

SUNY Cortland

INTERCOLLEGIATE ATHLETICS

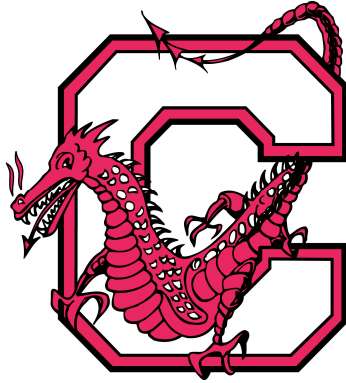
Red Dragons

***STUDENT-ATHLETE
HANDBOOK***

2007-2008

***DEPARTMENT OF
INTERCOLLEGIATE ATHLETICS***

***“It takes a little more to be a
Red Dragon.....***



*SUNY Cortland
Red Dragons*

*Handbook compiled by Dr. Joan Sitterly
Fall 2000 (Revised Fall 2007)*

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ATHLETICS PHILOSOPHY

Intercollegiate Athletics conducts a broad-based Division III sports program for men and women that is an integral part of the College's mission and adheres to the framework established by the SUNYAC, and NCAA.

The overall development of each student-athlete is of paramount importance. The department will provide the necessary vision and leadership for student-athletes to participate at the highest level of their ability while pursuing a quality education. Participation on an intercollegiate team will provide student-athletes with the opportunity to learn and develop values which foster self-discipline, teamwork, leadership skills and fair play in an equitable and diverse environment.

The goal is to attain and maintain competitive excellence in all sports programs, attain and maintain SUNYAC prominence and achieve national prominence, including participation in NCAA individual and team championship events, whenever possible.

VISION STATEMENTS

The Department of Intercollegiate Athletics is committed to:

*providing the student-athletes with the highest quality academic, athletic and social experience;
hiring and developing the best coaching and support staff to produce successful program;
developing the leadership potential of student-athletes and staff;
preserving tradition while pursuing positive results in an ever-changing environment;
providing a safe environment for the student-athletes;
conducting programs and business with integrity and the highest ethical standards.*

The mission of the Cortland Department of Athletics is to develop student-athletes who exemplify the scholar-athlete, one who strives for success in the classroom and in the competitive arena, as well as in all aspects of life.

WELCOME

Welcome to the SUNY Cortland Red Dragon family! The goal of our athletic program is to provide each of our student-athletes with an experience that will challenge you as well as allow you to be successful. You have tremendous support ranging from the coaching staff, the athletic administration, to the college administration. You help make up one of the finest overall athletic programs at the NCAA Division III level. Last year we ranked first in the SUNYAC Conference and fifth in the nation as a total athletic program. This is a program I hope you are proud to be a part of. Last year our student-athletes posted a GPA of 3.01 which is an even greater accomplishment. In addition, our student-athletes performed countless hours of community service. Athletics has been an excellent ambassador of the college.

Intercollegiate athletics is a once in a lifetime experience. The challenges, joys, sweat, tears and friendships you make are memories you will carry with you a lifetime. Enjoy and make the most of every minute because before you know it you will have completed your eligibility.

*Good luck this season. Go Red Dragons!
Dr. Joan Sitterly, Director of Athletics*

INTRODUCTION

Road to Success....

This handbook outlines the assistance available to you through numerous College offices. The most important aspect to remember is that services are available - you only have to ask.

The goal of this guide is to make you more aware of the resources Cortland has to offer. This information will assist you in your decision-making process regarding your personal, academic and career goals. We will be working with other College offices to monitor your academic program and athletics eligibility to assure that you are making your normal progress.

Also, the basic intent of this booklet is to conform to NCAA Division III rules and regulations, as well as those of SUNY Cortland. Any student or staff member who may be aware of any NCAA or institutional rule violations or potential violation at SUNY Cortland should report such to the Athletic Director immediately.

QUICK REMINDERS

Use your time wisely.

Attend all of your classes.

At the first sign of any problem, seek help.

Set academic, athletic and personal goals.

Plan to complete class assignments at least three days before they are due.

