directly or indirectly) for pay in any form in that sport.
- Accepting a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation.
- Signing a contract or committing either verbally or in writing to play professional athletics, regardless of its legal enforceability or any consideration received.
- Receiving (directly or indirectly) a salary, reimbursement of expenses, or any other form of financial assistance from a professional sports organization based on athletics skill or participation, except as permitted by NCAA rules and regulations.
- Competing on any professional athletics team, even if no pay or remuneration for expenses was received.
- Entering into a professional draft or an agreement with an agent or entering into an agreement with an agent either prior to or subsequent to initial full-time collegiate enrollment.

ELIGIBILITY PROCESS

Prior to each athletic season, each student-athlete must complete all of the required NCAA forms.

Before the first practice, each student-athlete must ensure all documents are on file:

- Health Center Form
- Physical Exam and/or Pre-screen
- Proof of Insurance Form
- Eligibility Form
- NCAA Drug Testing Consent Form
- NCAA Student-Athlete Form
- Freshmen and transfers MUST be Certified by the Clearinghouse
- Transfer Students must have Transfer Form on file in the Athletic Office

CLEARINGHOUSE FOR INITIAL ELIGIBILITY AND AMATEURISM

All incoming freshman and transfer student-athletes must join the clearinghouse for initial eligibility and amateurism prior to being eligible for practice and competition. The Clearinghouse evaluates high school GPA, core course work, and SAT /ACT test scores as well as amateur status. Upon review by the NCAA, a decision is made as to whether the student-athlete is deemed a qualifier, partial qualifier, or a non-qualifier.

A “qualifier” as defined by the NCAA is a student-athlete who is eligible for athletically related financial aid, practice, and competition during the first academic year in residence.

A “partial qualifier” as defined by the NCAA is a student-athlete who does not meet the requirements for a qualifier. As a result, this individual may receive athletically related financial aid and may practice, but may not compete during the first academic year in residence.

A “non-qualifier” as defined by the NCAA is a student-athlete who is not eligible for athletically related financial aid nor is

he/she eligible for regular-season competition and practice until he/she has served one year of residency as a full-time student.

WALK ON POLICY

All enrolled full-time students have the opportunity to participate in athletics at East Stroudsburg University. Please contact the head coach of the sport in which you are interested to receive specific details regarding the try-out policy and procedures. If you do not know the name of the head coach, contact the Athletic Department at 570-422-3642 for that information.

All “walk-ons” must provide proper medical, insurance, and administrative documentation as well as documentation of a physical examination by their family physician or general practitioner (MD or DO). The physical exam must be completed within a 6 month period prior to the try-out session.

MEDICATIONS AND DRUGS

Drugs which are not prescribed medications or over-the-counter medications specifically being administered for a health problem are strictly prohibited! These drugs are in violation of the University, PSAC, and NCAA policies.

- If the student-athlete takes any prescription or non-prescription medication on a regular basis, then the sports medicine staff must be informed.
- If a medication, such as a serum for allergies, needs to be stored and administered by injection, then storage and injection should be handled by the university health center.
- If a medication is needed in emergency situations, such as an inhaler for asthma or a “kit” for insect bites/stings, then the student-athlete should provide the athletic trainers with a supply to be used if needed while the athlete is participating.

SUMMER CAMP EMPLOYMENT

- Current student-athletes may work at an institutional camp and perform duties that are of general supervisory nature. Not more than half of the athlete’s duties may be coaching or officiating.
- Student-athletes may not conduct their own camp.
- Compensation must be at the going rate for counselors with similar ability and experience.
- If a student-athlete’s role is to only lecture or demonstrate, then he/she may not be compensated.

COMPLIMENTARY TICKETS TO HOME ATHLETIC EVENTS

ENROLLED STUDENT-ATHLETES

- Each student-athlete may receive two complimentary tickets for each home contest for the sport in which they participate.
- Complimentary tickets shall be distributed only to persons designated by the student-athlete. These tickets must be signed for by the recipient.
- Per NCAA regulations, partial and non-qualifiers are not entitled to any complimentary tickets. It is permissible for those individuals to receive one admission by means of their student I.D. card for their own use at home contests for the first academic year in residence.
- The PSAC complimentary ticket form shall be used for football, basketball, soccer, volleyball, and wrestling. This form shall be used for all home and away contests.

PROSPECTIVE STUDENT-ATHLETES

- During an unofficial visit, three complimentary tickets may be provided. These tickets are for the sole use of the prospect and those accompanying the prospect.
- These tickets must be issued on a game by game basis.

CHAPTER 4 – FINANCIAL AID

Detailed information concerning general eligibility requirements, the various types of financial aid, the application process, and alternative sources for financial aid can be obtained by contacting the Center for Enrollment Services or via the website address: http://www4.esu.edu/enrollment/finance_ed.asp.

ATHLETICALLY RELATED GRANTS-IN-AID

Athletically related grants-in-aid are awarded for one-year terms coinciding with the academic year. The grant may be renewed from year to year, and notification must be made by July 1 of each year by the Office of Enrollment Services indicating whether a grant is being renewed, reduced, or discontinued for the upcoming academic year.

