Golden Knights
The College of Saint Rose

2023-2024 Student-Athlete Handbook
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WELCOME FROM THE ASSOCIATE VICE PRESIDENT AND DIRECTOR OF ATHLETICS

Welcome GOLDEN KNIGHTS to the 2023-2024 academic year at The College of Saint Rose. The College of Saint Rose is a very special College, full of excitement, energy and opportunity. Beyond the beautiful buildings, campus location, exemplary academic programs and endless possibility, lie the people. The entire Saint Rose community, especially our amazing student-athletes, make me proud to be a Golden Knight!

I will continue to actively work to ensure you, our student-athletes, are having the most rewarding college experience while earning your degree practicing and competing in the sport you love. All I ask in return is that you represent this institution and your program with pride – pride in how you treat others, in respecting guidelines and policies, on being a great teammate, and giving your best effort in the classroom and with your sport. Ultimately, enjoy your opportunity to play in the best DII conference in the country, while earning your Saint Rose degree. Strive to go beyond your own expectations and work to achieve more than you ever thought possible. Together, let’s make an impact not only with ourselves, but with everyone we are fortunate to come in contact with.

The College of Saint Rose is a proud and respected member of NCAA Division II and the Northeast-10 Conference. We fully support our Division II “Life in the Balance” approach which provides growth opportunities through academic achievement, learning in high-level athletic competition and development of positives societal attitudes in service to community.

The life of a collegiate student-athlete can be a hectic and demanding one. Successful time management is one of the most important skills you can learn and hone. Make the best use of your time each day and you’ll be poised for success.

Other key components for student-athlete success include attending classes, being an engaged learner, eating balanced and nutritious meals and snacks, getting enough rest, training to the best of your abilities, and avoiding substances or activities that put you at risk or are counter-productive to your performance in the classroom or with your sport.

Should you face challenges ahead, whether they are academic, athletic, or personal, remember that you are a member of a team, an athletic department, and a college community who CARE about you. There is a support system in place at Saint Rose to assist you with all your needs. Please be willing to reach out for help!

As a Golden Knight, you will be held to high standards with the expectation that you will act responsibly, make good choices, and display self-discipline, good sportsmanship, character, and integrity. This is a special time in your life, and it goes by fast. Appreciate and enjoy it! Best wishes for a successful year ahead.

Lori Anctil

Associate Vice President and Director of Athletics
THE GOLDEN KNIGHT WAY

The College of Saint Rose Athletics strives to be THE elite institution in the NE10 by providing a unique and impactful experience for our student-athletes.

Student-athletes, coaches, administrators and staff will always represent themselves, their program, the athletic department and The College of Saint Rose with respect and appreciation while continually putting forth the effort to better ourselves and the people around us.

Our Golden Knights are:

- Leaders - Committed to serving as passionate leaders for our respective teams, our campus, and the community
- Inclusive - We embrace, promote and celebrate the uniqueness of every individual through knowledge, compassion and understanding
- Scholars - Academically driven to succeed in the classroom, earn degree(s) and apply educational experiences for a lifetime
- Athletes - Competitors. We play to win in all we do. We win with integrity, lose with dignity and always represent Saint Rose “The Golden Knight Way”

General Guidelines to follow:

1. GRADUATE - Put academics first by fulfilling all academic responsibilities necessary for earning your Saint Rose degree; Attend all classes and be an active and engaged participant.
2. Always give your best effort in practice and competition.
3. Demonstrate concern for your personal health by making healthy life choices. Lack of sleep, poor nutrition, bad hygiene, alcohol use, etc. will diminish your ability to succeed academically, athletically and socially. There is zero tolerance for any NCAA banned substances [https://www.ncaa.org/sports/2015/6/10/ncaa-banned-substances.aspx](https://www.ncaa.org/sports/2015/6/10/ncaa-banned-substances.aspx)
4. Let sports medicine staff, coaches, administrators, etc. know if you are ill, injured, need help with your studies, or have any problem with which you need advice. Sport Supervisors are a tremendous resource for student-athletes.
5. Strive for the highest degree of excellence.
6. Abide by the spirit and letter of the rules throughout all games and practices.
7. Graciously accept constructive criticism.
8. Value diversity; including, but not limited to race, ethnicity, sexual orientation, gender, gender identity and expression, socio-economic status, religion, ability, age, veteran status and nationality.
9. Unless permission is granted in advance, attend every practice, game, training session, etc.
10. Discuss personal disagreements face-to-face outside of practice and playing venue.
11. Recognize and value the contribution of each team member.
12. Respect and accept the decisions of coach(es), administrators and support staff.
13. Exhibit dignity in manner and dress when representing your program and the College.
14. Refrain from consuming alcoholic beverages while representing the College.
15. Treat all players, coaches, administrators, and officials, with respect.
Golden Knights Way....

HOME. OF EFFORT

➢ To always give our best by setting goals, working hard, and striving for excellence

HOME. TO EMBRACE

➢ Believe in, and enthusiastically support the mission of The College of Saint Rose

HOME. OF OPPORTUNITY

➢ Realize our individual and collective potential to make a difference in the world

HOME. OF RESPECT

➢ Know the history and tradition of our college and recognize the efforts of those past and present that allow us a rewarding experience

HOME. OF INCLUSION

➢ Celebrate and appreciate the value of our diverse community while treating each member respectfully

HOME. OF APPRECIATION

➢ Be grateful for what we have; the ability to earn a Saint Rose degree while playing the sport we love

When we are who we say we are, follow our guidelines and commit ourselves to the Golden Knight Way, we COMPETE AND WIN together!
THE COLLEGE OF SAINT ROSE ATHLETICS DEPARTMENT

STATEMENT OF PHILOSOPHY

The College of Saint Rose Athletics Department embraces the NCAA Division II “Life in the Balance” platform that defines core values. These values encompass an overall positive student-athlete experience, personal growth opportunities through academic achievement and in high level athletics competition, and the development of an engaged social attitude geared towards community involvement and service.

The Saint Rose Athletics Department aims to attract and retain motivated and talented student-athletes from diverse backgrounds who are poised to compete at a high athletic level and are inspired to become critical thinkers, leaders, and caring citizens.

The College strives to create an environment that nurtures excellence and affords the opportunity to reach one’s fullest potential. Athletic accomplishments, academic excellence and community involvement are recognized and celebrated.

In keeping with the College mission, the Athletics Department values a culture of mutual respect, sportsmanship, and a sense of pride in self, teams and the College.

MISSION & GOALS

The Athletics & Recreation Department is committed to providing for the diverse needs of the College community through sponsorship of a wide variety of intercollegiate, intramural and recreational programs. The intercollegiate program attracts talented student-athletes who are well suited to be successful academically and athletically at the College. The intramural and recreational programs offer the opportunity for athletic participation by all members of the College community. The Athletic/Recreation Department also is committed to providing programs available to and targeted for the surrounding community during both the traditional academic year and in the summer.

The intercollegiate athletics program seeks to attract and retain talented and dedicated student-athletes, to sponsor competitive intercollegiate programs that promote a positive image for the College, and to provide leadership opportunities for students.

DEPARTMENT GOALS

1. To meet NCAA and Northeast-10 Conference standards and provide intercollegiate programs that will be competitive, respected and have a positive impact on the College’s reputation.
2. To attract and retain student-athletes in support of institutional enrollment and alumni fulfillment goals.
3. To provide facilities, staff and support services necessary to meet the intercollegiate, intramural and recreational needs and interests of the College community.
4. To develop and implement a marketing and promotions plan to encourage involvement in department sponsored programs and events by the College and surrounding communities.
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DIVISION II PHILOSOPHY STATEMENT

In addition to the purposes and fundamental policy of the National Collegiate Athletic Association, as set forth in Constitution 1, members of Division II believe that a well-conducted intercollegiate athletics program, based on sound educational principles and practices, is a proper part of the educational mission of a university or college and that the educational well-being and academic success of the participating student-athlete is of primary concern. Higher education has lasting importance on an individual’s future success. As such, Division II supports the educational mission of college athletics by fostering a balanced approach in which student-athletes learn and develop through their desired academic pursuits, in civic engagement with their communities and in athletics competition. Division II athletics programs also are committed to establishing an inclusive culture in which persons of all backgrounds are respected and given the opportunity to provide input and to participate. Division II members abide by the following principles that help define and distinguish the division:

(a) Division II colleges and universities are expected to operate their athletics programs with integrity and in a welcoming manner that complies with conference and NCAA rules and regulations. Institutional control is a fundamental principle that supports the institution’s educational mission and assumes presidential involvement and oversight.

(b) Division II members fund their athletics programs in a manner that aligns with the institution’s budget and educational mission. This method of funding features a “partial scholarship” model that allows Division II schools to recognize student-athletes for their skills through athletics-based grants, but student-athletes can accept merit-based aid and academic scholarships as well;

(c) Division II believes in a balanced approach that integrates athletics into the college experience and allows students to focus on their academic pursuits and participate in other campus and community activities. This “Life in the Balance” emphasis facilitates learning through:

(1) Academics. Division II offers exceptional teacher-student ratios that provide student-athletes with a quality education in the academic curriculum of their choice. The division structures its eligibility requirements to facilitate student-athletes earning their degrees, which is measured in part by an institution’s student-athletes graduating at least at the same rate as the institution’s student body;

(2) Athletics. Division II supports athletics achievement through highly competitive programs that strive to participate in the division’s 25 national championships, which offer the best access ratio among the NCAA’s three divisions. Division II also supports a regionalization model in scheduling that reduces time away from campus and keeps athletics participation in perspective within the educational mission;

(3) Community engagement. Division II athletics programs actively engage with their communities to enhance relationships between student-athletes and community members and develop a shared civic experience. Division II promotes engagement at the local, conference and national levels, including at all Division II national championships; and

(4) Post-graduation success. Division II supports a higher education model that shapes student-athletes who graduate with the skills and knowledge to be productive citizens. The balanced approach allows student-athletes to focus on their academic pursuits, their internships and whatever else it takes to prepare them for life after graduation;

(d) Division II members support the utmost in sportsmanship by committing to a “game environment” initiative that establishes an atmosphere at athletics contests that is both energetic and respectful; and

(e) Division II promotes student-athlete involvement in decision-making through campus, conference and national Student-Athlete Advisory Committees that provide leadership opportunities and offer a representative voice in the division’s governance structure.
DIVISION II – MAKE IT YOURS

Higher education has lasting importance on an individual’s future success. For this reason, the emphasis on the student-athlete experience in Division II is a comprehensive program of learning and development in a personal setting.

The Division II approach provides growth opportunities through academic achievement, learning in high-level athletics competition and development of positive societal attitudes in community service. The balance and integration of these different areas of learning opportunity provide student-athletes a path to graduation, while cultivating a variety of skills and knowledge for life ahead. Division II prides itself on the motto “Life in the Balance.”

There are more than 300 member institutions that belong to one of 23 conferences that has almost 90,000 student-athletes who participate in intercollegiate athletics. Division II conducts 25 national championships where 12,182 participants compete annually.

Life in the Balance: Division II Attributes

*Learning*: multiple opportunities to broaden knowledge and skills  
*Service*: positive societal attitude through contributions to community  
*Passion*: enthusiastic dedication and desire in effort  
*Sportsmanship*: respect for fairness, courtesy; ethical conduct toward others  
*Resourcefulness*: versatile skill set drawn from broad range of experiences  
*Balance*: emphasis on collective knowledge; integration of skills
TITLE IX STATEMENT

Title IX of the Education Amendments Act of 1972 (20 U.S.C. 1681 et. Seq.) is a federal Civil Rights statute which prohibits discrimination on the basis of sex in education programs receiving federal funds. Athletics is considered an integral part of an institution’s education program and is, therefore, covered by this law.

The Title IX regulation provides that if an institution sponsors an athletics program, it must provide equal opportunities for both males and females. It requires that an institution must: (It more specifically states that no person be excluded based on sex and not so much the male-female discourse.)

1) effectively accommodate the athletics interests and abilities of men and women to the extent necessary to provide equal athletics opportunities.

2) provide athletic scholarship dollars in proportion to the participation of men and women in the intercollegiate athletics program; and

3) comply with 11 other program areas.

I. Accommodation of Interests and Abilities

Three-part test: (One of the three criteria listed below must be met.)

1. Provide sport participation opportunities for women and men proportionate to undergraduate student enrollment;
2. Demonstrate a history and continuing practice of program expansion for the underrepresented sex;
3. Fully and effectively accommodate the interests and abilities of the underrepresented sex.

II. Athletic Scholarships

Total scholarship dollars are to be awarded to each sex in proportion to their participation rates in intercollegiate athletics (i.e., if 55% of the participants are men and 45% are women, then 55% of the scholarship dollars are to be awarded to men and 45% to women).

III. Other Program Areas

1. Equipment and supplies
2. Scheduling of games and practice times
3. Travel and per diem allowances
4. Tutoring opportunities
5. Assignment and compensation of coaches
6. Locker rooms, practice and competitive facilities
7. Medical and training facilities and services
8. Housing and dining facilities and services
9. Publicity
10. Support services, and
11. Recruitment of student-athletes
NOTICE OF NON-DISCRIMINATION

In compliance with Title IX of the Education Act Amendments of 1972, Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act, and other federal, state, and local equal opportunity laws, The College of Saint Rose does not discriminate on the basis of race, color, sex, creed, disability, national/ethnic origin, gender identity or expression, sexual orientation, familial status, marital status, military status, or domestic violence victim status, in the administration of its educational policies, admissions policies, scholarship and loan programs, athletics and other school-administered programs. The Title IX Coordinator is responsible for coordination of the College’s efforts to comply with the other regulations related to the College’s Non-discrimination policy in student related matters. The Associate Vice President for Human Resources Affairs is responsible for coordination of the College’s efforts to comply with the other regulations related to the College’s Non-discrimination policy in employee matters. Questions or concerns regarding equal opportunity matters should be directed to these individuals:

TBD, Title IX Coordinator, Wellworth Hall Room 3
963 Madison Ave. Albany, NY 12203, (518) 458-5308

Jeff Knapp, Associate Vice President for Human Resources, Cabrini Hall, 399 Western Ave., Albany, NY, (518) 454-5138

Individuals have the right to seek resolution through other sources, for example, the New York State Division of Human Rights (http://www.dhr.ny.gov/how-file-complaint), the Equal Employment Opportunity Commission or Office of Civil Rights of the United States Department of Education (http://www2.ed.gov/about/offices/list/ocr/complaintintro.htm) or (1-800-421-3481).
SPORTSMANSHIP AND ETHICAL CONDUCT

The Northeast-10 Conference’s member institutions unanimously agree that sportsmanship and ethical conduct are of paramount importance in intercollegiate athletics. It is agreed that the members of the Northeast-10 Conference will in no way tolerate behavior or actions that do not exemplify sportsmanship and ethical conduct, both on and off the playing field. All student-athletes, coaches, administrators and spectators are expected to exhibit responsible conduct.

