



SEATTLE UNIVERSITY 2016-2017 STUDENT-ATHLETE HANDBOOK

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Seattle University is dedicated to educating the whole person, to professional formation, and to empowering leaders for a just and humane world.

SEATTLE UNIVERSITY ATHLETIC DEPARTMENT MISSION:

The Athletics Department champions the values expressed in the Mission Statement of Seattle University and views athletics as a key component of the Jesuit philosophy of educating the whole person – body, mind, spirit. Through participation in intercollegiate athletics, student-athletes will learn critical life lessons and values.

Seattle University Athletics will achieve the University’s Learning Objectives in the following ways:

- **Prepared to encounter the world** – Create an athletic culture where student-athletes can realize balanced success in academics, athletics, and in all their collegiate pursuits and experiences.
- **Adept in their discipline** – Present exceptional experiences for student-athletes to actualize their potential through training, competition, and opportunities for personal growth.
- **Empowered to make a difference** - Encourage student-athletes to engage the greater community through meaningful service activities and by displaying the learned skills of ethical leadership, teamwork, and sportsmanship.
- **Self-reflective in their pursuit of meaning and purpose** - Provide opportunities for student-athletes to reflect on their experience of participation in sports and service activities with attention to questions of meaning and purpose.
- **Committed to justice and ethical action** - Promote a vital and engaged campus community in a manner that supports diversity, inclusion, respect, community, trust in others and overcoming adversity.

Our Commitment

Athletic coaches, staff and administrators will provide student-athletes with an experience in their sport that is challenging and rewarding while maintaining an environment where the pursuit of higher education is the top priority. We will serve as role models for student-athletes by assimilating into the campus culture. We are also committed to complying with the rules and guidelines dictated by Seattle University’s memberships in the NCAA, WAC, and MPSF.

Vision Statement

In direct support of Seattle University’s Vision and Mission, the Athletic Department will:

- Promote high academic achievement, strong leadership capability, a concern for others, self-discipline, teamwork, and excellence in athletic performance.
- Provide the entire university – students, faculty, staff, alumni, parents, and

friends – with a common bond and a source of community pride.

- Generate positive visibility in the public media and use this visibility to communicate Seattle University’s mission, vision, and core values.
- Create a working environment within the department that encourages the coaches and staff to thrive.
- Foster school spirit and generate fun and excitement, enriching the life, character, and vitality of the campus and local community.

A PRAYER FOR ATHLETES – Fr. Steve Sundborg

Loving God,

you take the experiences of the lives of each of us
and you make of them the foundation and the source of
our values,
our strength,
our care,
and our leadership,
for the rest of our lives

Take the experiences of these women and men student athletes,
their experience of hard work and pain,
their experience of teamwork and competition,
their experience of a few losses and more wins,
their experience of friendship and care for one another,
their experience of their own leadership and the mentoring of their
coaches.

Make of these experiences a strong foundation
for all they do and become,
in their lives, their work, their families, and their service.
AMEN.

The Responsibilities of the Student-Athlete

As a student-athlete at Seattle University, you will be responsible for fulfilling many academic and athletic commitments. You may find it challenging to meet all of these obligations; however, your overall college experience will be a reflection of your ability to do so.

1. As a student at Seattle University, you are expected to know and abide by all University policies and procedures for all students. The Department of Athletics will support and hold students accountable to Seattle University's Code of Student Conduct and all guidelines listed in the Student Handbook. The Student-Athlete Handbook is a supplemental handbook to assist you in your athletic endeavors and to ensure that you understand your responsibilities as a student-athlete. Many of the policies, procedures and forms can be found on www.goseattleu.com.
2. Your responsibilities as a student-athlete include abiding by all Department of Athletics, Seattle University, and NCAA rules and guidelines. In addition, student-athletes must follow all guidelines of the Western Athletic Conference.
3. You are required to report any violations of NCAA rules if you believe that you, your teammates, coaches, or any member of the Athletics staff is in violation of any NCAA rule. Rules violations can be reported to the Associate Director of Athletics, Director of Athletics, or the Faculty Athletic Representative.

Public Image

It is integral to our success as a Department of Athletics that you are mindful that you represent Seattle University and Redhawk Athletics at all times. Accepting the role of a student-athlete means that you also accept the role of a public figure both on and off campus. Keep in mind the values, mission, and Jesuit Catholic affiliation of the university. Here are some tips:

- Be courteous to fans. Make time to speak with them, even after a loss.
- When out in public, be polite and honorable. Remember that you are recognized even when you are not wearing your Redhawk gear!
- Make an effort to support other programs university-wide. The more you support others, the more they will support you.
- Accept all criticism with the best positive attitude. Remember that as an athlete you have accepted a more visible role on campus and therefore are more susceptible to public comment and criticism.
- Do not seek vindication should your athletic performance be criticized or scrutinized.

Keep in mind that it is truly a privilege to compete on the collegiate level and to be a student-athlete at Seattle University.

Ethical Conduct

Seattle University has established a longstanding tradition of ethical conduct at all levels of University life. In accordance with this tradition, it is expected that student-athletes and staff members of the Department of Athletics will at all times represent the University in an honorable manner. With this expectation in mind, the Department of Athletics supports the mission of the University and will hold all student-athletes accountable to the highest of ethical standards, as outlined in the Student Handbook and the Code of Student Conduct.

It is also important to note that NCAA rules and regulations require that you, as a student-athlete, conduct yourself in an ethical manner and that a failure to do so may result in your eligibility for competition and athletic aid being revoked. The following are two bylaws that highlight the general expectations:

- You must act with honesty and sportsmanship at all times so that you represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports. (NCAA Bylaw 10.01.1)
- You are not eligible to compete if you have shown dishonesty in evading or violating NCAA regulations. (NCAA Bylaw 14.01.3.3)

Sportsmanship Statement

Student-athletes, coaches, and all others associated with the Seattle University Department of Athletics must adhere to such fundamental values as respect, fairness, honesty, and responsibility. Sportsmanship and ethical conduct mean more than the absence of negative actions in public. Actions viewed as inappropriate include:

- Physical or verbal abuse of officials, coaches, opponents, or spectators;
- Unauthorized seizure of equipment from officials or the news media;
- Inciting players or spectators to negative actions or to any behavior that insults or defiles an opponent's traditions or personal dignity;
- Use of obscene or otherwise inappropriate language or gestures;
- Throwing of objects;
- Making public statements that are negative and controversial;
- Participating in any action that violates the generally recognized ethical standards of intercollegiate athletics or of the University.

The University will evaluate and address any concerns in the area of sportsmanship on a continuing basis and may levy sanctions on individuals for inappropriate behavior as deemed appropriate by the Director of Athletics.

WAC Sportsmanship Award:

In order to be eligible for the award, individuals, groups and/or teams competing in a WAC-sponsored sport must have distinguished themselves through demonstrated acts of sportsmanship. Nominee(s) must be in good academic standing at the time of award application and selection process. The winner of the will also be nominated by the WAC for the NCAA Sportsmanship Award.

Alcohol and Illicit Drug Standards

The Seattle University Department of Athletics has adopted the following standards governing the conduct of all Seattle University student-athletes with respect to alcohol and illicit (non-prescription) drug use.

- Student-athletes and student workers in the Athletics Department should be aware that Washington law prohibits drinking by those under the age of 21. Thus, underage drinking by student-athletes, student workers, or prospective student-athletes is prohibited.
- University funds may not be used to purchase alcohol for consumption by student-athletes or recruits at any time, irrespective of the age of the individuals involved or the legal drinking age in the jurisdiction where the alcohol is purchased.
- Student-athletes and student workers may not consume alcohol during any “official team activity,” including receptions, dinners, and special events. Alcohol is not permitted while in transit to practice or competition, regardless of whether personal vehicles, buses, vans, airplanes or other means of transportation are used.