The grant may not be reduced or discontinued during the award year on the basis of:

- The student-athlete's ability or contribution to a team's success.
- An injury that prevents the recipient from participating in athletics.
- Any other athletic reason.

The grant may be reduced or discontinued during the award year if a student-athlete:

- Becomes ineligible for athletics.
- Misrepresents information on the Letter-Of-Intent or other eligibility documents.
- Withdraws from the sport for personal reasons.
- Violates University or Athletics Code of Conduct.
- Engages in serious misconduct warranting a substantial disciplinary penalty.
- Does not satisfy the stated institutional and/or NCAA academic requirements.

If the student-athlete's aid is reduced or discontinued for any reason, an institutional representative will notify the student-athlete of this change.

The student-athlete has the right to appeal the reduction or discontinuance of a grant-in-aid for any reason.

The appeal process is as follows:

The student-athlete meets with the Head Coach.

The student-athlete may appeal the Head Coach's decision to the Director of Enrollment Services or his/her designee.

The above stated appeal process is per NCAA By-law 15.3.2.4 where the hearing of the appeal cannot be heard by the university's athletic department or its faculty athletics committee.

CHAPTER 5 – ACADEMICS

The first priority of a student-athlete is to be a student, and the second priority is to be an athlete. In order to succeed academically, student-athletes are encouraged to follow all academic policies and procedures.

University policies pertaining to academics are presented in the undergraduate catalog and ESU student handbook. See these specific documents for a thorough review of essential policies, procedures, and academic programs. University policies must be adhered to for purposes of athletic eligibility.

ACADEMIC INTEGRITY

Student-athletes shall complete their academic work free from fraud or deception. Academic dishonesty includes, but is not limited to, plagiarism, cheating, unauthorized possession of exams, and submitting the work of another person as your own.

Violations of this policy can lead to very serious disciplinary action.

ACADEMIC REQUIREMENTS FOR ATHLETIC ELIGIBILITY

In order to be eligible for athletic practice and competition, the student-athlete must adhere to University and NCAA policies and regulations.

FULL-TIME ENROLLMENT

In order to be eligible for athletic practice and competition, a student-athlete must be officially enrolled as a full-time undergraduate or graduate student in a degree program. The minimum number of credit hours needed for full-time status as an undergraduate is 12 semester hours. The minimum number of credit hours needed for full-time status as a graduate student is 9 semester hours. Home Study courses do not meet this requirement. "TO BE SCHEDULED" credits do not constitute a course.

To drop below 12 credits, a student-athlete must notify the Head Coach, Academic Coordinator, and Associate Athletic Director prior to dropping these credits. Approval must be requested and given prior to the applicable withdrawal deadlines. If timely authorization is not granted, the student-athlete may not be able to drop below 12 hours and will therefore accept the consequences.

SATISFACTORY PROGRESS

Student-athletes must fulfill the "satisfactory completion" provision of the NCAA per NCAA guidelines and institutional guidelines. If the guidelines differ, the more stringent guideline is used. As a result, the following grade-point averages are required for Division II student-athletes at ESU:

- After completion of 24 credits: 1.8 GPA
- After completion of 46 credits: 1.9 GPA
- After completion of 64 credits: 2.0 GPA

Your athletic eligibility is in jeopardy if your GPA drops below the above standards.

ACADEMIC WARNING and ACADEMIC PROBATION status limits the student-athlete to scheduling no more than 13 credits/semester.

When the student-athlete is on ACADEMIC PROBATION, then he/she is not eligible to practice or compete with the team.

Student-athletes must complete at least 24 **NEW** credits from fall to fall. A minimum of 18 credits must be earned during the academic year (Fall & Spring semesters) and only six of the 24 **NEW** credits may be earned in summer school. A minimum of six credits must be completed each semester to be eligible for competition the following semester.

Remedial courses (i.e. 090 courses) may only be considered for athletic eligibility purposes if taken during the first two semesters of collegiate enrollment.

Student-athletes must declare a specific major prior to beginning the fifth semester of full-time attendance. From that point, all credits used to meet satisfactory-progress requirements must be credited towards the specific degree program.

DECLARING A MAJOR

To declare a major consult with your academic advisor, career resources, or the Academic Coordinator for Intercollegiate Athletics.

Once a decision is made, get a "CHANGE OF MAJOR" card from the Center for Enrollment Services. Complete the card by having your current advisor and your new department chairperson sign the card. Return the completed card to the Center for Enrollment Services.

GPA AND CREDIT DEFICIENCIES

If a student-athlete has a **GPA deficiency**, then he/she must correct this deficiency by taking courses at ESU. Courses taken at other institutions, e.g. at a community college during the summer, will transfer to ESU only as a "P" and will not count towards the GPA.

If a student-athlete has a **credit deficiency**, then he/she may take coursework at another institution by obtaining prior approval from the department chairperson at ESU representing the department in which the course is housed as well as approval from the Director of Enrollment Services at ESU.

A repeated course may be counted only once in meeting NCAA eligibility rules and only after it has been completed with a passing grade.