Select your friends wisely.

Keep a sense of humor.

Maintain a positive attitude.

Notify your coach if you plan to drop or withdraw from any course.

Strive to maintain a peak mental and physical condition.

Be prepared to accept and adjust to change.

SERVICES

CAREER SERVICES

VanHoesen Hall, Room B-5

Career Services maintains hours from 8 am - 5 pm, Monday-Friday. This office functions as an intermediary agency where students and alumni may receive assistance in defining and implementing their career goals. The office additionally provides student development services (workshops). Topics include interview skills, resume building, and setting up an internship.

Career Counseling:

*Selection of a college major
Development of a career path*

Job Alerts

*On-Campus Recruiting
Credential Service*

Changing career directions Career Library:

*Occupational Interest Testing
Personal Career Planning*

Books

Pamphlets

Career Planning Workshops:

*Resume writing
Interview skills
Graduate schools*

Graduate School Cat.

*Brochures
Guides*

Job Placement Counseling:

*Resume preparation
Job search procedures*

Interview skills

Employer identification

COUNSELING CENTER

VanHoesen Hall, Room B - 44

Many times students experience stress and personal problems which interfere with academic success. Special problems might be of a personal relationship, family, academic or vocational nature. The Counseling Center can help you with such problems as performance anxieties, sexuality concerns, loneliness, shyness, relationships, drug/alcohol, depression, weight/eating concerns and death/loss concerns. Information and appointments with a professional counselor can be made by either calling or stopping by the Center.

ACADEMIC ADVISING

Memorial Library, Room A-111 or the student's academic major office

The student is responsible for planning his or her own academic program and for meeting requirements of the College and of the major department. In order to plan course work effectively, the student should familiarize themselves with the academic regulations in the College Catalogue and/or the major Advisement Manual.

During the first semester of attendance, the Advisement Office will assign each student an academic advisor. For a student who has declared a major, the advisor will be assigned by the academic department. See your academic major office for the name of your advisor. Each student must confer with the assigned advisor regarding course selection, requirements and other academic matters prior to registration each semester.

ACADEMIC SUPPORT AND ACHIEVEMENT PROGRAM**(ASAP)**

Cornish Hall, Room 304

Tutoring services are available at ASAP for students who need assistance in math, reading or writing. In addition, the Student Government pays for one hour of free tutoring per course per week for any student. A list of tutors for each course is available at ASAP. Some courses also offer Supplemental Instruction Programs. One-two times per week a study-review session is offered by the instructor of the course.

A series of structured groups provides skill training to students including such topics as time management, note taking, test anxiety reduction, study techniques, etc.

CONDUCT

A SUNY Cortland athlete's responsibility in matters of conduct is not merely to avoid unacceptable behavior. A SUNY Cortland athlete is expected to behave in an exemplary manner, which includes honesty in academic endeavors, courtesy to teachers and fellow students, and displaying those traits of good citizenship. Our athletes are among the best citizens in the student body and we expect them to continue to represent the Department of Athletics in noteworthy fashion.

Students enrolled at SUNY Cortland are expected to uphold, at all times, standards of integrity and behavior that will reflect credit upon them, their families, their teams and SUNY Cortland. Students are also expected to behave with propriety and to respect the rights and privileges of others. They are expected to abide by the laws of the city, state, nation and by all rules and regulations of SUNY Cortland. Any student-athlete who willingly violates training rules of a particular sport, Athletic rules, university regulations, and /or local or federal laws assumes the risk of immediate suspension for the athletic squad of which he/she is a member. Incriminating evidence found on the web (i.e., myspace.com, facebook.com, etc.) will be grounds for disciplinary action.

The student-athlete represents the university, the Department of Athletics, his or her coaches and teammates. It is the student-athlete's responsibility to be completely aware of the consequences of not adhering to the policies.

Note: Any violation of Athletic policies may range from community service to suspension or dismissal from the team by the Department of Athletics and/or other direct measures taken by the University. In addition, a violation of any university rule or involvement of the City of Cortland Police of which student-athletes are found guilty through a campus judicial hearing will result in official notification to the Athletics Department.