Travel Policy: As a student-athlete, you must be aware at all times that you are representing the Department of Athletics and Seattle University. At no time when you are representing the Department of Athletics, regardless of your age, may you consume alcohol or use an illegal substance of any kind.

Hazing and Initiation

Whether on or off campus, planned or spontaneous, all acts of hazing by a student-athlete are prohibited by the Department of Athletics and Seattle University. Team initiations or similar orientation activities are included in the definition of hazing and will not be tolerated.

In order for an act to be considered hazing, it only requires that the potential for mental or physical harm exist. A simple, fun initiation can quickly turn into an uncomfortable or dangerous situation and a crime. All student-athletes must understand and abide strictly by the University hazing policies found in section three of the Code of Student Conduct. In addition, the Department of Athletics offers the following examples of hazing that are strictly prohibited:

- Paddling
- Kidnapping
- Involuntary excursions
- Exposure to uncomfortable elements
- Spraying, painting or pelting with any substance
- Burning, branding or tattooing
- Restricting any person’s arms or legs in any fashion
- Confinement in any room or compartment
- Nudity at any time
- Blindfolding and/or parading of individuals
- Any activity that could be perceived as causing embarrassment

Any individual involved in a hazing incident will be disciplined as deemed appropriate by the Director of Athletics and/or the University Judicial Process.

Harassment

In accordance with Seattle University policy and mission, the Department of Athletics will not tolerate any sexual, racial or gender harassment or any other form of harassment. Harassment is discussed in the Code of Student Conduct. Understand that student-athletes will be held to the highest standards of compliance in this area. This policy extends to the competition arena and any negative verbal or nonverbal action or word will not be tolerated.

Academic & Personal Success

We believe that the athletic experience truly reflects and compliments the mission of Seattle University. We recognize that it is our responsibility to assure that each student-athlete understands our commitment to your academic progress and experience.

We strongly endorse that you maximize your academic experience. You are encouraged to build personal relationships with your professors, advisors, residence hall staff, student development administrators as well as any other support staff you have the opportunity to interact with on campus. Take full advantage of the support services on campus. The following are just some of the resources that are available to you as a student:

Learning Assistance Programs

Provides peer tutoring, facilitated study group learning opportunities in selected courses, and learning strategy development through scheduled interactive workshops and individual meetings with a learning specialist.

Location: Lemieux Library & McGoldrick Learning Commons – 2nd Floor

Web: www.seattleu.edu/sas/learningassistance

Phone: 206-398-4450



Lemieux Library and McGoldrick Learning Commons

Reference librarians help with research projects, are available for drop in questions or individual appointments – also provides very helpful and extensive information on the website.

Location: Research Assistance - 2nd Floor

Web: www.seattleu.edu/library/

Phone: 206-296-6230

Writing Center

Assists with idea generation, organization and development of writing.

Location: Lemieux Library & McGoldrick Learning Commons – 2nd Floor

Web: www.seattleu.edu/writingcenter/

Phone: 206-296-6239 (*Appointment Required*)

Math Lab

Provides drop-in assistance for all lower division mathematics courses.

Location: Lemieux Library & McGoldrick Learning Commons – 2nd Floor

Web: www.seattleu.edu/scieng/math/Default.aspx?id=14586

Phone: 206-296-5930

Computer Science Lab

Location: Engineering 300

Phone: 206-296-5510

Accounting Lab

Location: Pigott 515 D



Advising Resources

Premajors Studies

Bellarmino Advising Center

<http://www.seattleu.edu/sas/Premajor/Inner.aspx?id=67172>

Albers School of Business Undergraduate Advising

Pigott 318

<http://www.seattleu.edu/albers/inner.aspx?id=24500>

Arts & Sciences Academic Advising Support Center

Casey 100W

<http://www.seattleu.edu/artsci/advising/>

Bellarmino Advising Center

<http://www.seattleu.edu/sas/premajor/default.aspx?id=29270>

College of Nursing Advising Assistance

Garrand Building 203

<http://www.seattleu.edu/nursing/Undergrad-Advising.aspx>

Matteo Ricci College Advising Assistance

Casey 100E

Science & Engineering Advising Center

Engineering 300

<http://www.seattleu.edu/sas/advising/Inner2.aspx?id=28120>

Additional Resources

Counseling and Psychological Services (CAPS)

Call 206-296-6090 for confidential appointment

Career Services

206-296-6080

Campus Ministry

206-296-6075

Disability Services

206-296-5740

International Student Center

206-296-6260

Office of Multicultural Affairs

206-296-6070

Office of Wellness and Health Promotion

206-296-2593

Class Attendance & Communication with Faculty

It is essential that student-athletes attend all classes that do not conflict with your competition schedule. As you are excused from classes that conflict with travel, it is absolutely imperative that you attend and are a contributing member in your classes on a regular, consistent basis. You will not be excused from classes for practices or any other athletic event that is not related to competition.

Student-Athlete Responsibilities for Class Absences:

1. During the first week of class, it is *your* responsibility to notify your professors that you are a student-athlete and provide them with the copy of your schedule and times of your competitions for each quarter.
2. If a professor has a concern about a class you will be missing, it is important that you immediately begin to work directly with him/her to find an acceptable solution. If you are still unable to find a solution, please speak with your Athletics Academic Coordinator.
3. It is your responsibility to assure that arrangements have been made to resolve missed exams, quizzes, or assignments far in advance of a travel date. It is strongly recommended that all class work which will be missed due to competition be made up in advance of the contest. The Department of Athletics may be able to assist you and the professor if requested and deemed appropriate.
4. It is your responsibility to remind your professors of competitions conflicting with class. Review your travel dates early and keep your professor informed. Should your schedule change unexpectedly, it is your responsibility to notify your professor at the soonest possible date.

Academic Tips

- **BE THERE!** The best predictor for success is class attendance.
- Take a seat close to the front of the class. It is less likely you will be distracted, more likely you will be actively involved in class discussions, and it is more likely you will be noticed as a participant.
- Keep an open line of **communication** with your professors - ask questions, seek advice and let them know if you don't understand any part of the class.
- **SEEK** help and support early in the quarter.
- **PARTICIPATE** in class discussions - answer questions posed by your professor in class, ask questions that contribute to class discussions, and take a leadership role when appropriate in group projects.

Key Points to Maintain Your Athletic Eligibility

- Should you have any questions regarding your academic course load, contact your advisor and/or communicate with Dan Scheid, Eligibility Coordinator or your Athletics Academic Coordinator. Moreover, should you desire to change your major, drop a class, or add a degree program, please contact Erin to ensure that your eligibility will not be impacted.
- See page 13, *NCAA Eligibility*, for more information

Dropping or Adding a Class

As a student-athlete, you must at all times be registered as a full time student (12 credit hours per quarter) at Seattle University in order to remain eligible as a student-athlete per NCAA guidelines. If you drop below 12 credit hours at any time during the quarter, you will no longer be eligible for practice or competition.

Important Note: The registrar's office has an "UNSAW (University Student Athlete Withdrawal)" code posted to all student-athletes' accounts which prevents you from withdrawing from any course. In order to drop a course from your schedule, you must have the signature of Erin Engelhardt, Assistant Athletic Director or your Athletics Academic Coordinator, on the drop form before submitting it to the Registrar's Office. Thus, if you desire to drop a class, please contact a staff member immediately.