TAKING SUMMER CLASSES AT AN INSTITUTION OTHER THAN ESU

- Step One: You need to obtain the course description from the college or university you want to attend.
- Step Two: You need to obtain an "Approval to Enroll at Another Institution" card from ESU'S Center for Enrollment Services.
- Step Three: A signature needs to be obtained from the department chair at ESU representing the intended area of study. (i.e. Intro to Sociology requires a signature from the department chair of Sociology.)
- Step Four: Upon getting a signature of approval, you need to return the card to the Center for Enrollment Services.
- Step Five: Upon completion of the course, an official transcript must be sent to the Center for Enrollment Services at ESU. The transferred course credit is not part of your academic record until the transcript is received and posted to your record.

A letter grade of "C" or better must be obtained for credits to transfer back and be accepted by ESU.

Transfer Credits DO NOT help you improve your GPA at ESU.

PASSPHRASE

All new students will be mailed their "PASSPHRASE" during the summer. A student will need this "PASSPHRASE" to access student account information via the web. The "PASSPHRASE" is needed to register for classes, to view academic transcripts, and to view one's university bill. It is advisable for new students to log onto the ESU system with their new "PASSPHRASE" by going to www.esu.edu; click on "Enrollment Services" and then on "Accessing Student Record." The system allows students to change their institutionally issued "PASSPHRASE." It is the student's responsibility to remember his/her "PASSPHRASE" since it will be in effect until he/she graduates.

PRIORITY REGISTRATION

Priority registration refers to the opportunity to register for classes prior to the date that one would normally be scheduled to do so and prior to the beginning of registration for the general student population. Priority registration is available each semester of full-time enrollment to all student-athletes who are listed on the team's certified eligibility roster. It is important that student-athletes take advantage of this opportunity in order to minimize missed class time for competition.

A student-athlete is not permitted to miss class for athletic practice.

REGISTRATION

Registration for Fall semester is in March

Registration for Spring semester is in October.

STEP 1: GO ON-LINE TO WWW.ESU.EDU AND VIEW THE COURSE AND TIME OFFERINGS VIA THE WEB..

STEP 2: LOOK FOR A YELLOW REGISTRATION POSTCARD TO ARRIVE IN LOCAL MAIL.

- Be sure your current local mailing address is on file with the Center for Enrollment Services at the beginning of each semester.
- All students will receive a yellow postcard about 2 weeks prior to the start of registration. The card will indicate your advisor's name and the date and time you are scheduled to register. You can ignore the date and time since as a student-athlete you have priority registration privileges; however, you will still be required to meet with your academic advisor to discuss course selections and to receive your Pin#.

STEP 3: MEET WITH YOUR ACADEMIC ADVISOR PRIOR TO YOUR REGISTRATION TIME.

- You need to meet with your advisor in your academic major each semester for assistance in selecting courses.
- You need a PIN number from your advisor in order to register. You will be given a different PIN number each semester.
- You need to know your advisor's office hours and policy for scheduling appointments (i.e. by phone, email, sign up sheet, etc.).

STEP 4: PREPARING TO REGISTER.

- DO NOT attempt to register before your scheduled time. If you are uncertain as to when you can register, contact the Academic Coordinator.
- Remember you will need to be registered for a minimum of 12 credits to be considered a full-time student, nine credits if a graduate student.

STEP 5: REGISTER VIA THE WEB.

- Log on to www.esu.edu and click on the Enrollment Services link.
- From there click on the link "Access Your Student Record."
- Using your "PASSPHRASE" follow the instructions to register online.

HOW DO I ADD A CLASS?

Prior to the beginning of the semester:

- If the course is open, the course can be added via the web using your "PASSPHRASE" or by calling the Center for Enroll-

ment Services.

- If the course is closed, the signature of the faculty member teaching the course is required on an add card. Faculty may or may not be able to add students to closed sections. Add cards are available in departmental offices and at the Center for Enrollment Services. The completed card must be returned to the Center for Enrollment Services.

After the semester has begun:

- Courses may be added during the first ten (10) days of the semester by completing an “Approval to Add” card. The card must be signed by the faculty member teaching the course, and then the card must be submitted to the Center for Enrollment Services.

HOW DO I DROP A CLASS?

Prior to the beginning of the semester:

- Courses may be dropped via the web using your “PASSPHRASE” or by calling the Center for Enrollment Services.

After the semester has begun:

- An “Approval to Drop” card must be completed. The card must be signed by the faculty member teaching the class, and then must be submitted to the Center for Enrollment Services.
- If a student drops a course during the first week of the semester, then the course will be removed from the student’s schedule and will not appear on his/her permanent record.
- If a student drops a course after the first week of the semester but before the end of the 10th week, then the course will remain part of his/her permanent record and a “W” is posted in place of a letter grade. After the tenth week the student may withdraw only if there are extraordinary circumstances (e.g. illness, death in the family, etc.). In this situation the student must also secure the appropriate Academic Dean’s signature on the drop card. A grade of “W” will be assigned if the student is passing; “Z” will be assigned if the student is failing.

ADD/DROP TIMELINE

- 10 days to add a class.
- 5 days to drop a class without having the course appear on the transcript.
- 10 weeks to drop a class with a grade of a “W”.