In conjunction with the NCAA, the Northeast-10 Conference member institutions agree that taunting, vulgarity, fighting, cheating, profanity, obscene gestures, and any other unsportsmanlike or unethical behavior or actions could be brought to the attention of the conference. Further, it is understood that the conference may issue disciplinary sanctions against any individual, team, or institution that is found in violation of the NE-10 sportsmanship and ethical conduct code.

The Northeast-10 Conference office will hear any complaints, render decisions and issue any needed disciplinary action regarding violations of the code. These sanctions could include, but are not limited to, suspension of individuals from league contests, player or team ineligibility for post-season play, or institutional fines.
TRANSGENDER POLICY

A new policy approved by the NCAA Executive Committee in 2014 clarified opportunities for participation by transgender student-athletes.

The policy is aimed at allowing the student-athlete to participate in competition in accordance with their gender identity while maintaining the relative balance of competitive equity among sports teams.

The new policy will allow transgender student-athletes to participate in sex-separated sports activities so long as the athlete’s use of hormone therapy is consistent with the NCAA policies and current medical standards, which state:

- A trans male (female to male) student-athlete who has received a medical exception for treatment with testosterone for gender transition may compete on a men’s team but is no longer eligible to compete on a women’s team without changing the team status to a mixed team. A mixed team is eligible only for men’s championships.

- A trans female (male to female) student-athlete being treated with testosterone suppression medication for gender transition may continue to compete on a men’s team but may not compete on a women’s team without changing it to a mixed team status until completing one calendar year of documented testosterone-suppression treatment.

“As a core value, the NCAA believes in and is committed to diversity, inclusion and gender equity among its student-athletes, coaches and administrators,” NCAA Director of Inclusion Karen Morrison wrote in a memo to the NCAA membership. “Since participation in athletics provides student-athletes a unique and positively powerful experience, the goals of these policies are to create opportunity for transgender student-athletes to participate in accordance with their gender identity while maintaining the relative balance of competitive equity within sports teams.”

Development of the new policies was aided in part by a report from the National Center on Lesbian Rights and the Women’s Sports Foundation last October that provided guidance on how colleges and universities should accommodate the interests of student-athletes who have transitioned or are transitioning from one gender to another.

Co-authored by the National Center for Lesbian Rights’ Director of the Sports Project Helen Carroll and GLESN (Gay, Lesbian and Straight Education Network) project director Pat Griffin, who has overseen educational efforts for lesbian, gay, bisexual and transgender issues in sports for the Women’s Sports Foundation, the report stresses that any transgender student-athlete “should be allowed to participate in any gender-segregated sports activity so long as that athlete’s use of hormone therapy, if any, is consistent with the national governing body’s existing policies on banned medications.”

The report emerged after both organizations sponsored a “think tank” entitled “Equal Opportunities for Transgender Student-Athletes” in 2009 that included representatives from the NCAA, the National High School Federation, and experts on transgender issues from disciplines ranging from law and medicine to advocacy and athletics. The think-tank goals were to develop model policies and identify best practices for high school and collegiate athletics programs to ensure the full inclusion of transgender student-athletes.

The report offers a comprehensive discussion of what the term “transgender” means and how to provide access and equal opportunities to the individuals it applies to.

In April, the NCAA Executive Committee heard a presentation regarding transgender student-athletes and noted the NCAA’s effort to better educate institutions about accommodating the interests of student-athletes who are transitioning and to develop Association-wide policies regarding transgender student-athlete participation in college sports.
2023-2024 ACADEMIC CALENDAR & IMPORTANT DATES

https://www.strose.edu/academics/registrar/academic-calendar/

IMPORTANT PLACES TO KNOW ON CAMPUS

Academic Advising
Location: Saint Joseph Hall 3rd floor
Phone: (518) 454-5217
Email: advisement@strose.edu

Academic and Student Support Center
Location: Saint Joseph Hall 2nd floor
Phone: (518) 454-5299
Email: asc@strose.edu

Registrar’s Office
Location: Saint Joseph Hall, 4th floor
Phone: (518) 458-5464
Email: registrar@strose.edu

Residential Life
Location: 204 Partridge Street
Phone: (518) 454-5295
Email: reslife@strose.edu

Bursar’s Office
Location: Saint Joseph Hall 3rd floor
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Email: bursar@strose.edu

Security
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Phone: (518) 454-5187
Email: security@strose.edu

Student Development
Location: Events & Athletics Center
Phone: (518) 454-5170
Email: studentaffairs@strose.edu

Student Association & Clubs
Location: Events & Athletics Center 1st floor
Phone: (518) 454-5170
Email: sa@strose.edu

Technology Services (ITS)
Location: Saint Joseph Hall basement
Phone: (518) 454-4357
Email: Helpdesk@strose.edu

Dining Services
Location: Events & Athletics Center
Phone: (518) 454-5220
Email: diningservices@strose.edu

Student Solution Center
Location: Saint Joseph Hall 3rd floor
Phone: (518) 454-2040

Library
Location: Neil Hellman Library
Phone: (518) 454-5181
Email: refdesk@strose.edu

Counseling Services
Location: 1006 Madison Avenue
Phone: (518) 454-5200
Email: counseling@strose.edu

Health Services
Location: 190 Partridge Street (back entrance)
Phone: (518) 454-5244
Email: healthservices@strose.edu

Campus Ministry
Location: Hubbard Interfaith Sanctuary
Phone: (518) 454-5296
Email: campusministry@strose.edu

Career Center
Location: Saint Joseph Hall 3rd floor
Phone: (518) 454-5141
Email: career@strose.edu

Financial Aid
Location: Saint Joseph Hall 3rd floor
Phone: (518) 458-5464
Email: finaid@strose.edu

Fitness Center
Location: Events & Athletics Center 3rd floor
Phone: (518) 454-2014
Email: maddenp@strose.edu

Counseling Services
Location: 1006 Madison Avenue
Phone: (518) 454-5200
Email: counseling@strose.edu

Health Services
Location: 190 Partridge Street (back entrance)
Phone: (518) 454-5244
Email: healthservices@strose.edu
HAZING

HAZING IS ILLEGAL! All student-athletes and athletic department staff are required to obey the New York State Anti-Hazing Law and the College regulations, which prohibit any action or situation that recklessly or intentionally endangers mental or physical health or involves the forced consumption of liquor or drugs for the purpose of initiation into or affiliation with any organization. Violators of these regulations will be subject to appropriate College disciplinary action, including possible suspensions or dismissal.

Hazing occurs when there is an expectation, whether implicit or explicit, that to be accepted as part of the group, student-athletes must participate in the activity. An expectation can subtly coerce athletes to do things they would not normally do. Hazing includes any activity that humiliates, degrades, abuses or endangers a person, regardless of a person’s willingness to participate. Hazing-related activities include: drinking games, being yelled at, humiliation, sleep deprivation, night awakenings, harassment, skits, roasts, sex or sex act competitions.

“Traditions that harm must be replaced with ones that build character and strengthen teams.”

Hazing vs. Team Building

<table>
<thead>
<tr>
<th>Hazing</th>
<th>Team Building</th>
</tr>
</thead>
<tbody>
<tr>
<td>Humiliates and degrades</td>
<td>Promotes respect and dignity</td>
</tr>
<tr>
<td>Tears down individuals</td>
<td>Supports and empowers</td>
</tr>
<tr>
<td>Creates division</td>
<td>Creates real teamwork</td>
</tr>
<tr>
<td>Lifelong nightmares</td>
<td>Lifelong memories</td>
</tr>
<tr>
<td>Shame and secrecy</td>
<td>Pride and integrity</td>
</tr>
<tr>
<td>Is a power trip</td>
<td>Is a shared positive experience</td>
</tr>
</tbody>
</table>

You should know that hazing:

- Has caused a team’s season to be cancelled at various NCAA institutions.
- Has caused a student-athlete’s institutional eligibility to be taken away.
- Has caused student-athletes to be arrested, because it is against the law in most states.
- Has caused student-athletes to have to appear in the court system at their own expense.
- Has caused teams to be torn apart and fragmented.
- Has caused serious physical and psychological injuries, and even deaths.

IMPACT ON PERSON BEING HAZED:
The media is full of stories reporting one of the worst possible consequences of hazing: death. While death is the worst possible outcome, there are far more examples of less severe but still life-altering consequences. One study has shown that 71% of those who are hazed suffer from negative consequences. These consequences may include, but are not limited to:

- Physical, emotional, and/or mental instability
- Sleep deprivation
- Loss of sense of control and empowerment
- Decline in grades and coursework
- Relationships with friends, significant others, and family suffer
- Post-traumatic stress syndrome
- Loss of respect for and interest in being part of the organization
- Erosion of trust within the group members
- Illness or hospitalization with additional effects on family and friends

HAZING ACTIVITIES WILL NOT BE TOLERATED AT THE COLLEGE OF SAINT ROSE!
HAZING IS AGAINST THE LAW

EXAMPLES OF HAZING

A. SUBTLE HAZING: Behaviors that emphasize a power imbalance between new members and other members of the group or team. They are termed “subtle hazing” because they are often inappropriately taken for granted or accepted as harmless or meaningless. Subtle hazing typically involves activities or attitudes that breach reasonable standards of mutual respect, and place new members on the receiving end of ridicule, embarrassment and/or humiliation. New members often feel the need to endure subtle hazing to feel like part of the group or team. (Some types of subtle hazing may also be considered harassment hazing.)

Some Examples:

• Silence periods with implied threats for violation
• Deprivation of privileges granted to other members
• Requiring new members to perform duties not assigned to other members
• Socially isolating new members
• Line-ups and drills/tests on meaningless information
• Name calling
• Requiring new members to refer to other members with titles (e.g., Mr., Miss), while they are identified with demeaning terms (rookie, fresh meat, dogs)

B. HARASSMENT HAZING: Behaviors that cause emotional anguish or physical discomfort required of those new team members joining the group. Harassment hazing confuses and frustrates, and causes undue stress, for new members. (Some types of harassment hazing can also be considered violent hazing.)

Some Examples:

• Verbal abuse
• Threats or implied threats
• Asking new members to wear embarrassing or humiliating attire
• Stunt or skit nights, with degrading, crude or humiliating acts
• Expecting new members to perform personal service to other members, such as errands, cooking, cleaning, etc.
• Sleep deprivation
• Sexual simulations
• Expecting new members to be deprived of maintaining a normal schedule of bodily cleanliness

C. VIOLENT HAZING: Behaviors that have the potential to, and frequently do, cause physical and/or emotional, or psychological harm.

Some Examples:

• Forced or coerced alcohol or other drug consumption
• Beating, paddling or other forms of assault
• Branding
• Forced or coerced ingestion of vile substances or concoctions
• Water intoxication
• Public nudity
• Expecting illegal activity
• Bondage
• Abductions/kidnaps
• Exposure to cold weather or extreme heat without appropriate protection

www.Stophazing.org
7 MYTHS & TRUTHS ABOUT HAZING

Myth # 1: Everyone participated voluntarily, so it can’t be considered hazing.
The Truth: Wrong.
The willingness to participate has nothing to do with whether hazing took place! It is the creation of an unhealthy environment or climate that is void of dignity and respect for everyone that is the determining factor! Peer pressure can coerce participation on the part of both the hazer and the hazed.

Myth # 2: Initiations are acceptable practices and hazing is synonymous with initiation. So, it is acceptable, correct?
The Truth: No.
Initiations and rituals are elements of any culture, but they are associated with a ceremonial significance and spiritual relevance. They are meaningful experiences in which no one becomes a victim.

Myth # 3: Traditions are important to teams and need to be kept alive.
The Truth: Yes…but,
Traditions should be honorable and instill a sense of pride in its members. There is no pride in hazing someone who becomes a victim. No one would tell his or her children about the “time-honored hazing incident!”

Myth # 4: Hazing is no more than a joke on someone, a foolish prank that sometimes goes awry.
The Truth: Wrong.
Hazing is an act of power and control over new members, usually younger and inexperienced, who are powerless and become victims. This is not a prank; it is about victimization. It is abusive, degrading and sometimes life-threatening!

Myth # 5: Hazing is an effective way to teach respect and discipline.
The Truth: Hazing is more likely to cause dissension than to build team morale.
Respect in athletics must be earned through performance and a work ethic — it can’t be demanded. Hazing does the opposite — it builds anger and mistrust.

Myth # 6: If there is no malicious intent, a little hazing should be acceptable. It’s fun!
The Truth: No hazing is acceptable, and many times what may be considered minor hazing can get out of hand quickly.
Regardless of intent, serious accidents and traumatic actions can occur. No level of hazing is acceptable.

Myth # 7: Hazing brings us together as a team or group and helps us to bond.
The Truth: Not meaningful bonding.
Hazing is more likely to divide. A team is brought together by hard work in practice that leads to success, or through the lessons of victory and defeat during which you learn to count on each other.

RESPECT YOURSELF & RESPECT EACH OTHER. STRONG and LASTING RELATIONSHIPS are BUILT on TRUST.
ELIGIBILITY FOR PARTICIPATION REQUIREMENTS

Full-time Enrollment: All student-athletes must be enrolled full-time. At The College of Saint Rose, full-time enrollment means being enrolled in a minimum of 12 credit hours for undergraduate degree programs and 9 credit hours for graduate degree programs. Make sure that you do not drop below 12 credit hours, or you will immediately become ineligible for athletic participation at Saint Rose. If you are enrolled in less than a full-time program, you are eligible to compete only if you are enrolled in the last term of your degree program and are carrying credits necessary to finish your degree.