Classroom Support/Technology

While you are traveling for competition you may want to utilize video/audio recordings in your classes. To request technology contact (206) 296-5571 or its@seattleu.edu. Requests will be met on a first come first serve basis and need to be reserved early. Faculty members must also give approval.

NCAA Compliance

Important: As a student-athlete it is ultimately your responsibility to review, understand and adhere to all NCAA regulations and guidelines. Compliance is the responsibility of everyone in the Seattle University family and student-athletes have a vital role in this responsibility. Even the best-intentioned action may be a violation of NCAA rules, which could adversely affect the eligibility of prospective and current student-athletes. **Ask before you act.**

Please remember: No compliance question is too small. Should you have any questions, need additional information or have any concerns, do not hesitate to contact SU Athletic Compliance staff:

Shawn Farrell, Interim Athletic Director

Office Phone: 206-296-2346

Email: farrells@seattleu.edu

Chelsea Herman, Assistant Athletic Director/Compliance

Office Phone: 206-220-8527

Email: hermanc@seattleu.edu

Dan Scheid, Eligibility Coordinator

Office Phone: 206-296-6122

Email: scheidd@seattleu.edu

Faculty Athletic Representative

David Arnesen, Professor in the Albers School of Business, is the Department of Athletics' Faculty Athletic Representative. We encourage you to seek assistance from, and form a relationship with, our faculty representative. David has a sincere interest in your academic, athletic, and personal success.

He oversees the Athletic Advisory Board and serves as a liaison between faculty and the Athletics Department.

David Arnesen, Faculty Athletic Representative (FAR)

Office Phone: (206) 296-5727

Email: arnesen@seattleu.edu

NCAA Eligibility

Eligibility is based on two primary measures: Academic Standing/Progress Towards Degree and Rules Compliance. Each NCAA institution is responsible for certifying the eligibility of student-athletes in all sports sponsored by the University.

NCAA Academics: Student-Athlete Progress Toward Degree

Student-athlete academic success is a top priority for all Seattle University faculty, coaches and staff as well as the NCAA. In order to remain eligible to practice, compete, and receive athletic aid, all student-athletes must progress towards a specified degree plan in a timeframe set forth by the NCAA. It is important to take responsibility for understanding your particular eligibility scenario as each individual may vary.

To Remain Academically Eligible:

- Student-athletes must be enrolled in a minimum of 12 credits per quarter. The only exceptions are the last term of college completion or students with disabilities.
- Student-athletes must pass a minimum of 6 degree applicable credits each quarter and 27 credits since the beginning of the previous fall term.
- Student-athletes must maintain the following NCAA minimum GPA standards to remain eligible for the following term: 1.8 after Year 1; 1.9 after Year 2; 2.0 the remainder of their collegiate career.
- NCAA eligibility is based on **cumulative** GPA.
- Student-athletes must declare their degree prior to the start of their third year.
- Student-athletes must pass minimum totals towards their degree and maintain minimum GPA standards every year of full-time enrollment (2nd Year 40%; 3rd year 60%; 4th year 80%).
- Communicate with Academic Support Staff before changing your major.

Progress Toward Degree By Year:

Percentages based on 180 credits required for graduation.

- After a student's **1st** year of **full time enrollment**: Student-athletes must pass a minimum of **36 credits**.
- After a student's **2nd** year of full time enrollment: Student-athletes must **DECLARE** a degree and meet **40%** of the degree requirements
 - **40%** = earned **72** degree applicable credits
- After a student's **3rd** year of full time enrollment—they must meet **60%** of the degree requirements
 - **60%** = earned **108** degree applicable credits
- After a student's **4th** year of full time enrollment—they must meet **80%** of the degree requirements
 - **80%** = earned **144** degree applicable credits

Extra Benefits

An area of utmost concern for student-athletes is the topic of “extra benefits.” Because of the status and reputation associated with being a student-athlete at Seattle University, student-athletes and their family and friends often receive extra attention from faculty, staff, fans, and alumni. Despite the University’s efforts to educate these individuals and groups about NCAA rules, student-athletes and their family and friends may be offered benefits (e.g., money, clothing, meals, discounts, gifts, and/or transportation) that are not regularly available to other students.

A student-athlete should be aware that accepting an “extra benefit” is a violation of NCAA rules and could cause an immediate loss of eligibility and/or athletically related financial aid. In addition, violating NCAA rules could have a profound impact on the reputation of the individuals and families involved, the Department of Athletics, and the University as a whole.

The following examples could be considered impermissible “extra benefits” under NCAA legislation:

- Receiving any gift, discount and/or privilege not available to all students at Seattle University;
- Receiving any gift, discount and/or privilege not consistent with a reasonable college student experience;
- Use of a University (or staff member’s) vehicle;
- Receipt of a gift (of any value) from an alumnus (to whom you are not otherwise related);
- Borrowing money or receiving a co-signature on a loan by a coach, administrator, or fan;
- Accepting event tickets, meals, or entertainment from a “representative of Seattle University’s athletic interest” (alumni, donor, or season ticket holder)
- Prize money for competition or endorsements.

The above serve as only a few examples of possible “extra benefits”; please consult a member of the Compliance Staff if you have any questions regarding the propriety of any particular action.

Telephone, Fax and Copy Machines

Related to the issue of “extra benefits,” it is not permissible for student-athletes to use Seattle University Department of Athletics telephones—including coaches’ telephones—for long distance personal calls. It is also not permissible for student-athletes to use the Department of Athletics Fax and copy machines for personal use.

Travel

It is important to note that at no time may a student-athlete voluntarily offer to be bumped or to “give up” a university purchased airline ticket. To receive any future flight credit for a voluntary bump is viewed by the NCAA as an extra benefit. However, if bumped due to an airline technical complication and the airline offers a credit, meals, and/or lodging to all passengers on that flight, it is permissible to receive the award.

Gambling and Bribery

The NCAA Bylaw 10.3 prohibits student-athletes and Department of Athletics staff members from knowingly:

- Providing information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- Soliciting a bet on any intercollegiate team or college sport equivalent;
- Accepting a bet on any team representing the institution or solicit or accept a bet on any intercollegiate competition for any item (e.g.: cash, shirt, dinner) that has tangible value;
- Accepting a bet on any gambling activity involving intercollegiate athletics and professional athletics through a bookmaker, parlay card, or any other method employed by organized gambling; and
- Entering, participating and/or accepting a prize associated with a fantasy league in any sport, professional and/or college.

In addition to awareness of the gambling and bribery threat to the integrity of intercollegiate sports, student-athletes are responsible for the following:

- Reporting any offers of gifts, money, or favors in exchange for supplying team information or for attempting to alter the outcome of any contest;
- Maintaining a clear understanding of what constitutes gambling and bribery activities and reporting any suspected infractions; and
- Contacting the coach or other Department of Athletics personnel (i.e., Athletics Compliance Officer) when questions concerning appropriate release of team information arise.

Student-athletes must be aware that participation in gambling or bribery activities can result in disciplinary actions by the University and the NCAA, as well as local, state, and/or federal prosecution of the involved individual(s). If a student-athlete is found to be in violation of University or Department of Athletics policy, the sanctions may include a loss of eligibility and/or athletic aid.

Drug Testing

The NCAA Drug Testing Program includes all Division I institutions:

- Every Division I sport is subject to year round drug testing.
- All Division I institutions will be selected for random testing at least once every year.
- Student-athletes will be subject to drug testing before, during or after their competitive season.