All add and drop cards must be returned to the Center for Enrollment Services for official action to be taken.

CLASS ATTENDANCE

Student-athletes are encouraged to schedule classes so as to minimize conflicts with practice and competition.

- When practice schedules conflict with class schedules, student-athletes are expected to attend class.
- Student-athletes should meet with each professor at the beginning of each semester to present a copy of the athletic schedule and discuss the procedure to promptly “makeup” any assignments missed due to competition.

CLASS ABSENCE FOR ATHLETIC COMPETITION

- Give the professor a copy of your season schedule during the first week of class.
- Review with the professor the dates and the number of classes that will be missed because of competition.
- Discuss these absences in conjunction with the professor’s attendance policy and exam schedule as stated in the course syllabus.
- DO NOT miss class for any reason other than competition.
- Prior to an athletic competition obtain a “verification of absence” form from your coach and give this form to your professor indicating the day you will be absent from class due to competition. The form is *verifying* your absence; IT IS NOT AN EXCUSED ABSENCE FORM.
- Remind your professor the class before a game if you will be missing his/her next class.
- Make up all work; copy all notes and obtain missed handouts in a timely fashion.
- Keep the professor apprised of any changes.

TIPS FOR GETTING ALONG WITH PROFESSORS

- Attend class and be on time.
- Sit in the front of the class.
- Ask questions; participate in class.
- Know how the professor wishes to be addressed (i.e. Dr. Smith).
- Let the professor know that you sincerely want to do well in the course.
- Meet with the professor during office hours if you need assistance or if you are having difficulty in a course.
- Smile.

- Hand in all assignments on time.

TOP 10 TIPS FROM STUDENT-ATHLETES

10. Take homework to away games.
9. Study regularly; develop good study habits.
8. Ask advisors and professors questions.
7. Get involved in school clubs and activities.
6. Hand in schoolwork on time.
5. Study early for exams.
4. Show your professors that you are interested.
3. Stay in contact with your advisor.
2. Attend class regularly.
1. Time management is key.

ACADEMIC PERFORMANCE WARNING SIGNS

- If you have left the class on more than one occasion without understanding the material.
- If you have doubts about your ability to do well in class.
- If you have difficulty completing assignments.
- If you have problems managing your time.
- If you have not been attending class regularly.
- If you have been notified by the university or your major department that you are on academic warning or academic probation.

TUTORIAL ASSISTANCE

Tutors are available for most 100 and 200 level courses. There is no charge for this service.

Step One: Go to the Learning Center located in Rosenkrans East.

Step Two: Fill out an application.

Applications are located on the tutor identification wall just inside the Learning Center. You must complete an application for each course in which you are seeking a tutor. You should receive notification and contact information for the assigned tutor within 7-10 days.

DROP-IN TUTORIAL LABS

The Learning Center also offers “drop-in” tutoring labs that require no appointment. “Drop-in” labs allow you to seek assistance on an as needed basis. Drop-in labs are usually offered for the following areas:

Writing	Economics	Praxis
Mathematics	Physics	
Accounting	Chemistry	

In addition, special supplemental instruction sessions may be held in selected subject areas including:

Physics	Chemistry
Mathematics	Psychology

STUDY SKILL WORKSHOPS

Assistance with study skills can be obtained by attending BALANCE workshops, workshops offered by the Learning Center, and workshops offered by the Academic Coordinator for Intercollegiate Athletes.

ADDITIONAL RESOURCES FOR ACADEMIC ASSISTANCE

As a student-athlete you are fortunate in that you have an individual whose primary responsibility is working with student-athletes and their coaches with regard to academic issues. This person is Professor Nancy Jo Greenawalt and her title is Academic Coordinator for Intercollegiate Athletics.

Other campus personnel who can assist you include, but are not limited to the following:

- Academic Advisor
- Academic Department Chairperson
- Faculty members
- Dr. Shala Davis – Faculty Athletic Representative

CHAPTER 6 - SPORTS MEDICINE/ ATHLETIC TRAINING SERVICES

GENERAL INFORMATION

It is imperative that all student-athletes be familiar with sports medicine policies and procedures for intercollegiate athletics. It is the function of the certified athletic trainers and the athletic training students to encourage athletic injury prevention, to care for those injuries that do occur, and to work toward complete recovery from the injury through rehabilitation. Failure on the part of the student-athlete to comply with the sports medicine policies may result in inadequate medical treatment or unnecessary costs charged to the athletes.

- The Certified Athletic Trainers coordinate the day-to-day supervision of all aspects of the health care services, and all matters of injury prevention, evaluation, treatment, rehabilitation, and medical referral should be channeled through them.
- Student-athletes should immediately report all injuries and illness to the athletic training staff.
- If the athlete has to be referred for medical care or has time-loss from practice and/or games, then he/she must be “medically cleared” for return to activity. Clearance for practice and games is the prerogative of the athletic training staff, not the coaches.

SPORTS MEDICINE/ATHLETIC TRAINING PERSONNEL

- Three certified athletic trainers and four graduate assistants are on staff and are responsible for specific team coverage.
- An athletic training student will also be assigned to each team. Student-athletes should get to know the athletic training students quickly, since they will be the first line of communication for injuries and other medical problems.