Open Displays of Affection

The Department of Athletics diligently works to create an atmosphere that supports the athletic mission of the institution. Student-athletes should be able to participate in an environment that is free of offensive behavior between two individuals and respect the rights of others. Open displays of affection have no place during team functions

Social Networking Websites

The Athletics Department understands the popularity and usefulness of social networking sites and support their use by student-athletes provided:

- 1. No offensive or inappropriate pictures are posted;*
- 2. No offensive or inappropriate comments are posted;*
- 3. Any information placed on the website(s) does not violate college, athletics department or student-athlete codes of conduct;*
- 3. Photos and/or comments posted on these sites do not depict team-related or college-identifiable activities (including wearing/using team uniforms or gear inappropriately).*

Student-athletes must remember that they are representatives of SUNY Cortland and are in the public eye more than other students on campus. Please keep the following in mind as you participate on social networking websites:

- Before participating in any online community, understand that anything posted online is available to **anyone in the world**. Any text or photo placed online becomes the property of the site and is completely out of your control the moment it is placed online - **even if you limit access to your site**.*

- *You should not post any information, photos or other items online that could embarrass you, your family, your team, the athletics department, or SUNY Cortland. **This includes information that may be posted by others on your page.***
- *Never post your home address, local address, phone number, birth date or other personal information. You could be a target of predators.*
- *Coaches and athletics department administrators can and do monitor these web sites regularly.*
- *Student-athletes could face discipline and even dismissal for violations of team, department, college and/or NCAA policies.*

Gambling Activities

Participation in gambling or bribery, even in the most minor fashion, will jeopardize your athletic career.

*Gambling and bribery behaviors include, **but are not limited to**, the following:*

1. *Providing information to any individuals (including students and non-students) involved in organized gambling activities concerning intercollegiate athlete competitions.*
2. *Asking for or accepting a bet on any intercollegiate or professional team with anyone.*
3. *Participating in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling.*

Engaging in any of these activities is a violation of NCAA regulations and will result in automatic and indefinite suspension from participation in any intercollegiate athletic activity.

DRUG AND ALCOHOL POLICY

The Athletics Department at SUNY Cortland adheres to the following guidelines in dealing with student-athletes with regard to drugs and alcohol.

Drug Education, Screening and Counseling Program

Purpose of the Program

Backed by the intention to deter the use of illegal drugs and the abuse of prescription drugs, there are four benchmark reasons for establishing this drug education and testing program.

1. *Preservation and Enhancement of a Student Athlete's Health. Many drugs, when used in conjunction with athletic activities or physical conditioning programs pose serious risks to the health of the athlete.*
2. *Preservation of the Health of Other Athletes and Members of the College Community. Drug use by an athlete can cause physical and mental damage to the athlete that may endanger other persons in contact with the drug user.*
3. *Avoidance of Unfair Advantage. The use of certain drugs temporarily may improve some types of athletic performance and thereby create an unfair competitive advantage for the athlete using them. Such uses of drugs violate the basic principles of sportsmanship as well as the rules of the institution, conference and NCAA.*
4. *Avoidance of Harmful Influence. Intercollegiate athletes frequently become highly publicized and emulated role models for college peers as well as numerous other young impressionable children and teenagers. The abuse of drugs by these athletes can negatively influence these young people as well as damage the reputation of the athletic program and the college.*

For a list of banned NCAA substances please consult the appendices or the athletic trainers.

Program Goals

There are four goals of this drug education, testing and deterrence program. These goals are:

- (1) to provide and promote an educational program that informs student athletes about drugs and drug abuse;*
- (2) to assist in identifying the student athlete who is a substance abuser through a screening program based on periodic testing designed to reveal the use of drugs;*
- (3) to deter student athletes from misusing drugs' and*
- (4) in appropriate cases, to discipline or remove from our athletic programs any student athlete who is found to have violated the requirements of this policy.*

Testing

Random Testing: Every student athlete will be subject to random testing. The testing occasion may be announced or unannounced and student athletes to be tested will be selected by blind draw of name from the team roster. Student athletes who are to be tested will be notified in writing as to the time and location of the test.