A student-athlete who tests positive for a banned substance shall be declared ineligible for further participation in accordance with the ineligibility provision in Bylaw 18.4.1.5. The NCAA list of banned drugs, by classification, is available through the Athletic Training Room and online. In addition to banned listed drugs, the NCAA prohibits “blood doping” and growth hormones.

For more information on the NCAA Drug Testing programs and banned substances, please see your Athletic Trainer or the following websites:

<http://www.drugfreesport.com/> (Org: NCAA Division I, Password: ncaa1)

<http://www.ncaa.org> (Health and Safety section, Drug Testing)

Seattle University also chooses to operate an independent drug testing program for the varsity student-athlete population in an effort to help identify and provide support and education for varsity student-athletes who knowingly or unknowingly use substances that which are illegal or banned by the National Collegiate Athletic Association (NCAA). This program will operate year-round include all teams and current varsity student-athletes with eligibility remaining. The institutional drug testing program will primarily apply a random sample selection of student-athletes with opportunity for suspicion-based selection. Seattle University will use an independent drug testing organization to conduct the random selections as well as the collection and laboratory testing. Penalties can include drug counseling, education, suspension of participation and dismissal from team. Any substances that are banned by the NCAA including street drugs are subject to be tested. A full drug testing policy can be found online at www.goseattleu.com/athletictraining.

Banned Substance

- Stimulants;
- Anabolic Agents;
- Alcohol and Beta Blockers (banned for rifle only);
- Diuretics and Other Masking;
- Street Drugs;
- Peptide Hormones and Analogues;
- Anti-estrogens; and
- Beta-2 Agonists

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

Examples of NCAA banned Substance in Each Drug Class

1. Stimulants: Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine, "bath salts" (mephedrone); octopamine; DMBA; etc. *Exceptions:* phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenedione): Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosterone; trenbolone; SARMS (ostarine); etc.

3. Alcohol and Beta Blockers (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics (water pills) and Other Masking Agents: Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs: Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).

6. Peptide Hormones and Analogues: Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.

7. Anti-Estrogens: Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); etc.

8. Beta-2 Agonists: Bambuterol;

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting.

Student-Athlete Employment

- A student-athlete may receive legitimate employment earnings (including summer camp earnings) without any restriction on the amount of compensation received, even while attending Seattle University as a recipient of athletic financial aid.
- As with all employment earnings for student-athletes, the compensation received for the work performed must be at a rate that does not exceed the fair market rate at the time and place of the work performed. Student-athletes may never be compensated at a rate higher than the market, based on their notoriety or affiliation as a student-athlete. Additionally, student-athletes may be paid only for work actually performed.
- Student-athletes are not permitted to be employed on a condition of their athletics reputation nor may an employer or commercial entity use the name, image, or likeness of a current student-athlete to promote the sale of any product or service.
- Duties at camps or clinics must be of a general supervisory nature. Salary for a camp or clinic must not exceed the going rate for counselors of like ability and camp or clinic experience, and student-athletes may not be paid on the basis of the value of reputation or athletic skills.
- Student-athletes may not receive compensation for only lecturing at a camp or clinic (making an appearance).
- Student-athletes may not receive travel expenses (lodging, meals, transportation [reimbursement or cash advance]), to and from camp, unless the same expenses are paid for all employees of the camp/clinic.

Employment: Fee-For-Lesson

A student-athlete may receive compensation for teaching or coaching sports skills or techniques in his or her sport on a fee-for-lesson basis, provided:

1. Institutional facilities are not used;
2. Playing lessons shall not be permitted;
3. The institution obtains and keeps on file documentation of the receipt of the lesson(s) and the fee charged for the lesson(s) provided during any time of the year;
4. The compensation is paid by the lesson recipient (or the recipient's family)
5. and not another individual/entity;
6. When the instruction involves more than one individual at a time, instruction to each individual must be comparable to the instruction that would be provided during a private lesson; and
7. The student-athlete does not use his or her name, picture or appearance to promote or advertise the availability of fee-for-lesson sessions.

Student-Athlete Employment Fee-For-Lesson form must be completed for any compensation received for giving a private lesson in a sport.

Promotional Activities/Community Service

Seattle University encourages its student-athletes to give back and volunteer their time in support of our community. To insure compliance with NCAA rules and regulations the following information must be completed prior to SU participation in the activity. If you have any questions or concerns, please contact the Compliance Staff.

Occasional Meals

- “Occasional” is defined by the SU Athletics Department as no more than once per term for each individual student-athlete. In addition, an occasional meal may be provided in conjunction with a special event.
- An occasional meal must take place in a locale (within a 30 mile radius) of the Seattle University Campus.
- Local transportation may be provided to the student-athlete to attend a meal.

Boosters/Parents Guidelines

- Boosters may only provide an occasional meal for a current student-athlete *at the home of the booster or on campus.*
- Local transportation may be provided to the student-athlete to attend a meal at the house of a booster.
- Boosters/Parents may not attend any occasional meal where *prospects* and their parents/legal guardian/spouse are in attendance.

Recruitment of Prospective Student-Athletes

Incidental Contacts—Student-athletes may have off-campus contact with a prospective student-athlete if it is unavoidable, incidental, and not at the direction of a coaching staff member. This includes prospects who have signed National Letters of Intent to attend Seattle University.

Telephone Contacts—Student-athletes may receive telephone calls made at the expense of a prospect after July 1 following the prospect’s junior year in high school. Student-athletes may not call prospects at the direction of a staff member and may not accept collect calls from prospects at any time.

Written Contacts—Student-athletes may engage in written correspondence with a prospect. This correspondence must be at the student-athlete’s own expense and may not be at the direction of, or arranged by, a Department of Athletics staff member.

It must be noted that a currently enrolled student-athlete cannot make or arrange for any in-person contact of a prospective student-athlete outside of an on-campus official or unofficial visit, nor can this contact be arranged by a coach. If you have any questions regarding permissible contact, ask Chelsea Herman, Assistant Athletic Director/Compliance.

Hosting a Prospective Student-Athlete

When a prospective student-athlete visits the University on an official visit, a current Seattle University student-athlete may be asked to serve as the host for the prospect. The NCAA has established specific guidelines governing a prospect’s official visit and Seattle University Athletics standards. All coaches and student-athletes must strictly adhere to these guidelines. Failure to do so may result in loss of eligibility for the prospective student-athlete as well as the currently enrolled student host. The use of drugs and/or alcohol by student-athletes, prospects, coaches and staff members is expressly prohibited throughout the recruitment process.

The University may provide the host of a prospective student-athlete with the following during the prospect’s 48-hour (maximum) visit. Only one host per prospect may be provided with the following:

- A maximum of \$40 per day to cover the actual cost of entertaining the prospect (and prospect’s parents, legal guardians, or spouse). These funds are to cover entertainment expenses other than meals and admission to on-campus athletics events.
- Complimentary meals. The student-athlete host may receive meals while “hosting” the prospect. Only one student-athlete may serve as host, per meal (i.e., multiple student-athletes may not receive the same complimentary meal [lunch, dinner] for “hosting” the same prospect).
- Complimentary admission to campus athletic events, provided that the admission is utilized to accompany the prospect to the event during the visit (entrance must be through the prescribed pass gate).

Outside Competition (Academic Year)

During the academic year (start of practice or first day of classes, whichever occurs first, to last day of final exams or last day of competition, whichever occurs last), student-athletes are prohibited from participating on an outside (non-Seattle) varsity team in competition. Participation on an outside team (representing something/someone other than Seattle University) during the academic year will result in loss of eligibility for the remainder of that academic year and the following year. Each sport has separate rules regarding outside competition, both during a playing season, the academic year, and/or the summer. All those who wish to participate in outside competition **MUST first be cleared** in writing by the compliance officer prior to the start of competition

There are a number of exceptions to this prohibition (Olympic Games, National Team tryouts, etc.). If you believe that your circumstance may be one of these exceptions, please consult with the University compliance office. Do not participate in any competition without consulting with compliance first. Your eligibility is at stake!