Initial Eligibility (First Year): All first-year student-athletes must register with the NCAA Eligibility Center to be granted an academic and amateurism certification status in order to be eligible for competition. Registration is done online at the NCAA website www.eligibilitycenter.org. For Division II, a student-athlete must graduate from high school, achieve a minimum 2.2 Core GPA, and pass 16 NCAA approved core courses. Student-athletes who are awaiting a final certification may practice, but not compete for up to 45 days. After 45 days a student must have established certification or stop participating. You must also have the following completed in order to be eligible for practice:

1) Submit all medical documentation paperwork to Health Services and Athletic Training staff. (Risk of liability, emergency contact, immunization record and health evaluation form);
2) Submit documented results of sickle cell test;
3) Complete online NCAA compliance paperwork via email from piercej@strose.edu;
4) Attend team compliance meeting and be enrolled full-time.

Transfer Eligibility: All transfer student-athletes must register with the NCAA Eligibility Center to be granted an amateurism certification status in order to be eligible for competition. Registration is done online at the NCAA website www.eligibilitycenter.org. You must have the following completed in order to be eligible for practice:

1) Submit all medical documentation paperwork to Health Services and Athletic Training staff. (Risk of liability, emergency contact, immunization record and health evaluation form);
2) Submit documented results of sickle cell test;
3) Complete online NCAA compliance paperwork;
4) Attend team compliance meeting and be enrolled full-time.

2-Year Transfers (Qualifiers) must satisfy the following academic requirements to be eligible to compete.

1) Graduate from a two-year institution or,
2) Transfer in an average of 12 semester credit hours for each full-time term of attendance;
3) Earn at least 75 percent of the semester credits required for progress toward degree during the regular academic year. You may not earn more than 6 credits required for progress toward degree during the summer; and
4) Present a cumulative minimum grade point average of 2.2.

Sports Physical Required: Physicals are required before any student-athlete participates in practice for an intercollegiate team at Saint Rose. All new student-athletes at Saint Rose who wish to participate must submit a completed pre-participation physical form in order to be cleared for participation. All returning student-athletes at Saint Rose must have a re-entry (preliminary) evaluation, which is conducted by the Sports Medicine staff. If the Athletic Trainer feels a full exam is needed, the athlete will be referred to the team physician for a complete orthopedic/internal exam and must be cleared for participation.

Academic Progress Policy: In order to be eligible for competition at the end of each academic term, a student-athlete must successfully complete nine semester hours of academic credit the preceding regular academic term in which the student-athlete has been enrolled full-time at any collegiate institution. Student-athletes must be enrolled full-time and complete a minimum of 24 credit hours annually, with no more than 6 credit hours being earned during the summer toward your eligibility. If you happen to fall short of the minimum required credit hours annually, you will jeopardize your eligibility. Student-athletes are expected to maintain good academic standing at Saint Rose (minimum 2.0 cumulative GPA each semester). By the end of your sophomore year, a major must be declared. As a student-athlete, you should maintain “satisfactory progress” toward a degree (graduate within 4 years/8 semesters of consecutive study).
ACADEMIC STANDING AT SAINT ROSE

At the end of each academic semester, each student’s progress toward fulfilling degree requirements is reviewed and a determination on academic standing is made according to the criteria listed below.

1. A student with a cumulative GPA of 2.0 or better is in good academic standing.
2. A student who has attempted at least 15 credit hours at The College of Saint Rose and whose cumulative GPA has remained below a 2.0 for three consecutive semesters will be dismissed.
3. After attempting 15 credit hours, students are required to achieve a minimum semester GPA of 2.0. Students whose first semester GPA falls below 2.0 are placed on academic probation.
4. After attempting 30 credit hours, including transfer credits, students are required to achieve a minimum cumulative GPA of 2.0 to proceed without penalty. Students whose cumulative GPA falls between 1.5 and 1.9 are placed on academic probation. Students whose cumulative GPA falls below 1.5 are academically dismissed.
5. After attempting 45 credit hours, including transfer credits, students are required to achieve a minimum cumulative GPA of 2.0 to proceed without penalty. Students whose cumulative GPA falls between 1.6 and 1.99 are placed on academic probation. Students whose cumulative GPA falls below 1.6 are academically dismissed.
6. After attempting 60 credit hours, including transfer credits, students are required to achieve a minimum cumulative GPA of 2.0 to proceed without penalty. Students whose cumulative GPA falls between 1.7 and 1.99 are placed on academic probation. Students whose cumulative GPA falls below 1.7 are academically dismissed.
7. After attempting 75 credit hours, including transfer credits, students are required to achieve a minimum cumulative GPA of 2.0 to proceed without penalty. Students whose cumulative GPA falls between 1.8 and 1.99 are placed on academic probation. Students whose cumulative GPA falls below 1.8 are academically dismissed.
8. After attempting 90 credit hours, including transfer credits, students are required to achieve a minimum cumulative GPA of 2.0 to proceed without penalty. Students whose cumulative GPA falls between 1.9 and 1.99 are placed on academic probation. Students whose cumulative GPA falls below 1.9 are academically dismissed.
9. After attempting 105 credit hours, including transfer credits, students are required to achieve a minimum cumulative GPA of 2.0 to proceed without penalty. Students whose cumulative GPA falls below 2.0 are academically dismissed.

Attempted credit hours include courses in which students have received the grade of F. Academic dismissal is binding for a period of at least one year, after which time the student may apply for resumption of study. Some evidence indicating likelihood of success must be presented. The College reserves the right not to readmit students who have been dismissed for academic reasons.

NCAA ACADEMIC STANDARDS

You must possess a 2.000 cumulative GPA no matter what year of academic standing! You must earn a minimum of 24 credits during the academic year and 9 credits per semester to remain eligible!
COUNTABLE ATHLETICALLY RELATED ACTIVITIES (CARA)

Seasons of Competition: Student-athletes may participate in a maximum of four (4) seasons of intercollegiate competition in any one sport during the first ten (10) semesters of full-time enrollment. Any competition during a season, regardless of time (one minute or one play of a game), counts as a full season of competition. Competition occurs when one represents Saint Rose in outside competition, including scrimmages and exhibitions, after the first permissible date of competition.

Playing and Practice Season: While “in season,” a student-athlete may participate in up to a maximum of four (4) hours per day, 20 hours per week of countable athletically related activities (CARA). In addition, you must have a day off when you are required to and are not expected to engage in CARA. During “out of season,” you are permitted up to eight (8) hours per week of supervised weight training and conditioning during which a coach can be present. You are also permitted to work with your coach in voluntary skill instruction sessions with up to four to six other teammates for a maximum of 2 of the 8 hours each week. NCAA rules require student-athletes have at least 2 days off per week while out of season. Below is a reference chart of countable and non-countable related activities.

<table>
<thead>
<tr>
<th>Countable Athletically Related Activities</th>
<th>Non-Countable Athletically Related Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practices</td>
<td>Fundraising activities</td>
</tr>
<tr>
<td>Competition and associated activities</td>
<td>Study hall or Life Skills activities</td>
</tr>
<tr>
<td>Field, floor or on-court activities</td>
<td>Traveling to/from the site of competition</td>
</tr>
<tr>
<td>Setting up offensive and defensive alignments</td>
<td>Academic meetings or drug/alcohol educational meetings</td>
</tr>
<tr>
<td>Meetings with a coach initiated or required by the coach (i.e. end of the season individual meetings)</td>
<td>Compliance/eligibility meetings or captains' meetings</td>
</tr>
<tr>
<td>Required weight training and conditioning activities</td>
<td>Attending banquets (i.e. awards banquets)</td>
</tr>
<tr>
<td>Required participation in camps or clinics</td>
<td>Meetings with coach initiated by the student-athlete</td>
</tr>
<tr>
<td>Visiting the competition site in the sports of cross country and golf</td>
<td>Voluntary weight training not conducted by a coach or staff member</td>
</tr>
<tr>
<td>Captains' practices</td>
<td>Student-Athlete Advisory Committee meetings</td>
</tr>
<tr>
<td>Required preparation of playing field for competition</td>
<td>Required preparation of playing field for practice</td>
</tr>
<tr>
<td>Discussion or review of game film</td>
<td>Training room activities (i.e. treatment, taping, etc)</td>
</tr>
</tbody>
</table>

Class/Practice/Game Conflicts: It is inevitable that there will be times when scheduled team activities will conflict with classes due to the variety of academic offerings at The College of Saint Rose. **It is an NCAA violation for student-athletes to miss class for practice at any time unless that practice is held in conjunction with game day.** Coaches will work closely with student-athletes to avoid class/game conflicts but, when conflicts do occur, student-athletes are expected to make arrangements to miss class for competition. At the start of each semester, "in-season" student-athletes should compare their game/travel schedule against their class schedule for conflicts. As soon as a class/game conflict is detected, it is the student athlete's responsibility to request an opportunity to discuss alternatives and make arrangements with the faculty member concerning the missed class and work. A last-minute class-game conflict is most apt to occur with post season play. The athletics department provides a competition schedule with departure times for both home and away contests to professors prior to the conclusion of the add/drop period. This letter, which is to be hand-delivered by the student-athlete to each faculty member, serves to notify faculty which student-athletes will be affected by any class/game conflicts over the course of the semester. Student-athletes are strongly encouraged to remind faculty members of their class/game conflict and are expected to complete all necessary work in a timely manner. Questions regarding this policy can be addressed to the Associate Athletic Director.

Pre-Season/Vacation Housing: In the event your coach requires participation in practices or games during non-term periods (i.e. vacation or summer), arrangements will be made for housing resident student-athletes and food for all team members. Housing is often temporary and may not be in your assigned semester room. You are expected to respect the rights and privacy of others while being housed in someone else's room on campus. A meal allowance will be provided for all student-athletes and team members are encouraged to eat together in order to stay within meal budgets.

Outside Competition or Participation on a Non-Saint Rose Team: Student-athletes may not participate on outside teams or as individuals in their sport while “in season” of competition. Student-athletes interested in participating “out of
season” in their sport must inform the head coach and Associate Athletic Director in advance of participation. Select NCAA sports require written permission prior to playing in any NCAA-sanctioned league (including summer leagues).

ACADEMICS

Achieving Academic Excellence:
The intercollegiate program attracts talented student-athletes who are well suited to be successful academically and athletically at the College. At Saint Rose, student comes before athlete. To that end, we expect our Golden Knights to be active, engaged and accountable students. To facilitate academic success, head coaches of each program will be monitoring student-athletes' academic progress. For NEW students (first year and transfer) and students who fail to meet the criteria listed below, a student athlete success plan will be put into place by head coach and student athlete, and regular meetings and check-ins will be held throughout the semester.

1) Pass a minimum of 12 credits the previous semester.
2) Must earn above a 2.3 TERM GPA previous semester: and
3) Must maintain above a 2.3 CUM GPA.

At the end of each semester, the Academics Committee, which consists of the Faculty Athletic Representative, Lori Ancil (AVP and Director of Athletics), Karen Haag (Associate Athletic Director/SWA) and Associate Athletic Director will assess each student-athlete’s academic progress towards his or her degree. Each head coach will be provided with a list of the student-athletes who do NOT meet the general parameters set forth.

ACADEMIC AND STUDENT SUPPORT SERVICES

Through the Learning Center, Writing Center, Science/Math Learning Specialist, and Services to Students with Disabilities, the Academic Support Center provides students of all abilities with academic support to help them achieve their goals. The ASC is located in Saint Joseph Hall, Second Floor (518) 454-5299.

The Learning Center offers drop-in tutoring, study clusters and individual academic counseling.

Drop-in Tutoring: The Learning Center offers students open group tutoring sessions for various Saint Rose courses. Open tutoring sessions are offered in the academic areas of math, accounting, business, computers, Spanish, and the natural sciences (biology, chemistry, and physics). These sessions do not require an appointment.

Study Clusters: Tutorial study clusters give students the opportunity to work through particularly demanding course work with the support of classmates and a peer tutor. Students having trouble with a course may contact the Learning Center to inquire about creating a study cluster.

Individual Academic Counseling: Whether students need help tackling an important academic project or just some helpful study hints, individual academic counseling is available in the Learning Center. Students can meet with a professional who can help build skills, strategies, and behaviors that will increase learning potential.

The Writing Center offers half-hour and hour-long individual tutoring sessions. During these sessions, tutors assist students with all stages of the writing process, from selecting a paper topic and creating an outline, to documenting research and working through the final revision stages. Reservations are required for the tutoring sessions. Students should call (518) 454-5299 or stop by the Academic Support Center to reserve a session.

Science/Math Learning Specialist offers remediation programs and general academic support for students with science and math concerns.

Services to Students with Disabilities: Accommodations for students with documented disabilities are coordinated in compliance with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act as amended.
Registering: Students interested in securing accommodations will need to present appropriate documentation of a disability to the Director of Services for Students with Disabilities. Prospective students are encouraged to meet with the Director early in the admissions process to obtain a copy of the documentation guidelines and to learn about the services provided.

Services and accommodations may include but are not limited to:
1. Faculty notification
2. Alternative testing arrangements
3. Notetaking
4. E-text
5. Referrals to appropriate campus and/or community resources
6. Student advocacy

Confidentiality: All services and referrals offered by the office are kept confidential in accordance with professional, ethical and legal guidelines.

If you would like to request a tutor for a specific subject that is not currently offered, please contact the Academic Success Center (518) 337-4989.