Reasonable Suspicion Testing: A student athlete may be subject to testing at any time when, in the judgment of the Athletic Director, there is a reasonable basis to suspect the student is engaged in the use of any drugs or substances prohibited by this policy. This reasonable suspicion may be based on information from any source, deemed reliable by athletic official.

Consequences of Failure to Participate in or Cooperate with Testing

Failure to appear for testing, not producing the required urine specimen, or attempting to circumvent the specimen collection and testing process will be treated as a positive test result subject to the sanctions set forth. Production of an adulterated or diluted sample will be considered a failure to produce a required urine specimen.

Consequences of Positive Drug Tests

- a. Notification of parents. Athletic Officials may notify the student athlete's parents or guardians of the positive test result by phone, mail or other means.*
- b. Counseling, education and rehabilitation. The student athlete may be required to attend counseling sessions, education programs and /or rehabilitation activities.*
- c. Additional testing. The student athlete may be required to undergo additional testing.*
- d. Suspension from competition. Even with respect to a first positive test, if the Athletics Administration determines the matter to be sufficiently serious, the student may be suspended from 10% or more of scheduled competitions, including entire season and/or post-season. A student suspended from competition may continue to practice with the team and have access to team benefits (e.g., academic support, tutors, athletic training, weight room, etc.) but may not compete, attend the game or engage in pre or post game activities that pertain to the competition.*

Second Positive Test

One or more of the following sanctions may be imposed:

- a. Notification of parents. Athletic Officials may notify the student athlete's parents or guardians of the second positive test results by phone, mail or other means.*

- b. *Counseling, education and rehabilitation. The student athlete may be required to attend counseling sessions, education programs and /or rehabilitation activities.*
- c. *Additional testing. The student athlete may be required to undergo additional testing.*
- d. *Suspension from participation in intercollegiate athletics for a period of time as designated by the Athletics Administration.*
- e. *Suspension from participation in intercollegiate athletic activities. This would include practice, competition, and receipt of team benefits.*
- f. *Dismissal/Removal from the athletic team. Dismissal/Removal means removal from team activities permanently.*
- g. *Loss of eligibility. Loss of eligibility means the student athlete will lose one of the allowable four years of eligibility. The student athlete will also be ineligible should they transfer to another institution until a year of residency is served.*

Third Positive Test

- a. *Mandatory removal from all intercollegiate activities.*
- b. *Dismissal from the athletic team.*
- c. *Permanent loss of eligibility.*
- d. *Notification of parents.*

As a condition to participation in any intercollegiate sport, each student-athlete must sign a release form which states that he/she is informed of the SUNY Cortland Drug Education, Screening and Counseling Program.

Alcohol Policy

Alcohol Consumption During Team Function

*The Athletics' program at SUNY Cortland prohibits the consumption of alcohol by student-athletes on any official intercollegiate team function. An official team function, for purposes of definition with regard to this policy, is defined as any activity that is held at the direction, under the supervision of the team's coaching staff or utilizing the team name. **Failure to comply with this policy could result in immediate suspension from the intercollegiate program for a period of one calendar year.***

A SUNY Cortland student-athlete who consumes alcohol will be accountable for any alcohol-related incident in which he/she is involved on or off campus. In such cases, the student-athlete is subject to the Athletics' program, college, city and/or team disciplinary action.

First Alcohol Offense

The individual head coach will enforce team rules to handle sanctions for first time violations involving alcohol. The student-athlete will be placed on a 6 month probationary period. Should no additional alcohol related violations occur the student-athlete's violation will be expunged from their record.

Second Alcohol Offense

A second offense within a 6 month period will cause the individual to be suspended from competition for a minimum of 10% of the sport's total contests. The penalty will be enforced for the competition(s) which immediately follow the date of the infraction or the appeal. The student-athlete will again begin a 6 month probationary period. If no additional alcohol related violations occur the student-athlete's violation will be expunged from their record.