Summer Leagues and Voluntary Workouts

Student-athletes must have written approval from the Seattle University Department of Athletics to participate in any official state games, or to participate in any official tryouts and/or any competitions involving national teams, the Pan American Games, or the Olympic Games. Men's and Women's basketball student-athletes may participate in only one NCAA-approved summer league between June 15 and August 31. Prior written approval from Seattle University must be received from the Director of Athletics to compete in an NCAA-approved (certified) summer basketball league. Failure to receive written approval could affect the student-athlete's eligibility. Please see Chelsea Herman for further information and/or to complete the approval forms.

Current student-athletes and incoming prospective student-athletes who are in the Seattle area during summer may engage in athletic activities on a strictly voluntary basis. At no time can a workout or activity be at the direction of, organized by, observed, or recorded by a Seattle University coaching staff member. Student-athletes may schedule athletic facilities for voluntary workout use through the Department of University Recreation and may access athletic training services according to posted summer hours.

Playing and Practice Seasons

The NCAA has established limits on how much a coach can require you to practice and attend countable athletically related activities (such as team meetings and film). The NCAA designates playing seasons and associated rules which Seattle University, its coaches, athletics staff and student-athletes must abide by. The rules are designed with the welfare of the student-athlete in mind as well as to establish a fair competitive environment. The following highlight the general practicing guidelines:

- During a sport's official season, student-athletes can not engage in countable athletically related activity for more than four hours per day and a total 20 hours per week. The 20/4 hour excludes preseason practice prior to the first day of classes, institution vacation periods and any time when school is not in session.
- Student-athletes must be given one day off per calendar week. This excludes participation in an NCAA championship. Note: A travel day to or from competition may count as the required day off only if no countable athletically related activity ensues (such as practice, meetings, and/or film).
- Coaches are prohibited from conducting practice after competition except between contests during a multi-day or multi-event competition.
- You must not miss class to attend a practice except when your team is traveling to an away contest in the traditional season.
- Outside your traditional playing season, you are only allowed to participate in weight-training, conditioning and individual skill instruction for a total of eight hours per week no more than two hours of which can be spent in individual skill instruction.
- Summer voluntary workouts may not be required, observed or recorded by any member of the coaching staff, except for the sport of Basketball.
- Do not participate on any outside team before contacting your coach or the Associate Director of Athletics.

Use of Sports Agents

Under NCAA bylaws, a student-athlete will be ineligible for participation in intercollegiate athletics if he/she enters into any agreement (oral or written) to be represented by an agent for the purpose of marketing athletic ability or reputation in a sport, even if the agreement is for future representation. Further, an agent contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to all sports, and the individual shall be ineligible in all sports.

Use of Lawyers

Securing advice from a lawyer concerning a proposed professional sports contract shall not be considered contracting for representation by an agent unless the lawyer also represents the student-athlete in negotiating such a contract. A lawyer may not be present during discussions of a contract offer with a professional sports organization or have any direct contact (in person, by telephone, or by mail, etc.) with a professional sports organization on behalf of the individual. A lawyer's presence during such discussions is considered representation by an agent.

Complimentary Admissions Policy

The Seattle University student body receives complimentary admissions to all regular home athletics events. The University also extends to intercollegiate student-athletes the NCAA maximum of four complimentary admissions for each home game contest in which your team competes. At the event, your guests will be asked to show identification and initial the pass list. Please note that NCAA guidelines restrict us from issuing you hard tickets.

IMPORTANT NOTE: It is your responsibility to ensure that the full names of all guests are provided to the team's coach designated to oversee the pass list, who will in turn submit the pass list to the game management staff. NCAA rules require that all names must be on the pass list 24 hours prior to the doors/gates to the facility opening on game day. If the full name (first/last as it appears on their government issued ID) of your guests are not on the pass list, they will not be granted complimentary admission.

Athletic Aid

Scholarships based on athletic talent may be awarded by the Department of Athletics to individual student-athletes. These awards are awarded directly by Seattle University and not by the NCAA. The head coaches of each program, with approval by the Director of Athletics, are responsible for allocating available scholarship funds.

Rules Applying to Athletic Aid

An award of athletics financial aid may not be reduced or canceled during that year's term based on athletic performance or because of illness, injury, or physical or mental condition. Nor may the combined amount of any financial aid package (athletic and non-athletic) exceed the cost of attendance, with the exception of a Pell Grant award.

It should also be noted that athletic aid may be terminated by the Department of Athletics during the period of the award if any of the following conditions occur:

- A student-athlete becomes ineligible for intercollegiate competition (this includes academic and compliance related eligibility matters).
- A student-athlete fraudulently misrepresents any information provided on an application, letter of intent or financial aid agreement.
- A student-athlete engages in serious misconduct warranting substantial disciplinary penalty.
- A student-athlete voluntarily withdraws from a sport for personal reasons.

In the event a student-athlete's aid is recommended for reduction or cancellation, the student-athlete will receive written notification from Student Financial Services of his/her opportunity for a hearing. Please review the appeal policy and procedure on the www.goseattleu.com website for deadlines to appeals.

Scholarship Renewal

A student-athlete is to be notified on or before July 1 as to whether or not athletics aid is to be renewed. For questions regarding athletic aid matters, please contact your head coach or Chelsea Herman, Assistant Director of Athletics/SWA. Please review the appeal policy and procedure on the www.goseattleu.com website for deadlines to appeals.

Release Rule

It is our intent and goal to have you graduate from Seattle University. However, should a student-athlete wish to transfer to another university he/she must request a release in writing from the Department of Athletics. Permission must also be granted before a student-athlete can discuss a possible transfer with a coach from another university. Requests for a transfer release should be requested through your coach and/or the Assistant Director of Athletics. The Director of Athletics shall have final authority to grant a release.



Student-Athlete Welfare

Seattle University is committed to the safety, welfare, and holistic success of all its student-athletes. As a result, special attention will be placed upon providing leadership and personal growth opportunities throughout the academic year.

Student-Athlete Advisory Committee (SAAC)

The Student Athlete Advisory Committee is a group comprised of two representatives from each athletic team that meets bimonthly to discuss issues faced by student athletes, plan events and service projects for athletes and facilitate communications between athletics administrators and student athletes. This group serves as the student advisory board for athletics administration decisions when needed.

The two representatives from each varsity team are nominated by their Head Coach and SAAC advisor. They are expected to attend all meetings, contribute in discussions and participate in SAAC-sponsored events. Representatives are also expected to make regular SAAC reports to their respective teams. SAAC members are leaders both within their respective teams and in the greater campus community.

The Student Athlete Advisory Committee is responsible for the following:

1. Promoting the voice of the athlete in the athletics department as a whole to ensure their needs and opinions are being addressed.
2. Planning and encouraging participation in events that promote Seattle University Athletics both on campus and in the community. In addition, SAAC works with other organizations on and off campus to collaborate on service projects, game promotions, health and wellness programming and charitable fundraisers. SAAC members are responsible for promoting these events to their teammates and encouraging them to participate.
3. Facilitating strong communication and camaraderie between the different athletic teams. SAAC members help build unity in the athletics department by attending games, sharing accomplishments, and working towards common goals.