Health and Counseling Services: Physical and mental wellness plays a critical role in the success of students. The College of Saint Rose recognizes the importance of providing support, when needed, through our Counseling Services and Health Center. Medical providers are available in the Health Service Monday – Friday as posted at the beginning of the semester. The phone number for the Health Service is (518) 454-5244. If medical attention is required when the Health Service is closed, students should contact their Resident Assistant or Security at (518) 454-5187. Personal counselors are available in the Counseling Center between the hours of 8:30 and 5:00 (Monday through Friday), with some limited evening hours for groups and individual counseling. The phone number for the Counseling Center is (518) 454-5200. In the event of a psychiatric crisis requiring immediate attention during non-business hours, Counseling Center Staff can be contacted via Residence Life staff or Campus Security at (518) 454-5187.
FINANCIAL AID PROCEDURES

Athletic Financial Aid: Athletic scholarships are available to assist coaches in the recruitment of student-athletes as part of the overall financial aid package. Those student-athletes who receive athletic aid as part of their financial aid package must follow additional guidelines in order to have the award maintained or renewed. Included in the guidelines are requirements for maintaining eligibility to receive the award. The NCAA requires student-athletes be notified of financial aid packages for the next academic year by July 1st. In order to meet this deadline, you must complete the necessary financial aid paperwork (i.e. FASFA) before the Financial Aid Office deadlines. You will receive notification and paperwork from the Financial Aid Office prior to the start of the spring semester. Failure to complete your financial aid file by the required deadlines may result in forfeiture of some or all financial aid offered to you by Saint Rose.

Housing Arrangements: All freshman and sophomore students must live on campus for their first two years at The College of Saint Rose. An exception may be made for student-athletes who are commuting from their primary residence within the capital region. The purpose of this policy is to promote unity within the campus community and engage student-athletes in various on campus events, programming and personnel.

Scholarships Reduction and/or Cancellation: Athletics scholarships may be reduced or cancelled at any time during the period of the award. The period of an athletic scholarship is for one academic year and scholarships are not guaranteed for four years. Your athletic scholarship will be in jeopardy if you have not earned 24 credits during the previous academic year. A scholarship can be reduced or cancelled during the period of the award if you:

- Drop below the 12 credits per semester requirement. (You may only carry less than 12 credits if you are in the final semester of your degree program and you have submitted your schedule to the Assistant AD for Compliance).
- Become ineligible for intercollegiate competition.
- Provide false information on an application, letter of intent, or another binding document.
- Engage in serious misconduct warranting disciplinary action through the Athletic Department, Judicial Affairs, Student Affairs, or law enforcement.
- Voluntarily withdraw from your sport or the university itself. Scholarships can be cancelled immediately once you have been given the opportunity for an appeal.

Financial Aid Appeals: Student-athletes are allowed the opportunity to appeal decisions that affect athletic financial aid (i.e. removal from team, loss of eligibility). Once the student-athlete receives written notification of forfeiture of athletic aid from the Director of Athletics, any request for an appeal must be filed with the Director of Financial Aid with copies to the Director of Athletics, Associate Director of Athletics and the Faculty Athletic Representative. You may contact the Financial Aid Office for more details.

Book Voucher Policy: Select student-athletes on FULL athletic scholarships are eligible to receive a book voucher each semester. The student-athletes will take their schedules to the bookstore to have their books priced and will receive a receipt with the total including tax. The student-athletes will take their receipt and schedule to the Associate Athletic Director, to verify before receiving their book voucher from the Director of Financial Aid, Steve Dwire. Book vouchers should be picked up by no later than the day after drop/add period. If you have any questions, please contact Steve Dwire for more information.

Deadline to pick up your book voucher is the last day to drop/add classes, which is Friday of the first week of each semester.
SAINT ROSE ATHLETICS DEPARTMENT POLICIES

Grievance Procedure: Student-athletes who have an issue, concern, or grievance related to their intercollegiate participation are encouraged to resolve the issue at hand at the local level - with the team, coach, teammate, etc. In rare instances when a solution/outcome cannot be reached or agreed upon by the involved parties, student-athletes may contact the Athletic Director, Faculty Athletic Representative or follow procedures as outlined in the Student Handbook.

Transfer Policy: If a student-athlete considers transferring to another institution, he/she should first discuss a transfer with their head coach. The head coach will discuss the options available with the student-athlete as well as attempt to offer other avenues of resolution to the situation. If a transfer is the option that the student-athlete chooses, the head coach may assist with the process. All transfer requests should be made after a discussion with a head coach and in writing to the Associate Athletic Director (Compliance) as soon as possible. A student-athlete must complete an educational module related to transferring before the institution may enter the student into the national transfer database. Once a student is released to the transfer database, they will forfeit their future athletic aid. Being entered into the Transfer Portal will allow the student-athlete full permission of contact, which is required before you can contact or speak with another institution’s coach about transferring. In addition, should that student-athlete choose to remain at The College of Saint Rose, the student-athlete’s athletic aid may no longer be available. Notification of Transfer must be made before June 15th for students to remain eligible for the One-Time-Transfer Exception at the Division II level.

Banquet/Awards/Honors: NCAA/Northeast-10 Academic, All-American and Athletic and All-American honors are available for student-athletes who excel in competition and academics. Your coach, the Sports Information Director, the Athletic Director and/or the Faculty Athletics Representative will review eligibility requirements for these awards and will submit names and support materials and information for those who qualify for nomination. Weekly/monthly/seasonal ratings for statistical leaders in NCAA or conference play will also be monitored on behalf of Saint Rose student-athletes. Each sports program shall have a pre-season or post-season team banquet, which will be coordinated between the head coach and the Athletics Director. The College of Saint Rose annually recognizes the top male and female scholar-athletes and all outgoing seniors. In addition, outstanding contributions/achievements made by athletes during the season may receive recognition through the Athlete of the Week program or at selected home events.

Substance Abuse and Tobacco Policy: The Athletic Department endorses and supports the College’s alcohol and drug policies as outlined in the College’s handbook guide for all Saint Rose students. In addition to the on-campus regulations, the following ALCOHOL POLICY will apply to athletic events: There will be no alcoholic beverages purchased or consumed by any Saint Rose athlete, manager, or support staff member during any intercollegiate contest, including while in transport to, pre-game and post-game, and transport from game sites. Violators of the alcohol policy may face suspension or dismissal from team activities and/or the sanctions as outlined in the student handbook. Use of tobacco products by participants is strictly prohibited at practice, during competition or at team activities.

Athletic Department Alcohol and Other Drugs (AOD) policies serve to provide guidelines to assist student-athletes in making appropriate choices about AOD use. Use/abuse of substances may be in violation of New York State/Federal/NCAA regulations, may be detrimental to athletic performance, and may result in risky social and health-related behaviors. Participation on an athletic team at The College of Saint Rose is a privilege, not a right. Additionally, there are expectations placed on participants as representatives of the institution and the Athletic Department, their coaches, their teammates, their families and themselves. Substance use/abuse impacts athletic performance, is associated with health risks, and increases the potential for high-risk behaviors. Also, members of athletic teams are considered role models and must always be mindful of the responsibilities that come with representing The College of Saint Rose as a Division II student-athlete.

Use of substances including alcohol, tobacco, illegal (and some legal) drugs, as well as NCAA-banned substances, is counterproductive to what athletics is about. The athletic department staff ask that student-athletes make positive decisions
regarding use of substances as they relate to athletic performance in both practices and competitions as well as to class attendance, academic success, and personal health. Head coaches shall meet with their teams prior to the start of each season to discuss and outline expectations regarding team policies. Policies may include expectations regarding class attendance, dress code, practice and game attendance, substance use/abuse, as well as other team-related commitments. The College of Saint Rose athletic department supports and encourages open lines of communication between the staff and student-athletes. Team members are encouraged to discuss team policies with teammates and the coaching staff. Student-athletes are also encouraged to support and assist each other with appropriate decision-making regarding substance use/abuse and other high-risk and health-related issues.

**Student-athletes will be held accountable** if it is determined that inappropriate choices have been made or that team policy has been broken. Student-athletes may jeopardize their status on the team, may be suspended or dismissed from the team and may forfeit all related privileges as well as athletically related financial aid for violations of team policy. Sanctions may also include referrals and/or may involve other offices on campus. Student-athletes will have 48 hours within which to lodge an appeal with the Director of Athletics regarding their status on a team as a result of a decision handed down by the Head Coach. (Refer to Saint Rose Student Handbook for appeal process). All appeals shall be processed promptly.

As an active member of the NCAA, the Saint Rose Athletics Department sponsors substance abuse programs each year and requires involvement by all intercollegiate student-athletes. The Athletic Department works closely with the College Health Services, Counseling Services, and related offices and to develop these educational programs.

**Social Media Policy:** Student-athletes at The College of Saint Rose are held to a high standard of conduct while representing the College as a member of an intercollegiate team. Student-athletes are expected to show respect for themselves and others, to represent the College in a positive manner and to always be mindful of their responsibilities as role models. The Athletics Department understands the popularity and usefulness of social networking sites and supports their use by student-athletes provided:

- Information placed on the website(s) shall not violate the College, Athletics Department or student-athlete conduct code.
- No offensive or inappropriate pictures or comments shall be posted. Photos and/or comments posted on these sites shall not depict team-related or college-identifiable activities (including wearing/using team uniforms or gear inappropriately).

Coaches and Athletic Department administrators can and do monitor these platforms regularly. Student-athletes could face disciplinary actions if a crime has been committed (i.e. underage drinking, harassment, etc.)
SOCIAL MEDIA STATISTICS

Growth

- More than 4.62 billion people across the world use social media
- Social media has grown at a compound annual growth rate of 12% since 2012
- 21, social media usage grew at an average rate of 13.5 new users every single second
- Nearly 75% of the world’s population aged 13+ uses social media
- Over 93% of regular internet users log into social media
- 72% of Americans use social media

Usage

- Worldwide, people spend an average of 2 hours and 27 minutes per day on social media
- In 2021, people increased their time spent on social media by 2 minutes compared to 2020
- Nigeria, the Philippines, and Ghana spend the most amount of time on social media
- Japan, North Korea, and the Netherlands spend the least amount of time on social media
- The USA dips slightly below the average worldwide time spent on social, with an average of 2 hours 14 minutes
- In a month, the average user will visit 7.5 social media platforms
- Men aged 20-29 are the demographic that uses social media the most
- Women aged 16-24 years old use social media the most, clocking in an average of 3 hours 18 minutes per day
- People mainly use social media for staying in touch with friends and family, filling spare time, and reading the news

Advertising

- Ad spending on social media is projected to reach over $173 million in 2022
- In 2022, social media video ad spending will grow by 20.1% to $24.35 billion
- Annual advertising spent on social media in 2022 will top $134 billion, an increase of over 17% YOY
- 52% of social media users say that when a platform protects their privacy and data, it’s incredibly impactful on their decision to interact with the ads or sponsored content they see on the channel

Hootsuite.com
NCAA DIVISION II INFORMATION

Extra Benefits: Some of you may be offered benefits by individuals, which are not offered to other students. Too often in intercollegiate athletics this trend to provide gifts has become MAJOR news headlines and they may be offered to you. Such gifts are “extra benefits” and if you accept any, you will be in violation of the NCAA’s principle of amateurism and deemed ineligible. A few examples are:

- Cash or merchandise (or cash equivalent)
- Tickets to a professional sporting event, movie, concert, etc.
- Athletic equipment or clothing (outside of regular team apparel from the equipment room)
- Any type of benefit from a booster or alumni (i.e. meal)
- Loan of money or cosigning a loan
- Use of automobile or free/reduced travel
- Any type of benefit from a former teammate/student-athlete beyond those similar in nature that occurred while both were in college (movie, meal, etc.)

DO NOT ACCEPT ANY TYPE OF GIFT OR BENEFIT FROM ANYONE, INCLUDING AN ALUM OR BOOSTER, EITHER PRIOR TO, DURING, OR AFTER YOUR ENROLLMENT, EVEN IF THE SAME BENEFIT IS AVAILABLE TO NON-STUDENT-ATHLETES.

Gambling: The NCAA has very clear guidelines regarding gambling activities...and student-athletes shall not knowingly: provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition, solicit a bet on any intercollegiate team, accept a bet on any team representing the institution, participate in any gambling activity that involves intercollegiate athletics or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling. It is an NCAA violation if you participate in any NFL Fantasy league or March Madness tournament where an entry fee is required.

The explosive growth of sports wagering has caused a noticeable increase in the number of sports wagering-related cases processed by the Association. The Internet has made it easier than ever for student-athletes to place bets, providing easy access, virtual anonymity, and essentially no supervision. Student-athletes are viewed by organized crime and organized gambling as easy marks. When student-athletes gamble, they break the law and jeopardize their eligibility. When student-athletes become indebted to bookies and can’t pay off their debts, alternative methods of payment are introduced that threaten the well-being of the student-athlete.

NCAA Sport Wagering Policy

The NCAA membership has adopted specific rules prohibiting student-athletes, athletics department staff members, and conference office staff from engaging in sports wagering (Bylaw 10.3). NCAA rules also prohibit non-athletics department staff members who have responsibilities within or over the athletics department, such as chancellors or presidents and faculty athletics representatives from engaging in sports wagering. NCAA national office employees are also prohibiting from engaging in sports wagering. The rules against sports wagering applies to any institutional practice or competition (intercollegiate, amateur or professional) in an NCAA-sanctioned sport. Sports competition should be appreciated for the inherent benefits related to participation of student-athletes, coaches, and institutions in fair contests, not the amount of money wagered on the outcome of the competition. A student-athlete involved in sports wagering on the student-athlete's institution permanently loses all remaining regular-season and postseason eligibility in all sports. A student-athlete who is
involved in any sports wagering activity will be ineligible for all regular-season and postseason competition for at least one year.

Some NCAA Activities to Limit Sports Wagering

The NCAA also educates student-athletes and coaches on the dangers of sports wagering by producing informational materials for them; conducting locker room visits; holding information sessions at annual compliance seminars; creating an interactive educational Web site on sports wagering for its student-athletes; and providing on-campus compliance officers with sports wagering educational resources. Educational materials and resources are also distributed to officials and umpires across all NCAA sports. The NCAA has developed a Web site to educate student-athletes, coaches, athletic administrators and the general public about NCAA rules about sports wagering.