Third Alcohol Offense

A third alcohol-related offense within a 6 month period will cause the student-athlete to be suspended from a minimum of 20% and a maximum of 100% of their competitive season. This penalty may be carried over to the next competitive season. The student-athlete will again begin a 6 month probationary period. If no additional alcohol related violations occur the student-athlete's violation will be expunged from their record.

TOBACCO POLICY

The SUNY Cortland Department of Athletic does not condone the use of tobacco, including the use of smokeless tobacco. The use of tobacco products by student-athletes, coaches, officials and staff during any official intercollegiate team function is prohibited. A team function is defined as any activity that is held as a team including meetings, practices, games, travel or informal workouts.

24 HOUR RULE

Student-athletes must notify their coach of any violations or misconduct within 24 hours. Failure to do so will automatically dictate enforcing the maximum penalty.

HAZING

The SUNY Cortland Athletic Department will not allow any hazing actions as defined by any activity that humiliates, degrades, abuses or which endangers the mental, emotional or physical health or safety of a student, or which destroys or removes public or private property, for the purpose of initiation, admission into, affiliation with, or as a condition for continued membership on an athletic team. Hazing can occur regardless of the person's willingness to participate. This precludes any student-athlete from being affiliated with banned organizations such as Beta Phi Epsilon and Delta Kappa Beta.

Hazing actions include (but are not limited to):

4. *Requiring physical exercises such as marching, walking, sit-ups, push-ups, runs.*
5. *Forcing, requiring, or endorsing consumption of alcoholic beverages or any other drug.*
6. *Forcing the ingestion of any undesirable, unwanted substance, e.g., spoiled food, etc.*
7. *Confinement of any kind.*
8. *Forcing new members to participate in any activity which is against the law.*
9. *Requiring new members to perform public stunts of buffoonery.*
10. *Requiring any type of personal servitude such as running errands, cleaning rooms, carrying trays, doing laundry, etc.*
11. *Requiring new members to parade or serenade.*
12. *Carrying of any items that are outside the campus norm that sets new members apart.*
13. *Requiring participation by new members in scavenger hunts, road trips, drop-offs, rookie shows, etc.*
14. *Requiring new members to participate in activities which interfere with scholastic activities. Requiring members to participate in any activities between 11 pm and 7 am.*

Any student-athlete who is reportedly involved in any hazing act, or is at a location where any hazing act takes place, whether involved in the act or not, will jeopardize their eligibility to participate in intercollegiate athletics for the remainder of their career.

APPEALS AND HEARINGS

If a student athlete requests a hearing, a standing committee of three persons appointed by the Athletic Director shall conduct a hearing. The sanctions will be upheld until the hearing and findings are complete.

1. The grievance should be filed with the Director of Athletics within 7 days of the announcement of the sanctions.
2. A hearing shall be convened within 5 academic school days after it is requested. The hearing shall be closed to the public. The student may be accompanied by a person of his or her choice, who may observe but not participate in the hearing.
3. No attorneys may participate in the hearing except as an observer.
4. The student will be given the opportunity to question the evidence and to present witnesses and documentary evidence, provided the evidence is relevant to the alleged violation.
5. At the conclusion of the evidence, the committee will excuse all parties and witnesses and then will deliberate to determine whether a violation occurred. This determination must be based solely on the evidence presented at the hearing. The committee shall report its recommended findings of fact and proposed sanctions to the Athletic Director.
6. The Athletic Director will make the final determination of whether a violation occurred and if so what sanction should be imposed taking into account the committee's recommendation.

ATHLETE ELIGIBILITY

A student is eligible for intercollegiate athletics if he/she 1) is matriculated, 2) is a full-time student, and 3) is making normal progress toward graduation in accordance with the 12/24 credit hour rule.

Definition of Terms

Matriculated: a student is matriculated if admitted to the University as an undergraduate degree candidate. Special students are not matriculated.