The team orthopedic physicians are:

Dr. George Primiano, MD

Dr. Maurizio Cibischino, MD

Outside physicians may be utilized on an as needed basis for reasons such as individual insurance protocols; however, the designated team physicians will have the final decision on an athlete’s playing status regardless of the opinion of such outside physicians.

For acute illness and other health concerns, student-athletes are encouraged to take advantage of the University Health Center (570-422-3553). A variety of medical services are provided there for ESU students for a nominal health center fee, paid by semester.

- In order to be treated in the University Health Center, a **Medical History Report** must be on file in the health center.

PRE-SEASON PHYSICALS

All new athletes entering East Stroudsburg University will be required to have a physical conducted by their family physician or general practitioner (MD or DO) within 6 months of the start of their collegiate athletic career. In addition every athlete (new and returning) will be required to complete and submit a re-examination health history questionnaire as well as receive a pre-screen conducted by ESU Athletic Training Staff prior to participation each year. The athletic training pre-screen will ONLY be conducted if the student-athlete has a valid pre-participation physical on file with the University Health Center.

Please see the following link for updated information on the Pre-participation physical process.
http://www4.esu.edu/athletics/athletics_training.cfm

ATHLETIC TRAINING ROOMS

The athletic training facilities are in Koehler Fieldhouse and include athletic training rooms in the Men’s and Women’s locker areas, as well as a treatment and rehabilitation clinic area on the second floor.

Phone numbers and hours:

- Athletic Training Clinic (570-422-3337) is open and staffed from 2:00 PM to 6:00PM, Monday through Friday. Please report by 5:30 PM. During August pre-season, the facility will open one hour prior to practice. Non-semester hours are by appointment.
- Men’s Taping Room (570-422-3696) and Women’s Taping Room (570-422-3645)
- Other times for athletic training rooms or clinic operation will be arranged on an “as needed” basis.

ATHLETIC TRAINING RULES

Athletes are to adhere to the athletic training room rules and are expected to show courtesy and respect to all faculty, staff, and athletic training students.

- Facilities are co-ed; shorts and shirts are required.
- Cleats and spikes are not permitted in any of the athletic training facilities.
- Profanity will not be tolerated.

- Horseplay presents a safety risk and is not allowed.
- Tobacco products of any type are prohibited by NCAA rules and are not permitted in athletic training facilities.
- The athletic training rooms are not a hangout; loitering is not permitted.
- Sports equipment is not to be brought into the athletic training facilities.
- No items (i.e. tape, scissors, etc.) are to be removed from the facilities without permission.
- Footwear is not permitted on the tables or against the walls.
- No cellular phones are permitted in the athletic training facilities.
- No food or drink is permitted in the athletic training facilities.
- Service to our student-athletes is basically first come first served, or prioritized by the urgency of the problem. *Courtesy is a must!*

INSURANCE COVERAGE FOR ATHLETIC PARTICIPATION

The athlete is responsible for having insurance (University coverage or other primary coverage) to practice or compete in the inter-collegiate program. Forms for the ESU coverage can be obtained from the Student Affairs Office in the Reibman Building. Proof of insurance must be on file with the athletic training staff before the student-athlete is permitted to practice or compete.

The athlete is responsible for the first \$2000.00 coverage per incident for any intercollegiate athletic related injury. When an athlete is injured, it is the athlete's responsibility to file a claim with their insurance company (if coverage is not through ESU).

The Athletic program carries insurance to cover costs of injuries above \$2000.00. Proof (receipts/EOB's) that the first \$2000.00 has been paid is required. Athletes should see the Athletic program secretary with all receipts.

ESU insurance does not cover individuals who travel in a separate vehicle (other than the official team carrier).

EMERGENCY SITUATIONS

Certainly, emergency situations will arise in sports activities. It is the responsibility of the athletic training staff to provide first aid for minor emergencies and to make decisions regarding the necessity for further medical assistance and/or emergency transportation. In order to insure adequate care for all such problems, it is imperative that the Athlete Report All Injuries Immediately!

All open wounds and apparent bone, muscle, and joint injuries must be appraised by the athletic trainers so that appropriate treatment can be provided. Coaches will be notified regarding the athlete's playing status after the athlete has been thoroughly evaluated.

Athletes are reminded that many injuries to the head or to the internal organs may not present serious symptoms at first, but will, instead, result in problems occurring hours or even days later. When the athletic trainers are made aware of the injury, the athlete will be given specific instructions to insure his/her safety.

- A student-athlete who is a campus resident and who feels that he/she may have an emergency situation should call Campus Police at EXT. 2000.
- If a student-athlete is not a campus resident, he/she should dial 9-1-1 directly to secure emergency assistance.

Student-athletes who live off campus are also encouraged to make sure his/her current local address and telephone numbers are correctly provided to the Center for Enrollment Services to facilitate emergency contact.

OCCUPATIONAL SAFETY AND HEALTH ADMINISTRATION (OSHA)

OSHA has mandated health standards and guidelines to which the athletic training/sports medicine staff and facilities must comply. Specifically applied to the situation these regulations are in regard to contact with bodily fluids and in the handling of medical waste. For the protection of the student-athletes as well as faculty and student members of the athletic training staff, the cooperation of all personnel involved is essential.