The Don’t Bet on It Web site (www.dontbetonit.org) can be customized for the individual student-athlete by gender, sport and division. CBS basketball commentator Clark Kellogg, a former Ohio State University student-athlete, serves as host throughout the navigation of the site. A companion video featuring Kellogg and ESPN broadcaster Beth Mowins was also created by the NCAA and will be distributed to student-athletes, coaches, athletic administrators and the general public prior to the 2008 Men’s and Women’s Final Fours. The NCAA works closely in sharing pertinent information on sports wagering and organized crime with the FBI and the U.S. Attorney General’s advisory groups, the NFL, the NBA, the NHL, MLB, campus security officers, coaches associations, and campus student life personnel. The NCAA has developed sports wagering curriculum for high schools, in conjunction with the National Federation of High Schools and the Florida Council on Compulsive Gambling, which was rolled out to high schools across the U.S. The NCAA initiated conversation with gaming officials in Las Vegas and has reestablished those relationships, providing a better understanding of the wagering activity and trends on NCAA contests in sports books.

Student-Athletes and Bracket Contests

NCAA member colleges and universities have defined sports wagering as putting something at risk — such as an entry fee with the opportunity to win something in return. Because of this, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate, under current NCAA rules, in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

Bracket Office Pools and Promotions

Office pools and similar games are illegal in most states, and we have learned that these types of pools are often the entry for youth to begin betting. The NCAA is aware of office pools in excess of $100,000, and the magnitude of the revenue generated could negatively impact the spirit of the sport. The NCAA wants to send a clear message that money does not have to be involved for the NCAA basketball tournament or other sporting contests to be fun. The NCAA continues to work with its corporate champions and partners to encourage them to use other types of promotional games. When our partners have used bracket-focused promotions, we’ve insisted that a random drawing component be added.

Internet Gambling Bill

In October 2006, President Bush signed legislation making it much more difficult to send money to Internet gambling sites. Any Internet casino that attempts to accept credit card payments, Internet bank transfers or any other illegal gambling payments will be blocked from doing so. The Act has placed significant roadblocks in the path of people who have become accustomed to easy access to online sports books. The National Football League, Major League Baseball, the National Basketball Association and the National Hockey League joined the NCAA in sending a letter to Congress urging the passage of this legislation.
Sports Wagering Study
NCAA President Myles Brand formed a national task force in 2004 to recommend strategies to counteract sports wagering among student-athletes and further analyze the data from the 2003 National Study on Collegiate Sports Wagering and Associated Health Risks. This study represented the first effort to collect information on sports wagering and associated behaviors from a nationally representative sample of student-athletes. It was groundbreaking in both the scope of inquiry and in breadth/number of student-athletes participating (greater than 20,000 student-athletes across all divisions and most championship sports).

Key findings: Of 388 men’s basketball players surveyed, 17 admitted to at least one of the following extreme gambling behaviors: taking money to play poorly in a game; knowing a teammate who took money to play poorly in a game; been threatened or harmed because of sports wagering; been contacted by an outside source to share inside information; actually providing inside information on a game. Of 2,000 football players surveyed, 102 admitted to at least one of the following extreme gambling behaviors noted above. This research shows that no campus is immune to the problems of sports wagering. Every institution needs to review its sports-wagering education program to ensure it is reaching its student-athletes and the entire campus community.

For help with gambling addiction please contact the Health and Counseling Services at 518-454-5244.

NCAA Inclusion Statement
As a core value, the NCAA believes in and is committed to diversity, inclusion and gender equity among its student-athletes, coaches and administrators. We seek to establish and maintain an inclusive culture that fosters equitable participation for student-athletes and career opportunities for coaches and administrators from diverse backgrounds. Diversity and inclusion improve the learning environment for all student-athletes and enhance excellence within the Association.

Saint Rose Athletics Diversity and Inclusion Statement
Saint Rose Athletics is committed to creating, sustaining, and supporting a climate and culture of diversity, inclusion, and equity. We are champions of respect for and understanding of our differences, including, (among other elements,) race, ethnicity, gender, age, sex, socioeconomic status, national origin, sexual orientation, gender identity, disability, and religion.

We as Golden Knights decry all forms of social injustice, racism and violence. Together we will stand to uphold the ideals of our founders that we are called to: Profound love of our neighbor without distinction in a spirit of unity and reconciliation.
STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

A student-athlete advisory committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. SAAC also offers input on the rules, regulations and policies that affect student-athletes lives on NCAA member institution campuses. Presently, there are separate national SAACs for NCAA Divisions I, II and III. NCAA legislation mandates that all member institutions have SAACs on their respective campuses. Further, NCAA legislation requires that all member conferences have SAACs. Each intercollegiate team on campus will have representation in this group. The group will meet 6-8 times per semester and will engage in discussion of issues such as: Alcohol & other Substance Abuse programs, student athlete welfare, institutional policies and procedures, NCAA rules education, community service, and current issues that impact their lives. SAAC is also actively involved in the annual Golden Knight Awards, Adopt-A-Family and Make-A-Wish fundraising/ service programs. Special projects will occur as the group interest dictates each school year.

The mission of the NCAA Division II Student-Athlete Advisory Committee (SAAC) is to enhance the total student-athlete experience by promoting opportunity for all student-athletes; protecting student-athlete welfare; and fostering a positive student-athlete image.

Functions of Saint Rose SAAC:

- Promote communication between the Athletics administration and student-athletes.
- Disseminate information.
- Provide feedback and insight into Athletics Department issues.
- Generate a student-athlete voice within the campus Athletics Department formulation of policies.
- Build a sense of community within the Athletics program involving all athletics teams.
- Solicit student-athlete responses to proposed conference and NCAA legislation.
- Organize community service efforts.
- Create a vehicle for student-athlete representation on campus-wide committees (e.g., student government).

Members of a campus SAAC can address issues affecting student-athletes at their institution; and offer input on issues which may be national in scope. The campus committee is meant to serve as a local student-athlete voice in addressing issues of student-athlete welfare at their respective institutions. Campus committees can facilitate better communication among student-athletes from various athletics teams to address issues common to all. The campus SAAC may also serve as a conduit of communication among student-athletes, coaches and athletics administrators on issues to improve the student-athlete experience and promote growth and education through sports participation. Concerns can be voiced, and solutions offered regarding any issue that may be relevant to NCAA student-athletes. Through the grass-roots efforts of campus SAACs, student-athletes have the opportunity to change the face of intercollegiate athletics.

Expectations of Saint Rose coaching staff regarding SAAC:

- Appoint 2 reliable, energetic, enthusiastic leaders from your team, 1 underclassman and 1 upperclassman.
- Ensure that team members are made aware of SAAC and its function, as well as whom their SAAC representatives are.
- Oversee and mandate attendance at SAAC meetings by representatives (or a substitute) at 6-8 meetings per semester. Intervene when SAAC reps fail to meet responsibilities.
- Allow opportunity for SAAC representatives to report back to their team after SAAC meetings to disseminate information to the group.
- Support SAAC initiatives such as Make-A-Wish and Adopt a Family fundraising, and other special SAAC events.
**Varsity Athletic Participation - VAP 100**

VAP 100 is a Wellness course instituted by the faculty to fulfill the Liberal Education requirement (L12) in lieu of our regular Lifetime Fitness and Wellness courses (L12). Each is worth 1 credit and may be taken twice for a total of 2 credits.

There are 5 aspects of wellness explored within this course:

**Spiritual Wellness**: values and beliefs that provide a purpose in our lives.

**Physical Wellness**: attitudes and activities that prepare you for lifelong fitness.

**Intellectual Wellness**: lifelong skills and knowledge that will help you develop the potential for new ideas.

**Emotional Wellness**: self-care, relaxation, stress reduction, and the development of inner strength and attention to both positive and negative feelings.

**Social Wellness**: ability to interact with others, use of positive communications skills, have meaningful relationships, respect yourself and others and create a support system that includes family and friends.

- For more information on this course contact Dr. Joanne Powers at powersj@strose.edu
THE NORTHEAST-10 CONFERENCE

The NORTHEAST-10 CONFERENCE is composed of twelve member colleges from New York, Vermont, New Hampshire, Massachusetts, and Connecticut. The conference sponsors men’s & women’s programs in 24 sports and provides post-season championships as well as awards and honors to the conference's top student-athletes.

NE-10 Member Colleges
Adelphi University, NY
American International College, MA
Assumption University, MA
Bentley University, MA
Franklin Pierce University, NH
Pace University, NY
St Anselm College, NH
St Michael’s College, VT
Southern Connecticut State University, CT
Southern New Hampshire University, NH
The College of Saint Rose, NY
University of New Haven, CT

The College of Saint Rose sponsors nineteen Northeast-10 varsity sports as well as cheerleading and Esports (ECAC).

The NE10 Sportsmanship and Ethical Conduct Code states that member institutions agree that taunting, vulgarity, fighting, cheating, profanity, obscene gestures, and any other unsportsmanlike or unethical behavior will not be tolerated, and that such behavior should be brought to the attention of the Commissioner for investigation and appropriate action under the Bylaws of the Northeast-10 Conference, Article X – Ethical Conduct/Unsportsmanlike Behavior. As per the Northeast-10 Sportsmanship Code, disciplinary sanctions against any individual, team, or institution that is found in violation of the NE-10 Sportsmanship and Ethical Conduct Code may include suspension of individuals from league contests, player or team ineligibility for post-season play, or institutional fines.
ATHLETICS COMMUNICATIONS OFFICE

The Athletics Communications Office manages all internal and external communications efforts in addition to marketing, publicity, and media relations. The office is also engaged in all promotional activities related to intercollegiate athletics.

The office specifically edits and manages content for the official Athletics Department website www.gogoldenknights.com, directs all official social media strategies, promotes student-athletes for various conference, regional, and national academic and athletic honors, and directs all the publishing efforts on both digital and traditional platforms.

The office is furthermore responsible for all statistics and record keeping and manages the live streaming initiative of www.gogoldenknights.tv through the NE10 NOW platform. The office is also involved with game-day management and special events, and works closely with the College’s Marketing and Communications office to help integrate any branding efforts of The College of Saint Rose through athletics.

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http://gogoldenknights.com/sports
Twitter: @gogoldenknights
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ATHLETICS DEVELOPMENT

This position is responsible for implementing strategies to achieve the philanthropic goals of the College with a predominant focus on fundraising for Athletics. This position is charged with securing capital, endowment and operating support for College priorities with an emphasis on the strategic funding priorities of Saint Rose Athletic programs.

RESPONSIBILITIES:

- Identify, cultivate, and solicit donors and prospective donors capable of making major gifts in support of the College’s athletic programs and institutional priorities.
- Work closely with the Athletic Director and head coaches to initiate and cultivate relationships for the outreach, cultivation, solicitation and stewardship of new and existing donors to Athletics, and to develop a commitment to best practices in development within the department.
- Develop a strategic plan for Athletics fundraising to identify the fundraising priorities, key messages, and priority prospects.
- Manage timely and consistent communication between Athletics, IA, and senior administration.
- Facilitate productive relationships between donors, senior administrators, coaches, and other College staff to solicit major gifts in support of fund-raising priorities.
- Manage administrative responsibilities, including timely completion of proposal, pledge and commitment documents; documentation of individual prospect strategies and evaluation of new prospects; stewardship reports; and general correspondence.
- Organize and advance fundraising activities and events including, by not limited to, annual alumni games, Hall of Fame/Homecoming, Golden Knights Golf Classic and other special events
ATHLETICS INTERNAL OPERATIONS OFFICE

Serve as athletics facilities director, including securing on and off campus athletics facilities for intercollegiate practices, home contests, and events; provide oversight of housekeeping, maintenance and grounds needs at EAC & PSC; while serving as game day director, including coordination of game day operations staff.

RESPONSIBILITIES:
Serve at athletics facilities director for on and off campus venues:
- Secure and schedule athletic facilities for intercollegiate practices & home contests in coordination with head coaches, athletic training and communications
- Oversee scheduling of home and away contests for all sports (NE10 and non-conference)
- Manage facility maintenance, housekeeping and grounds reports for EAC & PSC
- Manage game day facility setups/takedowns for EAC & PSC
- Provide direct oversight of intramurals and recreation assistant and program management
- Secure and schedule athletic facilities for intramurals and recreation
- Receive and reply to all requests for use of EAC & PSC; including scheduling, letters of agreement, insurance, staffing, and payables/receivables
- Coordinate campus transportation plan including certification and scheduling
- Assist with the coordination of promotional and marketing efforts within the athletics department
- Serve as game day administrator for home contests
- Manage home game administration
- Communicate with visiting teams and officials regarding directions, special needs, itineraries, etc.
- Hire and supervise home game operations staff
- Direct, train and schedule assigned administrators
- Assist with the coordination of game day environment, special events, community engagement and promotions (i.e. senior days, halftime presentations, Upstate Challenge)
- Assist with the coordination of home game ticket sales, guest lists, and special admission promotions

ATHLETICS COMPLIANCE OFFICE

The Athletics Compliance Office is responsible for ensuring that coaches, student-athletes, faculty and staff, former students, donors, boosters, and friends abide by NE10 and NCAA regulations. The education provided to you annually in the eligibility meeting is to heighten the awareness of your responsibilities, the accountability to which you are held, and the College’s expectations as they relate to those who care about Saint Rose and its intercollegiate athletics teams. As we strive for continued excellence, we must always seek the highest standard of ethical conduct.

With your assistance and cooperation, we can accomplish these goals. The Athletics Compliance Office functions within the scope of Saint Rose to coordinate, monitor and verify athletics compliance with all NCAA and NE10 requirements, and educate the various constituencies of the College and the athletics community.

The Athletics Compliance Office directs the College's compliance efforts and acts as a resource center concerning NCAA regulations and compliance issues. The primary function of the Athletics Compliance Office is to provide educational programming and interpretive support to ensure that all individuals involved with the athletics program know the rules and fully understand the College’s compliance expectations. In addition, the Athletics Compliance Office monitors and verifies the accurate and timely completion of NCAA required procedures. It is the responsibility of the Associate Athletic Director for Compliance to ensure that the demands of the NCAA's and the College’s compliance efforts and expectations are properly supported. If you have any questions regarding your eligibility, medical hardship waiver, extra benefits, academics, etc., please stop by the Athletics Compliance Office.
DIVISION II BEST PRACTICES FOR CONDUCTING AN INVESTIGATION OF POSSIBLE VIOLATIONS

NCAA rules violations do happen! If you suspect, there has been a rule violation please contact the compliance office as soon as possible!