Full-Time: A student is full time if during each regular fall or spring semester he/she is registered for and has paid for a minimum of 12 credit hours, and continues to be carrying 12 or more credit hours for a grade during the semester. To be considered a full-time student other than during a regular fall or spring semester, a student must be eligible to enroll as a full-time student in the next regular fall or spring semester.

Any student-athlete who drops below 12 credit hours at any time during the season immediately becomes ineligible and is responsible for informing his/her head coach immediately. The head coach must inform the Athletics Department officials, as well as take actions to suspend the player from competition and practice.

Participation Defined

1. Any student having practiced with a sports team after the NCAA designated date and/or having appeared in a contest, regardless of time, has used one full season of eligibility. (Note: the only exception to this rule is application for medical red shirt to the SUNYAC Conference)
2. Players who voluntarily resign from a team are automatically charged with a season of eligibility effective when their names are approved on any official roster by the Athletics Director.
3. Any student-athlete who has practiced after the team's first scrimmage will have used a season of eligibility regardless of their participation in a contest.
4. Each student-athlete is limited by NCAA regulations to a maximum of four seasons of competition (per sport) or the first 10 semesters in which the student is enrolled in a full-time program.

Winter Term Eligibility

A transfer student or first-time student is eligible to practice and compete during the fall preseason and the winter term, as long as that student has been accepted for enrollment as a full-time student for the following term. The key word is “accepted”.

Explanation of Normal Progress

SUNY Cortland student-athletes are expected to earn a minimum of 12 credit hours of work each semester (and 24 credit hours of work each year or average 12 credit hours for each semester of attendance beyond the freshman year). Normal progress is defined as follows:

- 1. The student must satisfactorily complete 24-semester hours of academic credit since the beginning of the previous fall term including any summer or winter session credit.*
- 2. The averaging method may be used to determine eligibility. The student-athlete must satisfactorily complete a cumulative total of academic semester hours equivalent to an average of at least 12-semester hours during each of the previous academic terms in academic years in which the student-athlete has been enrolled in a term or terms.*

Grade Point Requirements

Student-athletes must meet SUNY Cortland’s Academic Standards Policies as articulated in the current college catalog.

TRANSFER POLICY

Any transfer student-athlete must have been academically eligible at the previous institution for athletics in order to be eligible at SUNY Cortland. If not eligible at the previous institution, the student-athlete must sit out for two full-time semesters before becoming eligible at SUNY Cortland.

CLASS ATTENDANCE/EXCUSED ABSENCES

All student-athletes must remember that they are students first and athletes second. Student-athletes are expected to attend all classes.

In the case of a missed class due to a contest or travel, it is the student-athletes responsibility to get a Class Excuse Form from the coach and present it to the course instructor in the class prior to the date of the contest. These excused absences may be counted for the allowable misses in a particular course, but may not be held against the student-athlete.

It is the responsibility of the student-athlete to get all work missed .

TEAM RULES

- 1. The head coach of each individual sport is authorized to set conduct and participation standards over and above what is required by the SUNY Cortland Department of Athletics.*

2. *The head coach is authorized to set standards of personal grooming and living (including, but not limited to, jewelry, hair length and dress) that are consistent with the public image the department wishes to project through its athletic teams.*
3. *Any public or private behavior that might bring discredit to SUNY Cortland or its Athletics' program is unacceptable and will be addressed based upon the circumstances surrounding the behavior.*

INSURANCE COVERAGE

Student-athletes are required to be covered by personal or family health and accident insurance. Athletes may purchase health and accident insurance through the university. Details on this policy can be obtained through ASC, located in Neubig Hall.

COMPLIMENTARY ADMISSIONS

Complimentary admissions are provided only through a pass list for individuals designated by the student-athlete or through parent passes. Each SUNY Cortland student-athlete is entitled to a maximum of four complimentary admissions per game for the sport in which they participate. Complimentary admissions are for use by members of the student-athlete's family, relatives, or close family friends. It is an NCAA violation for a student-athlete to sell tickets or trade tickets for material goods or favors.