- It is imperative that all open wounds, scratches, abrasions, etc. be reported to the athletic training staff for appropriate cleansing and first aid to prevent infection such as MRSA.

MRSA POLICY

- MRSA is a type of bacterium, like "staph," that some antibiotics can't treat. These infections can be dangerous and even life threatening.
- MRSA is a common infection in all athletic populations, including men, women, high school, college and professional athletics.
- MRSA is spread through close skin-to-skin contact, skin openings such as cuts and abrasions, infected items such as sports gear and clothing, and poor hygiene.
- MRSA may resemble a pimple or spider bites and can be red, swollen, painful and may have pus or other drainage.
- To prevent MRSA:
 - o Wash your hands often with soap and water.
 - o Don't share your sports gear or personal items.
 - o Clean your sports gear often.

- o Keep cuts and scrapes clean and bandaged until they heal.
- o Do not touch other players' wounds or bandages.

Please report any wounds to your athletic trainer and see a physician if the wound persists.

MEDICATIONS AND DRUGS

- Medications needed in an emergency situation, such as inhalers or epi-pens, should be given to the athletic trainers, who will administer them as needed during athletic participation.
- The athletic training staff will not supply over-the-counter medications.

COUNSELING SERVICES

The Office of University Counseling and Psychological Services provides a variety of formalized counseling services for any ESU student (refer to current ESU Student Handbook). A student-athlete who feels that he/she needs to utilize such services is encouraged to do so.

MEDICAL HARDSHIP PETITION

A medical hardship request deals only with seasons of competition. A hardship request may be made when an injury or illness occurs and the student-athlete is unable to compete for the rest of the season (pursuant to approved calculation). The Head Coach will make formal notification to the athletic trainer assigned to his/her team and to the Associate Director of Athletics. In the event that a medical hardship request is applicable, the student-athlete should report to the athletic trainer assigned to his/her team for formal application.

EQUIPMENT

All support equipment, such as crutches, braces, and air splints that are issued to a student-athlete by the athletic training staff must be returned to the athletic training room, or the student-athlete will be held financially responsible for the replacement of the equipment. Athletes who do not return issued equipment at the end of the season will have a "hold" placed on their records. A "hold" means you cannot register for classes, change a course, or receive a transcript. A "hold" will remain on your records until the equipment is returned or paid for (replacement cost).

Equipment such as a brace, which is specifically ordered for the athlete by the athletic training staff, must be paid in full before the equipment will be issued to the student-athlete.

CHAPTER 7 – SPORTS INFORMATION SERVICES

The sports information office promotes East Stroudsburg University and its athletic program. Its main focus is to project a positive image for the school, its student-athletes, coaches, administrators, and staff. The Sports Information Office is located in the Koehler Fieldhouse.

Schedules and results of ESU athletic events can be accessed on:

- The Warriors on the Web at <http://www.esu.edu/athletics>.
- The Warrior Hotline at 570-422-3000 which is updated daily.

ESU athletic activities receive local and national coverage. Local and regional newspapers such as The Stroud Courier, The Pocono Record, The Allentown Morning Call, and The Easton Express-Times cover upcoming events, human interest stories, and team results. Similar information as well as “live” event coverage can be seen on Blue Ridge Cable TV 13, or heard on WESS-FM93.0, and WVPO-AM 84. When appropriate, news releases are also sent to the hometown papers of student-athletes.

CHAPTER 8 – EQUIPMENT ROOM SERVICES

Players will be issued equipment only after successfully completing physical exams and meeting other eligibility requirements as certified by the ESU athletic administration.

The Men's and Women's Athletic Equipment Rooms are located within the Men's and Women's Locker Rooms in Koehler Fieldhouse. Hours during the fall and spring semesters are 9:00 a.m. to 5:00 p.m., Monday through Friday. Non-semester hours are 8:00 a.m. to 4:00 p.m., Monday through Friday. The telephone number for the Men's Athletic Equipment Room is 570-422-3488. The telephone number for the Women's Athletic Equipment Room is 570-422-3643.

Players are responsible for all equipment issued and for properly caring for their equipment. This includes keeping equipment in safe, locked areas (your locker or other safe place) when not in use. Players are required to pay for equipment not returned. Players are personally responsible for returning their equipment at the end of the season or when leaving the team. This must be done within *five days of the termination date*. The equipment staff will not clean out your locker. The student-athlete must return equipment to the equipment room personnel, not to coaches.

Game uniforms will be issued in accordance with established procedure for that particular sport. Check with your coach or the equipment manager for details. Game uniforms must be returned promptly to allow for cleaning and re-issue. Players who do not return their uniforms promptly in accordance with the established procedure for that particular sport will not receive equipment service until the game uniforms are returned.

Players who do not return issued equipment at the end of the season will have a "hold" placed on their records. A "hold" means you cannot register for class, change a course or receive a transcript. A "hold" will remain on the records until equipment is returned or paid for (replacement cost).

Uniform items issued to an athlete are to be worn only while participating in sport events or practices for which the items were issued and while traveling to and from sport events.

The equipment managers will provide daily (Monday through Friday) laundry service for practice uniforms. Game uniforms will be laundered between games. Equipment can be exchanged, replaced, or repaired at the equipment rooms.

The equipment service is provided to benefit you. Please feel free to use services provided and ask any questions you may have. We ask that you adhere to established procedures so that we can provide service more efficiently to all players.

CHAPTER 9 – STRENGTH AND CONDITIONING

KOEHLER FIELDHOUSE WEIGHT ROOM RULES

- Only East Stroudsburg University classes or student-athletes may use this facility, unless approved by the Facilities Coordinator.
- No food, beverage, or tobacco products are permitted in this facility at any time.
- All lifters must use a spotter when using free weights. No free weight lifting can be done alone.
- All weights and dumbbells must be kept off the floor when not in use. Do not drop weights on floor. Rack all weights and dumbbells when finished.
- Proper shoes and clothing are required and must be worn at all times. No cleats or spikes permitted.
- Weight collars must be used at all times.
- No excessive noise, rowdiness, foul language, or offensive behavior is permitted in this facility. Be considerate of fellow lifters.

You will be asked to leave if you cannot follow the rules. Anyone caught stealing will be subject to disciplinary action under the ESU Student Handbook, and thefts may be reported to the local police.

CHAPTER 10 – STUDENT-ATHLETE ADVISORY COMMITTEE

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

Each NCAA member institution must establish a student-athlete advisory committee for its student-athletes.

PURPOSE

The purpose of the East Stroudsburg University Student-Athlete Advisory Committee is threefold:

- 1) To represent and articulate the broad and diverse interests, opinions, and concerns of student-athletes to the athletic department administrators and to other campus constituents as deemed necessary,
- 2) To encourage unity, common purpose, and camaraderie between teams and individual student-athletes, and
- 3) To participate in community service projects.

MEMBERSHIP

The SAAC membership is composed of two representatives from each varsity team. Representatives for each team are selected by their coach or teammates in early Fall each year for a one year term. Representatives may serve for multiple years.

The requirement for membership is that a student-athlete is academically eligible per NCAA and ESU rules and is a member of an ESU intercollegiate athletic team.

OFFICERS

President – Shall preside over all SAAC meetings and assemble the agenda for meetings.

Vice-President – Shall preside over all SAAC meetings in the absence of the President. Shall assist the President with scheduling meetings and planning the agenda.

Secretary – Shall keep written records of all SAAC meetings and distribute the minutes to the SAAC members.

Treasurer – Shall keep written records of all SAAC financial records and accounts and shall provide financial reports to the SAAC members.

Officers are elected by the SAAC membership prior to the conclusion of the Spring semester for the following academic year.

MEETING SCHEDULE

Meetings are held on a monthly basis, sometimes more frequently if necessary. The meeting time is at an agreed upon time that is deemed convenient for the membership. The meetings are one hour in length.

VOTING PROCEDURES

Each SAAC member has one vote. A simple majority shall win the vote.

Proposed changes to the constitution require providing a written notice to the membership at least one week in advance. For the proposed change to be adopted, 2/3's of the membership must be in attendance. When the vote is taken, a simple majority (50% in attendance +1) must be achieved to effect a constitutional change.

ADVISOR

The advisor is appointed by the Director of Athletics. The advisor is given the power to ratify the by-laws and preside over any other matters necessary to establish and maintain the Committee. The advisor will be an active member of the Committee but has no voting power.

CHAPTER 11 – ATHLETIC AWARDS

LETTER AWARDS

A letter award is presented to an athlete for contributions to his or her team.

Generally, athletes can earn letters by participating in one half of the number of halves, meets, matches, or games in which a team participates. There also are some performance qualifications in individual sports such as track and field.

The head coaches also have leeway in awarding letters to athletes, especially seniors, who do not reach the particular criteria, but have made exceptional contributions to the team.

Letter-winners receive certificates each year and first-year letter winners are presented with a Varsity letter.

SENIOR AWARDS

All senior athletes receive a “senior” award at the annual Athletic Awards Banquet in May.

SENIOR ATHLETE OF THE YEAR

The highest award which East Stroudsburg University presents is to the Outstanding Senior Male and Outstanding Senior Female athlete. This award is given to athletes who have distinguished themselves above all others with regard to athletic performance.

TEAM AWARDS

In each of ESU’S 21 sports plus cheerleading, an Outstanding Athlete Award and a Coach’s Award are presented at the Athletic Awards Banquet. Each coach makes his or her own determination on how the award winners are selected.

SENIOR SCHOLAR ATHLETE OF THE YEAR

The East Stroudsburg Alumni Association chooses a Senior Male and Senior Female Scholar Athlete of the Year each year and presents plaques to the winners at the Athletic Awards Banquet in May. Both athletic and academic performance is taken into account when selecting the recipients.

PENNSYLVANIA STATE ATHLETIC CONFERENCE SCHOLAR-ATHLETE

All varsity letter-winners who achieve a cumulative grade point average of 3.25 or above each year are named Pennsylvania State Athletic Conference Scholar-Athletes and receive a certificate from the conference.