The following is a list of steps as best practices for conducting an investigation of possible violations:

Step 1: The athletics compliance office is notified immediately of a possible violation.
Step 2: The athletics compliance office reviews the facts of the situation to determine if a violation occurred.
Step 3: If yes, the compliance office must make a determination if the violation is major or secondary in nature.

**Major Violation:** If, based on the facts, there is a possible major violation; the athletics compliance office should immediately report the incident to the director of athletics and president or chancellor. Those individuals should determine all necessary and immediate actions, including a detailed public relation plan.

**Secondary Violation:** If, based on the facts, there is a possible secondary violation, the athletics compliance office should proceed with the NCAA Secondary Violation Self-Reporting Instructions. The athletics compliance office should meet with the director of athletics, faculty athletic representative, and other involved individual(s) to determine if the secondary violation is a Level I or Level II violation.

Step 4: For a possible major or secondary Level I violation, notify the designated institutional staff members to begin investigative work. This group should review the information in a timely manner and proceed to Step 6.
Step 5: If it is determined that a Secondary Level II violation occurred, the institution must impose prescribed penalties, report the violation on the Level II Violation Report Form and forward the 'running list' of violations to the conference office or national office enforcement staff on a quarterly basis.

**NOTE:** Violations designated as Level II secondary violations could be considered major under certain circumstances. In addition, multiple Level II violations could be taken together and considered major.

Step 6: At its earliest convenience, the athletics compliance office and the involved parties should issue, in writing, a detailed report of the incident(s). Copies of this report should be forwarded to the institutional investigative committee.

Step 7: At its earliest convenience, the designated institutional investigative committee should meet and interview separately all involved parties.
Step 8: Once all pertinent information has been gathered and reviewed and it has been determined that a Major or Secondary Level I violation has occurred; a self-report should be summarized by the athletics compliance officer and director of athletics. The report must be sent to the NCAA and the conference office. Copies of complete report(s) should be forwarded to the president or chancellor, director of athletics, faculty athletic representative, athletics compliance committee and all involved staff members/student-athletes.
Step 9: The institution may issue letters of admonishment and/or reprimand, when appropriate, for institutional and non-institutional employees.
Step 10: The institution should strengthen rules education and preventive measures in the compliance area of which the violation occurred. Further evaluation should occur of the involved staff member(s) responsible for oversight.

**REMEMBER TO ASK BEFORE YOU ACT!**
SPORTS MEDICINE DEPARTMENT

The College of Saint Rose Sports Medicine department is committed to providing quality care to the student-athletes. The health and safety of sport participants is of utmost concern to the Sports Medicine staff. Any athlete who is injured or too ill to participate must notify the Athletic Trainer immediately and within 24 hours of incident. Appropriate action will be taken by the Sports Medicine staff with relation to an injury. If deemed necessary by the Athletic Trainer, an appointment will be scheduled for the athlete to be seen by the team physician. You are not required to see our recommended physicians; however, the Sports Medicine staff works directly and efficiently with our team physicians. Student-athletes too ill to attend practice or competition must contact their team Athletic Trainer before missing the team activity.

Student-athletes must have a written release to return to playing status if they have been evaluated by a physician for any reason. Due to HIPPA, the Athletic Trainer cannot notify athlete's family regarding injury or illness and it is the student-athlete’s responsibility to do so if he/she chooses.

Athletic Training Room Rules

• The Athletic Training Room is a medical facility.
• All student-athletes must sign-in before being treated.
• All injuries must be reported and evaluated.
• Student-Athletes should be properly and fully dressed.
• Keep team equipment out of the Athletic Training Room.
• Keep all footwear off of the treatment/taping tables.
• Student-athletes requiring whirlpool treatment must bring their own towel.
• Student-athletes requiring taping and/or treatment must arrive at least 30 minutes prior to scheduled practice or pre-game time.
• If taped, student-athlete must rehabilitate.
• Student-Athletes and coaches are not permitted to use the modality machines. EVER!
• Profanity, abusive, immature, offensive language and horseplay are prohibited.
• Smoking and chewing tobacco are prohibited.
• The Athletic Trainer has the last say on all injuries. All student-athletes must be cleared to return to play.
• Student-athletes should keep their hands or bottles out of the ice machines.
• Cell phone usage is prohibited.
• Be encouraged to use morning hours for treatment and rehabilitation.
• Student-Athletes are not permitted to enter the staff office unless otherwise directed by a staff member.
• The Athletic Training Room IS NOT a locker room. Absolutely no changing in this facility.
• Clean up after yourselves! Put all exercise/rehab equipment away. Properly dispose of any garbage.
• We do NOT give out any pain killers prior to practice/competition. They are masking agents and do not cure pain. If you are in that much pain, maybe you shouldn’t be participating and see an athletic trainer for an evaluation.

MEDICAL CLEARANCE FOR ALL STUDENT-ATHLETES

Prior to participating on your team at The College of Saint Rose, athletes must provide the Sports Medicine Department with current address, emergency contact, insurance, medical and health history information, sickle cell status and concussion testing. To expedite this process The College of Saint Rose uses an online data entry system, called SportsWare (www.swol123.net). Any student-athletes who does not complete this process correctly, will not be medically cleared to participate and will be held out of ALL practices and competitions until completed.
Returning SAs must have the following completed, on file in their SportsWare account and approved by the Sports Medicine Staff prior to participating in ANY athletically related activity, including supervised weight room activity:

**Returning Student-Athletes 2023-2024 Required Sports Medicine Forms**

* Assumption of Risk and Liability Form
* Athletic Insurance Questionnaire
* Both sides of your insurance card
* Returning Student-Athletes Medical Form

Incoming SAs must have the following completed, on file in their SportsWare account and approved by the Sports Medicine Staff prior to participating in ANY athletically related activity, including supervised weight room activity:

**Incoming (Freshmen and Transfers) Student-Athletes 2023-2024 Required Sports Medicine Forms**

* Assumption of Risk and Liability Form
* Athletic Insurance Questionnaire
* Copies of BOTH sides of your insurance card
* Sickle Cell Trait Status Verification Form
* Complete on-line ImPact Test and submit signed Student-Athlete Concussion Statement
* Physical Evaluation Form
* Tuberculosis Form
* Medical History Form
* Immunization Form
* Meningococcal Meningitis Record

If the Athletic Trainer feels a full exam is needed, the athlete will be referred to the team physician for a complete orthopedic exam and must be cleared for participation.

**Forms are available in June for download from the Sports Medicine page on the GoGoldenKnights.com web site**

**Sickle Cell Testing**

In accordance with NCAA Division II legislation and The College of Saint Rose policy, all incoming student-athletes are required to include results of a sickle cell solubility test as a part of the medical documentation required in order to participate in any athletic activity. This documentation is required for all student-athletes in their initial year of eligibility for incoming and transfers for any team. Knowledge of a SA’s sickle cell trait status will facilitate prompt and appropriate medical care during a medical emergency. Any issues concerning a SA’s sickle cell testing should be addressed with a member of our Sports Medicine staff as soon as possible prior to arrival.

**Injury Management**

Any athlete who is injured or too ill to participate must notify an Athletic Trainer immediately and/or within 24 hours of the incident. *Appropriate action will be taken by the Sports Medicine staff with relation to an injury.* If deemed necessary by the Athletic Trainer, an appointment will be scheduled for the athlete to be seen by the team physician. Student-athletes are not required to see recommended physicians, but this option provides timeliness and efficiency in injury care with the Capital District’s top orthopedic specialists.
Injury Reporting Procedures
It is essential that the following procedures are followed for any insurance claims to be processed:
1. All athletic injuries must be reported to the sports medicine staff within one day of occurrence;
2. The sports medicine staff will coordinate all medical referrals;
3. All claims are made through the sports medicine department;
4. All bills must first be submitted to the student-athlete’s primary insurance carrier. The College of Saint Rose secondary athletic accident insurance information will be provided to the provider for his/her office to submit to once primary insurance has been processed. In the event the office does not/will not submit to secondary, it is the student-athlete’s responsibility to submit any outstanding itemized bills, Explanation of Benefits (EOB’s), and/or letter of denial to your respective athletic trainer;
5. If seeking a second opinion, the student-athlete must ensure that the provider accepts your primary insurance and is in-network prior to obtaining any services from them;
6. Any remaining balance is the responsibility of the student-athlete and/or family.

Determination of Return-to-Play from Injury/Illness
Student-athletes must have a written release to return to playing status if they have been evaluated by a physician for any reason. The team physician and/or certified athletic trainer have the full and unchallengeable, autonomous authority to determine student-athlete return-to-play status for practice and competition.

HIPAA
The Sports Medicine staff is required to adhere to the Health Insurance Portability and Accountability Act (HIPAA) regarding protected health information of the student-athletes. Due to HIPAA guidelines, an Athletic Trainer cannot notify an athlete’s family regarding injury or illness without consent and, it is the student-athlete’s responsibility to do so if he/she chooses.

Injury Notification
1. Each athlete’s injury is regarded as a confidential matter. No information regarding an athlete’s injury file will be shared without the written permission of the student-athlete involved. Specific examples include the media/press or other requesting professional teams/organizations.
2. Student-athletes will provide consent that the coaching staff and the sports medicine staff will have an open communication regarding the status of all injuries to their respective student-athletes.
3. In the event of a life threatening or catastrophic injury, consent to contact is implied and the family of the student-athlete will be contacted as soon as possible by the Assistant Athletic Director for Sports Medicine or their designee.
4. The secondary athletic accident insurance company must be notified within thirty days of an injury to ensure payment of medical bills.

Sports Medicine Coverage
Saint Rose shall follow the guidelines and recommendations of the NATA and will adhere to the guidelines set forth in the NCAA Sports Medicine Handbook.

Home Contests
All “in-season” home contests will be covered by a certified athletic trainer. Every effort will be made to provide ATC coverage for non-traditional contests, as staffing allows.

Away Contests
Certified athletic trainer coverage is provided for all contact “in-season” team sports for away contests, as available. When sports medicine coverage is not provided for travel, any medical needs must be communicated to the host institution, ahead of time, by a member of the Sports Medicine staff. Student-athletes should not be requesting athletic training services without prior authorization from the Saint Rose Sports Medicine staff.

Practices
Certified athletic trainer coverage is provided for all “in-season” practices, as available. Priority is given to sports of higher risk. Men’s lacrosse, categorized as a collision sport, requires coverage at all practices and games.
**Student-only Practices**
The Department of Athletics does not recognize student-only practices, sometimes referred to as “captain’s practice,” as official intercollegiate activity. Therefore, the sports medicine staff does not provide on-site coverage for these practices.

**Health Insurance**
The College of Saint Rose requires that all student-athletes carry personal health insurance coverage, which must be registered with the Sports Medicine department before participating in any team activity. The College provides an Excess (Secondary) Policy for its student-athletes, which is applied to participation-related, athletic injuries. All bills must be submitted to the student-athlete’s primary insurance, which must be exhausted first.

**Athletic Accident Insurance Policy**
1. The policy only covers intercollegiate athletic injuries, which occur during participation in coach supervised intercollegiate activities (i.e., practice, games, and travel);
2. The policy does not cover general illnesses;
3. All off-campus medical referrals (i.e., physical therapy, diagnostic tests, doctor appointments, etc.) must have prior approval from the Sports Medicine Staff, before reimbursement is considered;
4. The policy’s benefit period is two years from the date of injury;
5. The College of Saint Rose Athletics carries “gap” insurance and restrictions apply.

**Insurance for International Students**
The College requires all international students to be enrolled in the College's Student Health Insurance Plan, through a partner of the College, in order to assure that they have adequate coverage that met the standards established by the Affordable Care Act. International students are automatically enrolled in this insurance plan upon their arrival at Saint Rose, and the cost of 12 months of coverage will be billed to their student accounts. The only waivers that are allowed under this policy are those international students who are officially sponsored by their country which provides them with high quality insurance (generally this has been countries from the Middle East, but there are others), and a student who is a dependent and has coverage through a U.S. Health Insurance Plan that meets the standards. Any waivers that are granted are through Student Development not Athletics.

**NCAA Catastrophic Insurance**
The Catastrophic Injury Insurance program provided by the NCAA covers student-athletes who are catastrophically injured while participating in a covered, intercollegiate, athletic activity. The policy has a $75,000 deductible and provides benefits in excess of any other valid and collectible insurance. The Catastrophic Injury Insurance Policy provides Medical, Dental, Rehabilitation Expense, Disability, and Death Benefits.

**Drugs, Prescriptions, and Supplements**
The Department of Athletics is committed to maintaining a safe and healthy environment where student-athletes can develop socially, academically and athletically to their fullest potential. To this goal, it is imperative that our Golden Knight student-athletes are fully responsible for taking any medicine, or other substance, which has a physiological or psychological effect when ingested or otherwise introduced into the body. Coaches and staff members shall never purchase or distribute drugs, medications, or other supplements/ergogenic aids for the purpose of use by a student-athlete. It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance. A list of substances banned by the NCAA can be found at NCAA.org.

**Drug Testing**
Saint Rose supports the NCAA’s policy prohibiting student-athletes from using performance enhancing drugs and/or illegal substances. All student-athletes are required to sign a waiver giving the NCAA the right to perform drug testing by an independent agency. Student-athletes will not be allowed to practice or compete until they sign the NCAA form.
Random Drug Test
The NCAA may conduct random drug tests of any student-athlete during the academic year as well as during the summer.

Championship Drug Test
The NCAA reserves the right to test any student athlete who participates in an NCAA championship.

Medicine Distribution
The availability of medications to student-athletes by the sports medicine staff is strictly limited to over-the-counter medications. The sports medicine staff provides “starter dosages” only. They will not supply medications on a regular basis or for extended periods of time. The Sports Medicine staff will not distribute pain relief medications prior to practice or competition.

NSAIDS and Concussion
Staff members and student-athletes should never distribute or advise a student-athlete to take aspirin/ibuprofen who may have suffered a possible concussion.