EQUIPMENT

At the beginning of each season, athletes are issued equipment and uniforms for each sport. These remain the property of SUNY Cortland and the student-athlete is responsible for keeping them in good shape. At the conclusion of the season, the uniforms and equipment must be returned. Any items that are missing or show excessive wear and tear will be charged to the student-athlete. Any athlete who does not return issued equipment to the Athletic Department will be placed on the stop list which prohibits registration for classes at SUNY Cortland or transfer of records to another college.

TRAVEL POLICY

All student-athletes must travel to and from ALL away contests with the official travel party. Student-athletes may be released only if twenty-four (24) hour notice is given and proper paperwork is on file in the Athletic Office. Permission to travel separately is left to the discretion of coaches and /or Director of Athletics.

FACILITIES

The Director of Athletics develops policies regarding the use of facilities of the Department of Athletics. The Head Coach will advise athletes as to the proper use of these facilities.

1. *All student-athletes are responsible for leaving areas in the same top quality condition in which they found them.*

2. *Staff offices are public areas and athletes are expected to dress appropriately in these areas. (Shirt and shoes required)*
3. *No cleats are allowed inside the buildings.*

PHYSICAL EXAMINATIONS - HEALTH INFORMATION RECORDS

All student-athletes must have a Pre-Admission Physical and Health History Form submitted to the SUNY Cortland Health Center. First year participants are required to have a Pre-Participation Evaluation by the school physician prior to participation. Returning athletes must complete a Health History Form and are required to have a pre-season physical screening prior to each year's sport participation.

NO ATHLETE WILL BE ALLOWED TO PRACTICE OR COMPETE UNLESS:

1. *They have completed a Pre-Admission Physical and Health History Form submitted to the Health Center.*
2. *First year participants must have a pre-participation evaluation arranged by the Athletic Training Department..*
3. *They have had a pre-season physical screening performed and a Health History Form on file in the Athletic Training Department each year.*
4. *All student-athletes must have proof of personal insurance coverage and maintain coverage throughout the season.*
5. *NCAA and Athletic Department paperwork must be completed before any participation.*

DRESS CODE

Coaches and student-athletes are to be dressed in an appropriate and professional manner at all times as representatives of SUNY Cortland.

STUDENT TEACHING

Students planning on student teaching during their season of participation must:

15. *Be in good academic standing, including making normal progress, the semester before the intended student teaching assignment.*
16. *Fill out a request form by September 1st if student plans on student teaching in the spring semester and February 1st for student teaching in the following fall semester.*

17. *Student teaching should always be planned outside of the season whenever possible. Fall and spring sport athletes will need extenuating circumstances to be given permission to student teach during the season.*

STUDENT ATHLETE ADVISORY COMMITTEE

The Student Athlete Advisory Committee exists to provide a forum for student athletes to discuss issues of concern and to increase communication with the Athletics Department. The committee discusses issues such as department policies and procedures, as well as current and proposed NCAA legislation. In addition, the SAAC encourages support for the SUNY Cortland Athletics Department through both on-campus and local community service initiatives.

Student-Athlete Membership:

1. *Two student-athlete representatives per team nominated by the Head Coach.*
2. *Limited to student-athletes who are in good academic standing and have completed one year of intercollegiate athletics.*
3. *One member of each team should be a non-senior.*

Student-Athlete Responsibilities:

1. *To attend all bi-monthly meetings and SAAC related activities. Meetings will be held on the first Tuesday of the month.*
2. *To organize team members to participate in any SAAC related activities.*
3. *To inform teammates of SAAC meeting discussions and obtain feedback and insight to be used to best represent the interests of the team.*

Community Service:

1. *Each team will be required to perform one community service event per year.*
2. *The SAAC will be responsible for one community service event per year.*
3. *The SAAC will be responsible for two SAAC events per year.*

SUNY CORTLAND ATHLETICS**ADMINISTRATION**

*Dr. Joan Sitterly
Mike Urtz
Tom Cranfield
Tracy Granozio
Jeff Bauer*

*Director of Athletics
Associate AD for Budget
Assistant AD for Compliance and Scheduling
Assistant AD for Marketing, Promotions and Event Manage.
Faculty Athletics Representative*