2016-2017 SAAC Officers

President: Katie Rottman, Swimming

Vice President: Sara Dominguez, Softball

Vice President: Iris Ivanis, Volleyball

Vice President: Mandie Maddux, Track & Field

Social Media: Kelli Woodman, Tennis

Secretary: Isabelle Butterfield, Women's Soccer

SGSU Representative: Claire Johnston, Volleyball

Feel free to contact any SAAC officer or one of your team representatives with questions or concerns. In addition, keep an eye on the Seattle University SAAC Facebook, Instagram & Twitter pages for news, upcoming events, and programming!

Awards

We encourage you to excel athletically, academically, and personally. The following are Seattle University and outside awards. For more information about any of the listed awards, contact Chelsea Herman, Assistant Director of Athletics/SWA, or Erin Engelhardt, Assistant Athletic Director.

Western Athletic Conference Awards:

Stan Bates Award: Awarded to the top male and female student-athletes in the WAC.

Joe Kearney Award: Awarded to the top male and female athletes in the WAC.

National Awards/Opportunities

NCAA Awards:

NCAA Post Graduate Scholarship

The NCAA awards up to 174 scholarships of \$5,000 each year to student-athletes who have excelled academically and athletically. Eligibility for this award is limited to those individuals in sports for which the NCAA conducts a championship.

The Freedom Forum/NCAA Sports-Journalism Scholarships

The Freedom Forum, through a grant by the NCAA, supports eight \$3,000 scholarships to college juniors who have career goals in sports journalism and major in journalism or have experience in campus sports journalism. The program assists deserving full-time students in their final year of study and is designed to foster freedoms of speech and press while promoting quality sports journalism education at the collegiate level.

Walter Byers Post-Graduate Scholarship Program

Recognizing academic achievement and potential success in graduate study.

Degree Completion Award Program

Scholarships are awarded to student-athletes who have exhausted their athletic eligibility and eligibility for institutional aid. This initiative is to enhance the graduation rates of student-athletes and is funded by grants awarded by the NCAA.

Ethnic Minority and Women's Enhancement Scholarship

The goal of the enhancement program is to increase the pool of and opportunities for qualified minority and female candidates in intercollegiate athletics through postgraduate scholarships at the NCAA national office. Fifteen scholarships to ethnic minorities and 15 scholarships to women are available annually to college graduates who will be entering into the first year of their initial postgraduate studies.

NCAA Woman of the Year

Recognize the achievements of outstanding women in intercollegiate athletics along with academic achievements, community service and leadership.

Athletics Department Recognition Awards

Seattle University – Eddie O'Brien Student-Athlete of the Year Award

This award is given annually to the female and male student-athletes who exemplify excellence in three areas: academics, athletics and community service. This is the highest honor that can be bestowed on a student-athlete.

Seattle University – 101 Club – Bill Fenton Athlete of the Year Award

This award is given annually to the female and male student-athletes who have demonstrated excellence in athletics.

Seattle University – Mission Awards

These awards are given annually to the individual(s) and one team who have made an outstanding contribution to the community and/or truly live the values of the institution.

Seattle University - The Mark Escandon Sports Service Award

This award is given to an individual (e.g. administrator, representative of athletic interest, coach, or student-athlete) who has gone above and beyond in their service to the SU Athletics Department and does not need to be a member of the Athletics Department.

Sports Medicine

The constitution of the National Collegiate Athletic Association states that each member school is responsible for protecting the health of and providing a safe environment for each of its student-athletes. At Seattle University, the athletic training department and sports medicine team is specifically charged with a large part of this responsibility as it coordinates and provides health care to the student-athletes in the department of intercollegiate athletics.

The process of ensuring safety, as well as coordinating and providing health care, involves many different administrative and clinical responsibilities which are supervised and carried out by the certified athletic training staff. Staff duties include coordination of pre-participation physicals, managing athletic medical insurance policy, establishment of emergency medical plans, maintenance of medical records and establishing medical coverage and staffing policy as it relates to practices and events.

The athletic training staff's chief responsibility of ensuring that the health and safety of our student-athletes is managed through injury prevention, first aid and emergency medical care, and the assessment, management, treatment and rehabilitation of athletic injuries and conditions. Additionally, the staff coordinates physician referrals, schedules radiological and laboratory testing to determine participation status as well as providing a constant source of education and counseling to student-athletes regarding medical issues.

In that Seattle University is responsible for the health of its participating athletes, decisions regarding medical clearance and athletic participation status are the sole responsibility of the Seattle University certified athletic training staff and team physicians.

Medical Clearance and Eligibility

All student-athletes are required to complete the necessary athletic training room medical forms and obtain a pre-participation physical before they are eligible to participate in intercollegiate athletics.. All pre- participation physicals must be completed by the Seattle University team physician staff. Any person who wishes to participate with a Seattle University NCAA sport is required to follow the same guidelines.

- If you require a medical clearance for a health condition (i.e. heart condition) or injury (i.e. recent reconstructed ACL) from another physician, please arrange to obtain a signed release and send it in with your required forms.
- To avoid unnecessary delays in your clearance and sport participation, please turn in your forms before the deadline.
- All Seattle University student-athlete medical records and personal information is kept confidential and is stored in an encrypted electronic medical record system.
- Returning Student-Athletes: You will complete a returning student-athlete questionnaire during your physicals for clearance. If you have had a significant injury requiring medical attention during the summer, please notify your athletic trainer before your return to coordinate medical clearance.

Hours of Operation – Athletic Training Room

The athletic training room will be open for the following hours Monday through Friday:

- Fall, Winter and Spring Quarters
7:00AM –7:00PM, Monday – Friday
- Weekends – Practices, competitions and by appointment
- Summer Quarter – By appointment

Please note that the athletic training staff requests student-athletes make an appointment with an athletic trainer for any injury evaluation or rehabilitation. Open hours during preseason training camps (before classes begin) will be in accordance with practice schedules. Please contact the athletic training room staff for needs outside the hours of operation.

The athletic training room will be open Saturdays and Sundays for scheduled practices and additional hours will be scheduled if necessitated by competition schedule. In general, the athletic training room will be open one hour prior to practices and no longer than one hour after the scheduled end of the practice. On competition days the athletic training room will be open two hours prior to competition.

Athletic Training and Injury Management

The athletic training staff is responsible for coordinating the care of all injuries sustained to student-athletes who are medically cleared and active members of a varsity team. This includes medical care during the playing season, off-season and summer or other academic breaks. Early notification of injuries to the athletic training room will ensure appropriate and proper medical care.

Once an injury is reported, the athletic trainer will do a comprehensive evaluation to determine the appropriate course of action. Athletic trainers have a background and education which allows for recognition and determination of appropriate courses of action.

Athletic trainers specialize in injury and illness prevention, assessment, treatment and rehabilitation for all physically active people, including the general public. All certified or licensed athletic trainers must have a bachelor's or master's degree from an athletic training accredited college or university. Degrees are complementary to accredited athletic training majors and include established academic curricula. Athletic trainers' bachelor's degrees are in pre- medical sciences, kinesiology, exercise physiology, biology, exercise science or physical education. Each Seattle University full-time staff athletic trainer owns a graduate degree and participates in year-round continuing education in order to maintain certification and utilize the most current and advanced athletic training methods for the continued health and athletic achievement of the Seattle University student-athletes.

Emergency Action Plans

The Seattle University athletic training department will ensure the emergency action plan education and review for the appropriate department personnel to be prepared for emergency scenarios and actions that must be taken in order to provide the best possible care to the sport participant of emergency and/or life threatening conditions.

A member of the certified athletic training staff will review the emergency action plan and communication strategies with all head coaches at the beginning of every academic year.

The athletic department will use the Seattle University Varsity Emergency Action Plan for specific guidelines for each sport's practice/competition venue.

Emergency action plans can be found online at:
www.goseattleu.com/athletictraining.

Insurance and Billing

All injuries sustained during varsity athletics that incur medical charges will need to be filed through the primary insurance carrier of the student-athlete. Seattle University's athletes' policy is considered excess (secondary) to the student-athlete's primary medical insurance policy. The Seattle University excess policy will apply to injuries that are sustained during a varsity athletic event and will take effect after the bill has been sent to the athlete's primary insurance.

Seattle University requires all student-athletes to have primary medical insurance from either Seattle University or a private insurance company. Seattle University will not be responsible for medical costs related to an injury occurring during varsity athletics in the event that the student-athlete is uninsured. Remaining bills will be sent to the student-athletes with the primary insurance payment posted. The student-athletes are required to submit an original itemized bill from the primary insurance company to the Seattle University athletic training room. It is the responsibility of the student-athlete to communicate with the athletic training staff regarding any medical bills.

Participation by a Pregnant Student-Athlete

During pregnancy, there is risk to both the student-athlete and fetus by continuing to participate in competitive athletics. Many medical experts recommend that women avoid participating in competitive contact sports after the 14th week (3 ½ months) of pregnancy and pregnant student-athletes who participate in non-contact endurance sports should consider participating at a non-competitive level. If a student-athlete elects to continue to participate in intercollegiate athletics, written approval must be obtained from her personal physician, as well as a Seattle University team physician. Following delivery or pregnancy termination, medical clearance is required prior to the student-athlete's return to competition.

Any student-athlete who suspects or has knowledge that she has become pregnant is required to notify her head coach, athletic trainer or Senior Woman Administrator. These individuals will confidentially work with the student-athlete to ensure the safety of all involved. NCAA rules permit a one-year extension of the five-year period of eligibility for a female student-athlete for reasons of pregnancy.

Mental Health

Seattle University has two classifications for mental health: acute and chronic. Acute emergencies are defined as sudden changes in mental conditions i.e. perceived suicide attempt or changes in mental status; these conditions often require hospitalization. Chronic conditions include: depression, anxiety disorders or other previously diagnosed mental conditions.

A psychiatrist is a medical doctor who can prescribe medications, along with the treatment of mental disorders. A psychologist can do similar treatments but cannot prescribe medications. Psychologists can make suggestions regarding the medications that would help a condition but any prescriptions must be written by a licensed physician.

Procedure for Mental Health

In the event of a chronic mental health condition (i.e. depression, bipolar disorder, anxiety), a student-athlete may request or be referred to a mental health professional.

If any member of Seattle University athletics is concerned about a student-athlete and believes that their life or someone else's life might be in danger due to a mental health issue, they are directed to attempt to answer the "Safety Plan Questions" (see below) and immediately contact an athletic trainer, team physician, CAPS office or 911. Any return to athletics participation will be coordinated through the sports medicine staff.

Safety Plan Questions

Name of Student-Athlete _____

Are you safe? _____

Where are you? _____

What is the best way for me to reach you? _____

Are you thinking of making a choice that might impact your future? _____

Are you thinking of harming yourself? _____

Do you need someone to be with you right now? _____

Mental Health Phone Numbers:

Life-threatening emergency: 911

Counseling and Psychological Services: 206-296-6090

National Suicide Prevention Lifeline: 1-800-273-8255

Swedish Sports Medicine: 206-320-2600

Swedish Family Medicine: 206-320-2484

Swedish Emergency Room Location: 540 16th Avenue, Seattle WA 98122
206-320-2000

Seattle University Sports Medicine/Athletic Training: 206-296-5432

Contact Information

Matthew J. Bussman, MEd, ATC, AT/L Assistant AD for Sports Medicine

Office Phone: (206) 296-5432
Cell Phone: (206) 498-5683
Email: bussmanm@seattleu.edu

Amanda J. Pruden, MSAL, ATC, AT/L Athletic Trainer

Office Phone: (206) 296-5452
Cell Phone: (206) 707-6670
Email: prudena@seattleu.edu

Lauren Erickson, MA, ATC, AT/L, CES Athletic Trainer

Office Phone: (206) 296-5452
Cell Phone: (720) 218-7603
Email: ericksol@seattleu.edu

Sports Performance & Nutrition

The Sports Performance Department has implemented a highly functional program tailored to each sport and each student-athlete's specific needs. Student-athletes receive an individualized workout program that focuses on strength and speed training, power and agility, flexibility, and nutrition. The staff monitors each student-athlete's individual progress through personalized program design and enhanced functional testing. This assists the staff in making necessary adjustments in training techniques and determining specific performance needs of each student-athlete. Higher levels of speed, strength, power, conditioning, and flexibility can ultimately lead to maximum performance and great overall health and well-being.

The sports performance staff is here to assist you in reaching your full physical and mental potential while maintaining the highest safety standards. The performance staff has established a department that prioritizes injury prevention to lessen the possibility of injuries both on the playing field and in the weight room. During the academic year (fall, winter, spring quarters) student-athletes may only lift with teams at assigned times unless prior arrangements have been made with the sports performance staff.

Athletic Performance Center Policies

The sports performance staff will instruct you on the proper use of the equipment. To ensure the safety of every student-athlete, the staff has established certain policies that must be followed at all times. They also have been developed to promote a productive training environment and to instill great pride in Seattle University Athletics. Failure to comply with these rules may be subject to disciplinary measures.

- Student-athletes must be on time for all training sessions.
- Proper training attire (team issued or Seattle University) is required at all times. If you are unable to wear appropriate gear, you will be asked to turn your clothing inside out.
- No horseplay and/or offensive language will be tolerated.
- Food, drink, and/or tobacco products are prohibited in the weight room.
- All facilities are to be kept clean and orderly at all times. Replace all weights and dumbbells to racks.
- Each student-athlete shall be responsible for wiping down equipment after use.
- Safety procedures must be observed at all times, and collars must be used accordingly.
- Spotters and training partners are required for all exercises.

Nutrition

You are encouraged to maintain the best physical condition possible. To help you with this task, staff members on the sports performance or athletic training staff can customize a special dietary program to meet distinctive nutritional needs. Whether it is an increase in lean muscle mass or a decrease in percent body fat or simply to enhance overall recovery and performance, our trained performance coaches will help educate our student-athletes meet their specialized needs.

Resources

Seattle University Wellness and Health Promotion
<http://www.seattleu.edu/wellness/>

Ryan Hamachek – Director
hamachek@seattleu.edu

Media Relations

All media requests must be arranged by the Athletic Communications Office. Do not agree to any requests (interviews, phone interviews, pictures, etc.) unless they have been arranged through your media relations contact.

Contacts

Director, TBD

Phone: (206) 296-5915

Email: TBD

Baseball, Men's Basketball, Men's and Women's Golf, Men's and Women's Swimming, and Volleyball

Mollie Hanke

Phone: (206) 296-2490

Email: hankem@seattleu.edu

Women's Basketball, Women's Rowing, Men's and Women's Soccer, Softball, and Men's and Women's Tennis

Kaelyn Sayles

Phone: (206) 858-3940

Email: saylesk@seattleu.edu

Men's and Women's Cross Country and Men's and Women's Track and Field

Media Tips

- If you are approached following a game, take time to compose your thoughts before beginning the interview.
- Win or lose, post game is usually an emotional time when you must take extra caution to be aware of what you are saying.

- Focus on the team aspect of competition and be sure to make only positive comments regarding your opponents, teammates, coaches, administration and the University.
- Answer all questions with integrity and honesty.
- Develop the friendship and trust of the media.
- Be courteous, polite and display an appropriate level of humility.
- Be on time for every arranged interview.

If you are uncomfortable at any time in the interview/media relations process, consult your media relations contact. It is extremely important to the Department of Athletics that you are comfortable with your relationship with members of the media, you clearly understand the media process, and you take your role in this process seriously. Remember most of all that the media is looking for a colorful or controversial quote to use in their story. You are representing yourself, your team, your coaches, the Department of Athletics, and Seattle University. Don't say anything to a reporter that you would not want to see in print. Assume everything you say is "on the record."

Follow Seattle U Athletics on the following:

Facebook: **Seattle U Athletics**

Instagram: **su_redhawks**

Twitter: **@su_athletics**

YouTube: **goseattleredhawks**

Snapchat: **su_athletics**

www.goseattleu.com

Seattle University
Academic Calendar 2016-2017

Fall Quarter 2016

Sep. 17-20 (Sat-Tue)	Welcome Week: All New Freshmen required to attend
Sep. 21 (Wed)	Classes Begin
Sep. 27 (Tue)	Last Day to Register, Add/Drop, or Change Grading
Sep. 29 (Thurs)	Mass of Holy Spirit (No Classes Between 10am-1:30 pm)
Oct.1 (Sat)	Last Day to Apply for Graduation: Winter 2017
Oct.21 (Fri)	Last Day to Remove “I” Grade: Spring & Summer 2016
Oct 24-Nov 10 (Mon–Thu)	Advising Period: Winter 2017
Nov. 1 (Tue)	Last Day to Apply for Graduation: Spring 2017
Nov 11 (Fri)	Veteran's Day Observed: No Classes
Nov. 7 (Mon)	Last Day to Withdraw from classes
Nov.15 (Tue)	Last Day to Remove “N” Grade: Fall 2016
Nov.16 (Mon)	Advance Registration Begins: Winter 2017
Nov 25-28 (Wed-Sat)	Thanksgiving Break: No Classes
Dec. 3 (Sat)	Last Class Day
Dec. 5-10 (Mon-Sat)	Final Examination Week
Dec 11-Jan. 2 (Sun–Mon)	Winter Break: No Classes
Dec.12 (Mon)	Non-Matric Registration: Winter 2017
Dec.14 (Wed)	Grades Due by Noon; posted on SU Online by 6 p.m.
Dec 22- Jan. 1 (Thu-Sun)	Administration Offices Closed

Winter Quarter 2017

Jan. 3 (Tue)	Classes Begin
Jan. 19 (Mon)	Last Day to Register, Add/Drop or Change Grading
Jan. 14-16 (Sat-Mon)	Martin Luther King Jr. Weekend: No Classes
Jan. 23- Feb.10 (Mon-Fri)	Advising Period: Spring 2017
Jan. 29 (Sun)	Last Day to Remove “I” Grade: Fall 2016
Feb. 1 (Wed)	Last Day to Apply for Graduation: Summer/Fall 2017
Feb. 16 (Tues)	Advance Registration Begins: Spring 2017
Feb. 17 (Fri)	Last Day to Withdraw from Classes
Feb. 18-20 (Sat-Mon)	President’s Day Weekend: No Classes
Mar. 1 (Wed)	Last Day to Remove “N” Grade: Winter 2017
Mar. 13 (Mon)	Last Class Day
Mar. 13 (Mon)	Non-Matric Registration: Spring 2017
Mar. 14-18 (Tues-Sat)	Final Examination Week
Mar. 19-26 (Sun-Sun)	Spring Break
Mar. 22 (Wed)	Grades Due by Noon; posted SU Online by 6 p.m.

Spring Quarter 2017

Mar. 27 (Mon)	Classes Begin
Mar. 31 (Fri)	Last Day to Register, Add/Drop or Change Grading
Apr. 6 (Thurs)	Mission Day: Classes before 1:30pm Cancelled
Apr. 18-May 6 (Mon-Fri)	Advising Period: Summer & Fall 2016
Apr. 14-17 (Fri-Mon)	Easter Monday Holiday: No Classes
Apr. 23 (Sun)	Last Day to Remove “I” Grade: Winter 2017
May 1 (Mon)	Last Day to Remove “N” Grade: Spring 2017
May 5 (Thurs)	Registration Begins: Summer 2017
May 8 (Mon)	Registration Begins: Fall 2017
May 12 (Fri)	Last Day to Withdraw
May 27-29 (Sat-Mon)	Memorial Day Weekend: No Classes
Jun. 5 (Mon)	Last Class Day
Jun. 6-10 (Tue-Sat)	Final Examination Week
Jun. 10 (Sat)	Baccalaureate
Jun. 11 (Sun)	Commencement
Jun. 14 (Wed)	Grades Due by Noon; posted on SU Online by 6 p.m.

REDHAWK PRIDE CUP

The Redhawk Pride Cup is a year-long competition between teams that incorporates academic achievement, team performance, community service, attendance at programming, and support of fellow athletic teams. The winner of the Pride Cup competition is announced at the Athletics Award Show.

ACADEMICS:

Team GPA: *Each quarter GPA earns points(Fall, Winter)*

- 3.50 – 4.00 = 100 points
- 3.25 – 3.49 = 80 points
- 3.0 – 3.24 = 60 points
- Less than 3.0 = 0 points

Scholar Athletes

- Each student-athlete who makes the Seattle U Dean's List will earn 5 points for their team.
 - Maximum of 50 points
- Each student-athlete who is recognized by the WAC as an All-Academic Team Member will earn 5 points for their team.
 - Maximum of 50 points
- Each student-athlete who is named an Academic All-American will earn 10 points for their team.

TEAM PERFORMANCE:

- **Championships/Qualifiers:**
 - WAC Regular Season Champions = 80 points
 - WAC Tournament Champions/NCAA Qualifier = 100 points
 - Individual Qualifier for NCAA Tournament = 50 points

GAME ATTENDANCE: *Points awarded for attending only the specified **CODE RED** games. Athletes must sign-in to be awarded points*

- Teams will choose specific **CODE RED** games during their season. The percentage of the team in attendance will determine the points awarded.
 - If 30 members of the rowing team attend a **CODE RED** game, 75% of their team was in attendance. 75%= 75 points.
The rowing team earned 75 points from the **CODE RED** game.
 - Teams participating in **CODE RED** games do not automatically receive points, but will get 100 points if they WIN the game!

PROGRAMMING:

- **SAAC Meetings: *Twice a month***
 - All representatives present = 10 points
 - Half team representative present = 5 points.
- **SAAC-Sponsored Events:**
 - Points earned will reflect percentage of team in attendance.
- **Personal/Career Development**
 - Points earned will reflect percentage of team in attendance.
- **Redhawk Resume**
 - 10 points for resume review by Junior Year
 - 10 points for resume review by Senior Year
 - **25 bonus points = everyone on your team submits a resume**

COMMUNITY SERVICE:

- Teams will be awarded 10 points for each team project (max 100 points)
 - *Reminder = Seattle U Athletics goal is 100% student-athlete participation in at least one service project!
- Individual projects by students are awarded 5 points per hour (max 10 hrs, 50 points)

COMMUNICATION OF COMPETITION:

- Update SAAC board outside of the training room twice a quarter with Redhawk Pride Cup team rankings and point totals.
- Twice a quarter email will be sent to student-athletes and coaches with point rankings
- The winning team will be announced at the Athletic Award Show in May.