Prescription Medications
Even though a medication may be prescribed, that does not imply that it is allowed. Some prescription medication is banned.

Exceptions for Banned Prescription Medication
The NCAA recognizes that such substances may be used for legitimate medical purposes, and the NCAA allows exceptions to be made for those student-athletes with a documented medical history demonstrating the need for regular use of the prescribed drug. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants, beta blockers, diuretics and peptide hormones. Complete documentation is required.

Common Examples of Banned Prescription Medications
Albuterol, Adderall, Oxycodone, Propecia, Ritalin, Concerta, Etc.

ADHD Medication
ADHD medication requires specific written documentation that demonstrates the student-athlete has undergone a clinical assessment to diagnose ADHD, is being monitored routinely for use of the stimulant medication, and has a current prescription on file, in order to be approved for a medical exception to the banned drug policy. This documentation must be completed annually.

Responsibility with Prescriptions
Under no circumstances should a member of the sports medicine staff or coaching staff provide or distribute prescription medications to student-athletes. All prescription medication that is provided to the student-athlete must be distributed by a physician. Student-athletes are prohibited from sharing prescribed medications.

Supplements
Many nutritional/dietary supplements (including herbal) contain NCAA banned substances. The US Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore, the purity, the contents, and the safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may result in a positive NCAA drug test. Ignorance is no excuse for a positive drug test. The NCAA and Saint Rose Athletics do not approve or endorse any nutritional/dietary supplement product even though some manufacturers make that claim.

Other Common Drugs
Use of legal and common substances, such as alcohol and caffeine, may result in failed drug tests. Street drugs are strictly prohibited and include heroin, cocaine, and other cannabinoids to name a few.
Drug Free Sport AXIS
An excellent source that can be used to determine whether a medication or a supplement contains a banned substance is the Drug Free Sport AXIS, which is offered by the National Center for Drug Free Sport. AXIS is confidential and can be accessed at www.dfsaxis.com. The password is ncaa2. Students or staff members can submit the name of a medication or supplement and DFS AXIS will e-mail results regarding whether the medication or supplement contains a banned substance.

Concussion Management
The NCAA is committed to the prevention, identification, evaluation and management of concussions. Institutions are required to have a concussion management plan such that a SA who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from practice or competition and evaluated by an athletic trainer or healthcare provider with experience in evaluation and management of concussion. SA’s diagnosed with a concussion shall not return to activity for the remainder of that day. Medical clearance shall be determined by the team physician or their designee according to the concussion management plan. In addition, SA’s must sign a statement in which they accept the responsibility for reporting their injuries and illnesses to the institutional medical staff, including signs and symptoms of concussions. During the review and signing process SA’s will be presented with educational material on concussions.

Concussion Management Policy
A concussion is a brain injury that is caused by a blow to the head or body that may result in improper brain functioning. A concussion can range from mild to very severe and manifests itself differently in each individual.

Concussions are recognized as being a potentially very serious condition that if managed improperly, can lead to catastrophic consequences. At The College of Saint Rose, we take great pride in providing optimal health care to all student-athletes. The following policy has been adopted by the Sports Medicine Department to provide a consistent management approach to any student athlete that suffers a concussion, while also recognizing that each concussion, as well as each athlete, is unique and individualized in nature. By managing concussions individually, and considering the athlete's medical history, it allows the physicians and athletic trainers on staff to ensure the safety for each student athlete. The College of Saint Rose recognizes that concussions may occur outside of participating in a sport. Therefore, the acute management of the student-athlete with such a concussion may occur outside the scope of this document. However, return to play decisions for the student athlete that may have suffered a concussion outside of sport participation will be guided by this policy. This policy includes, but is not limited to the management principles mandated by the NCAA.

EDUCATION
Prior to each preseason, student-athletes will be educated on how to recognize signs and symptoms of concussion, The College of Saint Rose Sports Medicine Department Concussion Management Policy, as well as current trends in concussion management.
At the conclusion of the educational session, student-athletes will be educated on concussions, as well as know their role in reporting any student-athlete exhibiting signs and symptoms of a concussion to the appropriate member of the Sports Medicine Staff.
SIGN AND SYMPTOMS OF A CONCUSSION
Signs and symptoms of a concussion may include, but are not limited to the following:

• Headache
• Dizziness
• Nausea/Vomiting
• Tinnitus (ringing in ears)
• Disorientation
• Balance problems
• Difficulty concentrating
• Personality changes
• Vision changes
• Amnesia
• Sensitivity to light and/or noise
• Loss of consciousness

Exercise or activities that require a lot of concentration may cause symptoms to re-appear or worsen, thus increasing the time, one needs to recover from a concussion.

BASELINE TESTING
Each new athlete on an active sport roster, as part of a comprehensive pre-participation physical exam, will be tested with a computerized neuro-psychological exam (ImPACT®). The reason for this is to have "baseline scores" for comparison should a student athlete sustain a concussion throughout their athletic career. There are some common causes for the baseline test to be invalid:

Failure to properly read directions due to a reading disability or carelessness.
☐ Attention deficit disorder and/or hyperactivity (ADD or ADHD).
☐ Excessive fatigue (e.g., completion of testing after vigorous exercise).
☐ “Horseplay”. This often occurs when athletes are not properly supervised or are placed too close together in a room.
☐ Left-right confusion. This most often is evidenced by scores about 20 on the Impulse Control composite and is usually the result of the reversal of left and right on the X’s and O’s distracter task
☐ “Sandbagging” or poor performance to attempt to set a low baseline standard.

REPORTING A CONCUSSION
Anyone that suspects a student athlete has a concussion, or notices any athlete suffering from any symptoms of a concussion, must report the concerns to the appropriate member of The College of Saint Rose Sports Medicine Staff.

ACUTE MANAGEMENT OF A CONCUSSION
Any athlete that suffers from symptoms of a concussion shall be removed from participation for evaluation by the Sports Medicine Staff. Following evaluation from the Sports Medicine Staff, decisions will be made whether the athlete should be transported to the local hospital for emergency care and/or further diagnostic testing. Any athlete that is diagnosed with a concussion shall not return to participation for the remainder of that day. This is to ensure that the athlete does not negatively influence the nature of the injury by further exerting themselves.
POST-ACUTE CONCUSSION MANAGEMENT

Follow-up Physician evaluation/care will be scheduled by The College of Saint Rose Sports Medicine Staff within 48 hours. ImPACT® testing will be performed as determined by the Sports Medicine Staff based on the individual and their symptoms.

A "symptom score" shall be taken each day up to, and including the day the student-athlete is completely asymptomatic. Once a student-athlete has been asymptomatic for at least 24 hours, cleared by the team physician and the neuro-psychological test scores have returned to the baseline scores, a gradual return to-play protocol shall be implemented. These steps can be altered on the conservative side if warranted by the team Physician.

- Step 1. Light Aerobic Exercise
- Step 2. Resistance Training
- Step 3. Sport Specific Training
- Step 4. Non-Contact Practice Participation
- Step 5. Full-Contact Practice Participation
- Step 6. Return to Full-Participation

With the aforementioned progression, an athlete should be allowed to progress, as long as symptoms do not arise at the current level. If symptoms do arise during the progression, the student-athlete will return to the previous asymptomatic level.

FACTORS IN CONCUSSION MANAGEMENT

The College of Saint Rose Sports Medicine Department recognizes that there are several factors that influence the concussion management policy. These factors include, but are not limited to:

- Medical History
- Symptoms
- Age
- Medication
- Sport

If it is determined by the Sports Medicine staff that the athlete should follow an adapted concussion management protocol, it is to ensure the safety of the student-athlete during their recovery from a concussion. At any point throughout the recovery of the student athlete, a neurologist, or other specialist specifically trained in concussion management may be consulted as determined by the team Physician.

The entire management process from initial evaluation, until eventual return to full participation, including any diagnostic testing, shall be documented in the student athlete's medical file.
CONCUSSION POLICY

Initial Injury
1. Remove from participation for the remainder of that day (games will not be treated any differently)
2. Evaluation by team physician.

Phase One
- COMPLETE REST
- Must be for minimum 24 hrs, preferably a full calendar day especially if more than the simplest of concussions.
- May be longer than 1 day if initial high severity and/or symptom burden.
- Physical rest – no exceptions
- Mental rest – may be excepted if asymptomatic
  - No homework/studying…so this would include film room and meetings
  - No class attendance

Communicate with Associate Athletic Director for Compliance to send professors email regarding athlete’s status

Phase Two
When athlete reports he/she is asymptomatic (no symptoms) without the use of OTC medications:
- Athlete should notify team athletic trainer
- Obtain post-injury ImPACT® computer test
- Assessment of ImPACT® test results are evaluation by team physician.
- Athletic trainer and team physician will discuss when to move ahead to Phase Three or instruct athlete to retake ImPACT® at a later day.
- Light aerobic activity
- This step to last one calendar day minimum
- Possibly longer – length should be determined by the team physician and communicated directly to team athletic trainer and plan determined together
- Exercise bike preferred for first session
- If ANY signs/symptoms, return to full rest and do not resume this step until completely asymptomatic

Phase Three
- Light strength training / sport specific drills
- This step to last one calendar day
- 50% strength training activity first
- Could add sport specific drills that day if all goes well
- Proceed in stepwise fashion, simple and easy to more complex and intense
- There should be no risk of contact (including accidental) at all and not include the rest of the team
- Non-contact drills; no pads
- Initial sessions monitored by athletic trainer for signs and symptoms
- If ANY symptoms develop, return to Phase Two

Phase Four
- Non-contact practice
- In simplest cases may be incorporated after Phase Three on the same day If ANY symptoms develop, return to Phase Three
Phase Five
- Return to full practice
- If ANY symptoms develop, return to Phase Three

Phase Six
- Game participation
- If ANY symptoms develop, return to Phase One

Other
- As mentioned above, minimum time periods for each step are mentioned above, but
  May be longer depending on the initial presentation and subsequent course.
- A planned time period for each step should be discussed between the team physician and
  the athletic trainer after each evaluation and only then is the plan communicated to athlete,
  coach, others…understanding that these time estimates are subject to change
- Consider additional post-injury ImPACT® testing beyond the first asymptomatic day if
  setbacks occur or during subsequent return to activity steps in complex cases.

Cold Weather Policy
The College of Saint Rose Athletic Department, to provide a safe environment for all its student-athletes,
coaches, visiting teams, fans and officials, shall implement the following policy regarding cold
environmental safety concerns. Please note the following temperatures ranges account for wind-chill. Air
temperature information is available on WeatherSentry (note the temperature corresponding to ‘Feels like’).
Wind chill can also be calculated on the National Weather Service Weather Forecast website at
http://www.crh.noaa.gov/ddc/?n=windchill.

Common Cold Injuries in sport

Early signs: shivering, muscle fatigue, poor muscle control, cold sensation may lead to numbness, pain, and
burning, clumsy, slurred speech, disorientation, and altered mental state.

1. Frostbite: freezing of skin or tissue causing redness, edema, and mottled skin
2. Hypothermia: significant loss in body core temperature (less than 95 degrees)
3. Dehydration: significant loss of body water; athletes tend to drink less in freezing weather
4. Chilblain: non-freezing injury due to extended cold exposure with wet conditions

Clothing
In cold weather temperatures, properly layered clothing should be worn and encouraged by staff and coaches.
Coaches need to be responsible for ensuring that student athletes participating in cold weather have the proper
clothing needed to prevent cold illness. If student athletes are not properly clothed for the cold temperatures,
they are not recommended to participate outside at practice. Clothing should be layered to allow adjustments as
activity level may increase and decrease within a practice which may elevate or drop body temperature. The
first layer of clothing should wick sweat and moisture away from the body. The top layers should act as
insulators to trap heat and block wind.

These include:
- Several layers around the core of the body, especially for those individuals that are not very active.
• Long pants designed to insulate. On very frigid days a nylon shell or wind pants can be worn on top of them for additional wind break.
• Long sleeve shirt/sweatshirt/coat designed to insulate and break the wind.
• Gloves
• Ear protection/Hat or helmet.
• Face protection.
• Wicking socks that do not hold moisture inside like smart wool. Wool is excellent. Cotton absorbs and holds in moisture.

Playing surface
1. Practice is permitted on turf if it is cleared of snow and ice. Even with the snow removed, in freezing temps, the turf will be very slick due to moisture left on the turf. This will lead to an increased risk of injury potential.

2. Snow must also be cleared to allow for ambulance and golf cart access.

Guidelines for Cold Conditions during practice/competition
1. Cold environment during team practice  
   a. When present, the certified athletic trainer, in consultation with the head coach (or assistant if head coach not attending), shall make the final determination on modified participation of practice prior to practice using the temperature/wind chill chart provided.

   b. If a certified athletic trainer is not present, the head coach shall abide by this policy and modify or cancel practice when necessary. Temperature/wind chill should be based upon accurate readings from WeatherSentry according to Albany, NY12203.

   c. The certified athletic trainer and head coach shall be responsible for monitoring the weather conditions throughout practice.

2. Cold environment during any outdoor competition  
   a. The game administrator shall communicate the cold environment safety policy to the game officials, visiting team head coach and visiting certified athletic trainer prior to the start of the competition.

The game administrator and certified athletic trainer shall be responsible for monitoring the weather conditions.

The Coach and Certified Athletic Trainer will discuss if modifications to practice are required due to weather conditions.
<table>
<thead>
<tr>
<th>Wind chill or Temperature</th>
<th>Practice status</th>
<th>Duration</th>
</tr>
</thead>
</table>
| above 30°F                | normal         | • As tolerated  
  • All participants should wear appropriate protective  
    clothing along with any required protective equipment. |
| 26°F to 30°F              | normal         | • **<150 minutes**  
  • Consider inserting a 10–15-minute break during  
    practice to go indoors to re-warm |
| 16°F to 25°F              | limited        | • **<120 minutes**  
  • A mandatory 10-minute break to re-warm indoors  
    must occur at 75 minutes. |
| 6°F to 15°F               | very limited   | • **<90 minutes**  
  • All skin should be covered if possible.  
  • A mandatory 10-minute break to re-warm indoors  
    must occur at 45 minutes. |
| 0 to 5°F                  | extremely limited | • **<30 minutes**  
  • NO exposed skin. |
| below 0°F                 | No outside practice |         |

The Wind Chill temperature is determined by updates on DTN WeatherSentry for the local area. In the event this information is not available the Certified Athletic Trainer will decide if the weather conditions require modified practice status.