CHAPTER 12 – DIRECTORY

ATHLETIC ADMINISTRATION AND STAFF DIRECTORY

Athletic Director	Dr. Thomas Gioglio tgioglio@po-box.esu.edu	570-422-3642
Associate Athletic Director	Dr. Carey Snyder csnyder@po-box.esu.edu	570-422-3034
Academic Coordinator	Professor Nancy Jo Greenawalt ngreenawalt@po-box.esu.edu	570-422-3795
Athletic Secretary	Donna Johnson-Davis ddavis@po-box.esu.edu	570-422-3642
Sports Information Director	Greg Knowlden gknowlden@po-box.esu.edu	570-422-3312
Coordinator of Athletic Operations/ Assistant to the Athletic Director	Emily Stolkowski estolkowski@po-box.esu.edu	570-422-3578
Coordinator for Special Projects, Diversity & Social Justice	Justin Scott jscott@po-box.esu.edu	570-422-3437

ATHLETIC TRAINING

Athletic Trainer	Professor Colleen Shotwell cshotwell@po-box.esu.edu	570-422-3165
Athletic Trainer	Professor Wendy Dietrich wwheeler@po-box.esu.edu	570-422-3166
Athletic Trainer	Professor John Paolini jpaolini@po-box.esu.edu	570-422-3847
Athletic Training Room		570-422-3337

EQUIPMENT ROOM STAFF

Men's Equipment Manager	Art Kroll akroll@po-box.esu.edu	570-422-3488
Women's Equipment Manager	Bob Smith smithr@po-box.esu.edu	570-422-3643

FACULTY ATHLETICS REPRESENTATIVE

Dr. Shala Davis	sdavis@po-box.esu.edu	570-422-3336
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HEAD COACHES

Baseball	John Kochmansky jkochmansky@po-box.esu.edu	570-422-3263
Men's Basketball	Jeff Wilson jwilson@po-box.esu.edu	570-422-3339
Women's Basketball	TBA	570-422-3107
M/W Cross Country/M Track & Field	Joe Koch jkoch@po-box.esu.edu	570-422-3054
Field Hockey	Sandy Miller smiller@po-box.esu.edu	570-422-3101
Football	Dennis Douds ddouds@po-box.esu.edu	570-422-3322
Golf	Dustin McCormick dmccormick@po-box.esu.edu	570-422-3879
Lacrosse	Lynne Elphick	570-422-3013

Men's Soccer	lelhick@po-box.esu.edu Jerry Sheska	570-422-3303
Women's Soccer	jsheska@po-box.esu.edu Robert Berkowitz	570-422-3648
Softball	rberkowitz@po-box.esu.edu Jill Fuduric	570-422-3122
Women's Swimming	jfuduric@po-box.esu.edu Lisa Pizzuto	570-422-3873
Men's & Women's Tennis	lpizzuto@po-box.esu.edu Al McCormick	570-422-3901
Women's Track & Field	amccormick@po-box.esu.edu Chris Merli	570-422-3249
Women's Volleyball	emerli@po-box.esu.edu Michelle Kreeger	570-422-3672
Wrestling	mkreeger@po-box.esu.edu Joey Rivera	570-422-3313
	riveraj@po-box.esu.edu	

CHAPTER 13 - UNIVERSITY RESOURCES

CAMPUS PHONE NUMBER:	570 – 422 - EXTENSION	
QUESTIONS ABOUT	WHERE TO GO	PHONE EXT.
Academics and Athletics	Professor Nancy Jo Greenawalt Academic Coordinator for Athletics 229 Zimbar/Liljenstein Hall	3795
Athletic Eligibility/NCAA Rules	Dr. Carey J. Snyder Associate Athletic Director 216 Smith Street	3034
Career Planning and Placement	Dr. Dennis Steigerwalt Director of Career Services University Center	3219
Center for Disability Services	Dr. Edith Miller Rosenkrans East	3954
Change of Course or Schedule	Enrollment Services Zimbar/Liljenstein Hall	2800
Employment (Work-Study)	Enrollment Services Zimbar/Liljenstein Hall	2800
Housing (On Campus)	David Campbell, Housing Director Shawnee Hall	3460
Housing (Off Campus)	Day and Commuting Students Flagler-Metzgar Building (2nd Floor)	3461
Identification Cards	Elizabeth Blick E-Card Center/University Center	2991
Insurance, Student	Office of Student Affairs Reibman Building	3463
Meeting Places, Reservations	Robert Moses, Director of Housing Shawnee Hall	3138
Mental Skills Training	Dr. Paula Parker 236 Zimbar/Liljenstein Hall	3874
Personal Counseling	Counseling Center Flagler-Metzgar Building (2nd Floor)	3277
Registration	Enrollment Services Zimbar/Liljenstein Hall	2800
Scholarship & Loan Information	Enrollment Services Zimbar/Liljenstein Hall	2800
Undeclared Majors	Dr. Jack Truschel Rosenkrans East	3383
Withdrawal from Course	Enrollment Services Zimbar/Liljenstein Hall	2800
Withdrawal from University	Enrollment Services Zimbar/Liljenstein Hall	2800