FALL SPORTS

*Men's & Women's Cross Country
Field Hockey
Football
Women's Golf
Men's Soccer
Women's Soccer
Women's Tennis
Women's Volleyball*

HEAD COACH

*Matt Moran
Cynthia Wetmore
Dan MacNeill
Mike Discenza
Dwight Hornibrook
Heidi Woodcock
Tom Spanbauer
Pam Hoerup*

WINTER SPORTS

*Men's Basketball
Women's Basketball
Women's Gymnastics
Men's Ice Hockey
Women's Ice Hockey
Men's & Women's Indoor Track/Field
Men's & Women's Swimming
Wrestling*

*Tom Spanbauer
Jeannette Yeoman
Gary Babjack
Joe Baldarotta
Earl Utter
Steve Patrick
Brian Tobin
Brad Bruhn*

SPRING SPORTS

*Baseball
Men's Lacrosse
Women's Lacrosse
Softball
Men's & Women's Track/Field*

*Joe Brown
Stephen Beville
Julie Lenhart
Steve Patrick*

APPENDIX A

NCAA Banned-Drug Classes

2006-2007

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/health-safety for the current list. The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No**

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

Banned Drugs

The following is a list of banned-drug classes, **with examples of substances under each class:**

(a) Stimulants:

| | |
|--|-------------------------------|
| amiphenazole | methylenedioxymethamphetamine |
| amphetamine | (MDMA, ecstasy) |
| bemigrade | methylphenidate |
| benzphetamine | nikethamide |
| bromantan | pemoline |
| caffeine (guarana) | pentetrazol |
| chlorphentermine | phendimetrazine |
| cocaine | phenmetrazine |
| cropropamide | phentermine |
| crothetamide | phenylpropanolamine (ppa) |
| diethylpropion | picrotoxine |
| dimethylamphetamine | pipradol |
| doxapram | prolintane |
| ephedrine (ephedra, strychnine ma huang) | synephrine (citrus aurantium, |
| ethamivan zhi shi, bitter orange) | |
| ethylamphetamine and related compounds | |
| fencamfamine | |

The following stimulants are not banned:

| | | |
|-----------------|-----------------|---------------|
| meclofenoxate | methamphetamine | phenylephrine |
| pseudoephedrine | | |

(b) Anabolic Agents:

anabolic steroids

| | |
|---|--------------------------------|
| androstenediol | methyltestosterone |
| androstenedione | nandrolone |
| boldenone | norandrostenediol |
| clostebol | norandrostenedione |
| dehydrochlormethyl- testosterone | norethandrolone |
| | oxandrolone |
| dehydroepiandro- testosterone (DHEA) | oxymesterone |
| | oxymetholone |
| dihydrotestosterone | stanozololn (DHT) testosterone |
| dromostanolone | tetrahydrogestrinone (THG) |
| epitrenbolone | trenbolone |

fluoxymesterone and related compounds

| | |
|------------|-------------|
| gestrinone | mesterolone |
|------------|-------------|

other anabolic agents:

| | |
|---------------|-------------|
| methandienone | methenolone |
|---------------|-------------|

clenbuterol

(c) Diuretics:

| | |
|---------------------|---------------------|
| acetazolamide | hydrochlorothiazide |
| bendroflumethiazide | hydroflumethiazide |
| benzhiazide | methyclothiazide |
| bumetanide | metolazone |
| chlorothiazide | polythiazide |
| chlorthalidone | quinethazone |
| ethacrynic acid | spironolactone |
| (canrenone) | |
| flumethiazide | triamterene |
| furosemide | trichlormethiazide |

and related compounds

(e) Street Drugs:

heroin
tetrahydrocannabinol marijuana (THC)

(f) Peptide Hormones and Analogues :

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

All the respective releasing factors of the above-mentioned substances also are banned:

erythropoietin (EPO) sermorelin
darbepoetin