If **precipitation** is also occurring then practice status will be changed, usually by reducing duration or requiring more rest and re-warming breaks.

**Wind Chill Equivalent Index**: Wind Chill is a major factor affecting the speed of cold injury. This takes place when the wind chill lowers the actual air temperature, thus cooling the body more rapidly. This is made more rapid when the skin or clothing is wet and quickens the cooling by evaporation. Therefore, cold injury can take place in many different combinations of these factors present. This chart gives approximate times of exposure for uncovered skin until frostbite ensues. If the body part is wet, then the time on the chart is lessened allowing for less time until frostbite.
HEAT ILLNESS RISK FACTORS
Air temperature, humidity, and dehydration are common risk factors associated with heat illness. In addition, the following factors also put student-athletes at increased risk:

Nutrition Supplements.
Nutritional supplements may contain stimulants, such as ephedrine, mahuang or caffeine. These substances can dehydrate the body and/or increase metabolism and heat production.
Medication/Drugs.
Certain over the counter and prescription medications may make an athlete more susceptible to heat-related problems. These include antihistamines, decongestants, certain asthma medications, medications for attention deficit disorder (ADD), diuretics, and alcohol. For example, aspirin and antihistamines can change sweat patterns. Aspirin causes an increase in sweat loss, and when taken in large doses may cause an increase in body temperature above that resulting from physical activity alone. Antihistamines, on the other hand, decrease the athlete’s rate of sweating. The use of stimulants while exercising can increase the risk of heat illness.

Susceptible Student Athletes.
Those with inadequate acclimatization or aerobic fitness, excess body fat, history of heat illness, inadequate hydration, using substances with diuretic or stimulant effects and those who push themselves to capacity are very susceptible. In addition, those with medical conditions such as fever, gastro-intestinal illness or Sickle cell traits are vulnerable to heat illness.

Acclimatization/fitness level.
Prevention of heat illness begins with aerobic conditioning which provides partial acclimatization to the heat. Student-athletes should gradually increase exposure to hot and/or humid environmental conditions over a period of seven to 10 days to achieve heat acclimatization. Each exposure should involve a gradual increase in the intensity and duration of exercise until the exercise is comparable to that likely to occur in competition. When conditions are extreme, training or competition should be held during a cooler time of day.

Hydration.
Dehydration (hypo-hydration) must be avoided not only because it hinders performance, but also because it can result in profound heat illness. If you are thirsty, you are already dehydrated! Student-athletes should be encouraged to drink as much and as frequently as comfort allows. They should drink 1-2 cups of water the hour preceding workouts and continue drinking during the activity (every 15-20 minutes). For activity up to 2 hours in duration, most weight loss represents water loss, and that fluid loss should be replaced as soon as possible. Following activity, the athlete should re-hydrate with a volume that exceeds the amount lost during the activity. A 2-pound weight loss corresponds to approximately 1 quart of fluid loss. Urine color can be used to assess hydration. Dark colored urine = Dehydrated. If urine output is plentiful and the color is “pale yellow or straw colored” the athlete is probably not dehydrated. Carbohydrate/electrolyte drinks should only be used 1-2 hours prior and during recovery (after) activity; not during! Avoid use of salt tablets – inhibits physiological heat loss! Dangerous hyper-hydration is also a risk if athletes’ drink based on published recommendations and not according to individual needs.

Clothing.
Clothing and protective equipment increase heat stress by interfering with the evaporation of sweat as well by inhibiting other pathways for heat loss. Dark colored clothing increases the body’s absorption of solar radiation. Rubberized suits should never be used!

HEAT ILLNESS WARNING SIGNS
Dehydration can seriously compromise athletic performance and increase the risk of exertion heat injury. It is important to recognize the following signs and symptoms:

➢ Thirst
➢ Cramping
➢ Irritability
➢ Nausea
➢ Headache
➢ Rapid and weak pulse
- Weakness
- Pale or flushed skin
- Dizziness
- Visual disturbance
- Excessive fatigue
- Decreased performance

If heat illness is suspected, prompt emergency treatment is recommended. For more information, contact a certified athletic trainer.

Hot Weather Policy

Exertional Heat Illness Protocol
Practice or competition in hot and/or humid environmental conditions poses special problems for student-athletes.
Heat stress and resulting heat illness is a primary concern in these conditions. Although deaths from heat illnesses are rare, constant surveillance and education are necessary to prevent heat-related problems. (NCAA 2013-2014 Sports Medicine Handbook)

Prevention of Heat Illness:
In addition to monitoring local weather reports/information, regular measurements (and recording) of environmental conditions at the venue are required. Each ATC should specify the monitoring procedure with their when advisable, especially during preseason. The NCAA recommendation employing the Temperature-Humidity Activity Index will be followed. The covering ATC will notify the coaching staff and/or officials about unsafe conditions and assist in making the decision to delay the practice or contest. The ATC will also assist in deciding what type of clothing and scheduling of water breaks would be most appropriate for specific temperature conditions. In addition, the sports medicine staff is responsible for adhering to common heat prevention practices such as: discussion at team meetings, identifying susceptible SA’s, recording body weight (pre/post practice), posting urine charts, encouraging nutrition and hydration, identifying heat illness and providing immediate care.

Treatment of Heat Illnesses:
Heat Cramps
Signs and Symptoms:
- Dehydration, thirst, sweating, transient (short term) muscle cramps, and fatigue
- Painful, involuntary muscle spasms (usually occurring in the legs) associated with exercise in the heat when athletes have been sweating profusely
- A precursor to the initial onset of cramps involves muscle twitches or fasciculation’s. If this occurs, remove the athlete from the heat and encourage rehydration with an electrolyte beverage

Heat Cramps are often confused with Exertional Sickling; these guidelines can be used to assist in differentiation:

<table>
<thead>
<tr>
<th>Symptom/Factor</th>
<th>Heat Cramps</th>
<th>Exertional Sickling</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
<td>More excruciating pain; can be pinpointed to a location</td>
<td>Pain is strong, however, is more generalized over body</td>
</tr>
<tr>
<td>State of Muscles</td>
<td>Muscles “lock-up”; Visibly contracted and rock hard</td>
<td>Muscles are weak; athletes slump, push through instances of collapse</td>
</tr>
<tr>
<td>Physical Symptoms</td>
<td>Athletes may writhe or yell in pain</td>
<td>Sickling athletes lie still without yelling</td>
</tr>
</tbody>
</table>
Prodrome of Muscle Twinges | Yes | None
---|---|---
**Occurrence during Workout/Session** | Occurs during or after intense workouts (after 30 minutes) | Generally, it occurs within the first half hour during intense workouts
**Body Temperature** | Athlete’s core temperature is elevated | The athlete’s core temperature is not elevated

**Treatment:**
- Remove the athlete from the exercise session, workout, or practice and have them rest in the shade or an air-conditioned room.
- Stretch, massage and knead the muscle that are cramping in its full-length position (Joints should be extended).
- Provide the athlete with cold fluids, such as water or an electrolyte sports drink to replace sweat losses.
- Provide food high in salt content to replenish the electrolytes lost from sweat.
- In cases of heat cramps that persist, use ice massage on the affected muscle.

**Return to Play:**
- Once an athlete has rested and replenished the fluids and electrolytes lost from their sweat, they can usually return to play during that same exercise session or practice at the discretion of the team physician or athletic trainer.

**Heat Exhaustion:**
**Signs and Symptoms:**
- Fatigue, headache, nausea, vomiting, weakness, dizziness
- Pale skin, heavy sweating, dehydration, sodium loss, irritability
- Decreased muscle coordination, decreased blood pressure, core body temperature between 98-104°F (oral 97-103°F).

**Treatment:**
Individuals experiencing heat exhaustion should respond quickly to treatment. If not, exertional heat stroke should be suspected. If the person is experiencing heat exhaustion, the core body temperature should be <104°F (oral 103°F). To treat heat exhaustion:

- Move the individual to a cool/shaded area and remove excess clothing
- Elevate legs to promote venous return
- Cool the individual with fans, rotating ice towels, or ice bags
- Provide oral fluids for rehydration

**Return to Play:**
- Returning to activity the same day of an episode is not prudent or advised. Individuals should wait at least 24 hours before returning to activity. Medical clearance is recommended to rule out other conditions.

**Heat Stroke**
**Signs and Symptoms:**
- The two main criteria for diagnosing EHS are **core body temperature >104°F** immediately post collapse and **central nervous system** dysfunction
- Irrational behavior, irritability, emotional instability
- Altered consciousness, coma, Disorientation or dizziness,
- Headache, Confusion or just look "out of it", Nausea or vomiting
• Diarrhea, Muscle cramps, loss of muscle function/balance, inability to walk
• Collapse, staggering or sluggish feeling
• Profuse sweating, Decreasing performance or weakness, Dehydration, dry mouth, thirst
• Rapid pulse, low blood pressure, quick breathing
• Other outside factors may include:
  o They are out of shape or obese
  o It is a hot and humid day
  o Practice is near the start of the season, and near the end of practice
  o It is the first day in full pads and equipment

Treatment:
Heat stroke is a medical emergency.

• Remove all equipment and excess clothing.
• Cool the athlete as quickly as possible within 30 minutes via whole body ice water immersion (Place them in a tub/stock tank with ice and water approximately 35–58°F); stir water and add ice throughout the cooling process.
• If immersion is not possible (no tub or no water supply), take athlete into a cold shower or move to shaded, cool area and use rotating cold, wet towels to cover as much of the body surface as possible.
• Maintain airway, breathing and circulation.
• After cooling has been initiated, activate emergency medical system by calling 911.
• Monitor vital signs such as rectal temperature, heart rate, respiratory rate, blood pressure, monitor CNS status.
• Cease cooling only when rectal temperature reaches 101–102°F and then transport via EMS to the nearest medical facility. If rectal temperature is not available, DO NOT USE AN ALTERNATE METHOD (oral, tympanic, axillary, forehead sticker, etc.). These devices are not accurate and should never be used to assess an athlete exercising in the heat.
• Exertional heat stroke has had a 100% survival rate when immediate cooling (via cold water immersion or aggressive whole-body cold-water dousing) was initiated within 10 minutes of collapse.

Return to Play:
After an EHS episode occurs, there may be physiological changes, such as heat tolerance, that are temporarily, and occasionally, permanently compromised. Long-term complications and morbidity are directly related to the time that the core body temperature remained above the critical threshold. To safely return an athlete to full participation following an EHS, a specific return-to-play (RTP) strategy should be implemented. The following guidelines are recommended for RTP:

• Physician clearance prior to return to physical activity. The athlete must be asymptomatic and lab tests must be normal.
• The length of recovery time is primarily dictated by the severity of the incident.
• The athlete should avoid exercise for at least one (1) week after the incident.
• The athlete should begin a gradual RTP protocol in which they are under the direct supervision of an appropriate health-care professional such as an athletic trainer or physician.
• The type and length of the RTP program may vary among individuals, but a general program may include:
  o Easy-to-moderate exercise in a climate-controlled environment for several days, followed by strenuous exercise in a climate-controlled environment for several days
  o Easy-to-moderate exercise in the heat for several days, followed by strenuous exercise in the heat for several days
If applicable to the individual’s sport: easy-to-moderate exercise in the heat with equipment for several days, followed by strenuous exercise in the heat with equipment for several days.

**Hot Weather Management Procedure**

If the outside temperature is higher than 82F, the coach and/or athletic training staff have a duty to check the local weather for the outdoor temperature and heat index ["real-feel" temperature] *1 hour BEFORE* the scheduled outdoor practice or competition at DTN WeatherSentry.

a. DTN WeatherSentry is the conference wide weather app that provides real-time weather data as per the user entered zip code, Albany, NY 12209.

b. Making special note of any National Weather Service heat index "advisory" or "warning" and/or air quality or increased ozone "warnings" in the area.

In addition, the sports medicine staff will check the Wet-Bulb-Globe temperature using a sling or digital psychrometer.

Administrative personnel (e.g., coach, athletic trainer, game administrator) must continually monitor the environmental conditions, via an appropriately enabled smart phone, for changes in risk in any of the following deteriorating weather conditions:

a. Wet-Bulb-Globe temperature (WBGT)

b. Temperature

c. Heat index (aka "real-feel" temperature)

The table below outlines the restrictions of any outdoor practice and/or hosted event:

<table>
<thead>
<tr>
<th>WBGT</th>
<th>Action or restriction of outdoor practice or hosted event</th>
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| WBGT <82     | **Low risk.**
               | 1. **Full** unrestricted activities, all contests can be conducted.  
               | 2. Be cautious of those not acclimatized to the conditions.  
               | 3. **Add** extra water breaks, when necessary. |
| WBGT = 82.0-85.9 | **Moderate risk.**
                  | 1. **Provide** unrestricted water with frequent water breaks.  
                  | 3. Consider reducing the amount of outdoor session time. |
| WBGT = 86.0-89.9 | **High risk-Extreme Caution.**
                  | 1. Provide unrestricted water more frequently and water breaks every 15-20 minutes.  
                  | 3. Consider reducing the amount of outdoor session time. Consider postponing practice time when the heat index is lower. Encourage light weight, loose fitting clothing.  
                  | 4. For the protective equipment laden athlete - helmet only.  
                  | 5. For double-sessions - provide 1 hour of recovery time for every hour of previous outdoor practice time. |
Extreme or hazardous danger

1. All outside contests must be postponed until conditions improve or are rescheduled.
2. Inside activity should be considered if held in an air-conditioned facility.

The following chart shows the health risks as temperature and relative humidity rise.

The heat index (see chart above) is the "feels like", or apparent, temperature. As relative humidity increases, the air seems warmer than it actually is because the body is less able to cool itself via evaporation of perspiration. Physical activity and prolonged exposure to the heat increase the risks.

References:

