

University of Connecticut

2015-2016

Student-Athlete Handbook

Students who participate in intercollegiate athletics are responsible for knowing and complying with the rules contained in this handbook. The Division of Athletics reserves the right to amend and alter the rules and procedures in the handbook.

IF YOU HAVE ANY QUESTIONS REGARDING UCONN OR NCAA RULES AND POLICIES, PLEASE CONTACT THE COMPLIANCE OFFICE AT 860-486-1211

IF YOU HAVE INFORMATION ABOUT A POTENTIAL NCAA RULES VIOLATION, PLEASE CONTACT ONE OF THE FOLLOWING:

Anonymous e-mail

<http://www.uconnhuskies.com/compliance/anonymous-submission.html>

Office of Compliance at 860-486-1211

Athletic Director's Office at 860-486-2725

Dr. Scott Brown, NCAA Faculty Athletics Representative at 860-486-0181

Listed below are the administrators who have program oversight for the indicated teams. Should you have any questions or concerns please contact them.

Field Hockey, Golf, Softball, Volleyball
Debbie Corum/860-486-6054

Baseball
Evan Feinglass/860-486-1258

Men's & Women's Ice Hockey, Football
David Benedict/860-486-2725

Men's Basketball, Men's Soccer
Paul McCarthy/860-486-2725

Women's Basketball, Women's Lacrosse, Women's Soccer,
Men's & Women's Track & Field/Cross Country
Neal Eskin/860-486-2725

Women's Rowing, Men's & Women's Swimming & Diving
Michael Enright/860-486-2241

Men's & Women's Tennis
Angie Cretors/860-486-1211

UNIVERSITY OF CONNECTICUT DIVISION OF ATHLETICS STUDENT-ATHLETE HANDBOOK
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WELCOME TO THE UNIVERSITY OF CONNECTICUT (UCONN)

You should feel proud that scholastic achievement and athletic abilities have created a place for you at UConn, where you will be challenged to reach your full potential as both a student and as an athlete.

Because the transition to a new environment is often difficult, this Handbook has been prepared to help you ease into University life, as well as to serve as a resource guide for returning student-athletes. The purpose of this Handbook is to answer the most commonly asked questions concerning your new surroundings, and to help orient you to the Division of Athletics.

Included in this guide is information related to your academic activities and your physical welfare, as well as necessary sports participation information.

If you read the helpful information contained in this Handbook and utilize the resources mentioned, you will find that you can settle into your new environment successfully.

Student Contacts

At the end of this Handbook, you will find a listing of University and Division of Athletics staff members who are here to assist you. Their names and areas of responsibility are listed, as well as their phone numbers.

YOU AS A STUDENT-ATHLETE



There are special responsibilities and requirements that accompany the privilege of being a student-athlete at the University of Connecticut. Other students need not worry about athletic eligibility requirements, media relations, team travel rules, complimentary admissions, drug testing, etc. Thus, you have special interests and responsibilities that do not apply to other students. This part of the handbook has been developed to address just these types of privileges and responsibilities.

When you participate in intercollegiate athletic competition, you are representing UConn and all the people who support us. As a student who competes in intercollegiate athletics, you will be in the public eye and your personal conduct should reflect favorably upon yourself, your team and UConn. Furthermore, you are part of a larger team, made up of all the members of all intercollegiate teams at UConn.

A student-athlete at UConn must go through the annual certification process. This is conducted for each team by the Office of Compliance staff prior to the start of organized practice sessions. The athlete signs the NCAA Student-Athlete Eligibility Statement, NCAA Drug Testing Consent, the UConn Drug Testing Policy and the UConn Student-Athlete Code of Conduct. In addition, information regarding financial aid, summer jobs, summer athletic activities and sports participation histories are requested.

Once you are certified as eligible to compete at the beginning of each semester, you must remain academically and athletically eligible throughout the year in order to continue to participate in your intercollegiate sport. Additionally, we expect your best effort as a student-athlete, both on and off the playing field. Compete hard, but always in a sportsmanlike manner.

The University of Connecticut offers varsity sport opportunities for approximately 700 student-athletes. These opportunities include:

Men	Women
Baseball	Basketball
Basketball	Cross Country
Cross Country	Field Hockey
Football	Ice Hockey
Golf	Lacrosse
Ice Hockey	Rowing
Soccer	Soccer
Swimming and Diving	Softball
Track (Indoor)	Swimming and Diving
Track (Outdoor)	Track (Indoor)
Tennis	Track (Outdoor)
	Tennis
	Volleyball

The American Athletic Conference

The University participates in the American Athletic Conference which is comprised of the following schools: East Carolina University, Tulane University, University of Tulsa, Navy (football only), Southern Methodist University, Temple University, University of Cincinnati, University of Connecticut, University of Houston, University of Louisville, University of Memphis, University of Central Florida and the University of South Florida.

Hockey East (Women's Ice Hockey)

The University of Connecticut competes in the Hockey East Conference in the sport of women's ice hockey. Other members of the league include: Boston College, Boston University, Maine, New Hampshire, Northeastern, Providence College and Vermont.

Hockey East (Men's Ice Hockey)

The University of Connecticut currently competes in the Hockey East in the sport of men's ice hockey. Other members of the league include: Air Force, American International, Army, Bentley, Canisius, Holy Cross, Mercyhurst, Rochester Institute of Technology and Sacred Heart. In the 2014-15 season, UConn will compete in Hockey East.

The Big East Conference (Field Hockey and Women's Lacrosse)

The University of Connecticut competes in the Big East Conference in the sports of Field Hockey and Women's Lacrosse. Other members of the conference include: DePaul University, Georgetown University, Marquette University, Providence College, St. John's University, Seton Hall University, Villanova University, Butler University, Creighton University and Xavier University.

GENERAL STUDENT-ATHLETE RULES

Each coach has his/her own very specific team rules covering everything from conduct to dress code. Again, if your coach has written team rules, you may wish to keep them in the back of this Handbook.

However, there are general rules that apply to all student-athletes:

- Always present a positive image; don't do anything to embarrass yourself, the team, your family or the University;
- Understand the importance of being punctual; be on time for every commitment;
- Be prepared to give 100% both mentally and physically in the classroom, as well as on the playing field;
- Do not consume alcoholic beverages on team trips, at athletic events or at events sponsored by the Division. Be aware that Connecticut law prohibits anyone under 21 from consuming alcoholic beverages.
- Do not use tobacco products of any kind including electronic cigarettes while participating in practice or competition or while representing the University in any capacity. Tobacco use is prohibited at these times, and the Division, in concern for your health, discourages its use at any time. Use of tobacco products at practice or competition is a violation of NCAA rules and must be reported.

CODE OF CONDUCT

Being a student-athlete carries with it a whole set of privileges and responsibilities. Our programs create a great deal of public and media attention. This interest is obviously of tremendous benefit to the University, the Division of Athletics and you. However, it also places upon all persons connected with the program a continuing responsibility to conduct themselves in an appropriate manner.

By joining UConn athletic program, you become a representative of your team and of your University. It is essential that you act responsibly and do nothing to jeopardize your opportunity to obtain maximum results from your UConn experience. Your personal conduct is a direct reflection on your character and judgment. You are expected to behave both on and off campus in a manner which brings credit to the University and your team.

University and Division Code of Conduct

The Division of Athletics requires coaches, trainers and staff to conduct themselves in a way that creates a positive image of the people, values and traditions associated with the University, Conference and the NCAA. As a student-athlete, you are expected to uphold the same standards of conduct that have been adopted by the Division of Athletics and the University.

All UConn students are subject to the University of Connecticut Student Code including the "Responsibilities of Community Life," which is distributed at the beginning of the fall semester. This code applies to behavior of students while on or off University premises or while involved in off-campus University activities. In addition, you as a student-athlete are expected to abide by the Student Code of Conduct. Because of the visibility of student-athletes, you will be expected to extend these codes of behavior into all public behavior. The Division of Athletics will review violations of the Student Code and apply sanctions as deemed appropriate.

In addition, each student-athlete is subject to all rules and regulations that are required for individual participation on a specific team. While these rules may be particular to each team, they are presented to the student-athlete by the coaching staff with the full support of the athletic administration.

Once registered at the University, you are expected to conform to all federal, state and local laws, as well as the University regulations. As a student-athlete, you are in no way exempt from penalty if you violate these laws. Moreover, students penalized for violating public laws are not exempt from further prosecution by University authorities if their actions also violate University rules.

GOOD SPORTSMANSHIP – HUSKY HONOR

The University of Connecticut is committed to honoring collegiate athletic competition by demonstrating pride, responsibility and respect. The UConn community, fans, alumni, students, coaches, and student-athletes promote these core values as proud Huskies and first class competitors. Husky Honor is the good sportsmanship initiative of the University of Connecticut and is based on the three components of Pride, Responsibility and Respect.

Pride. Always act as a positive ambassador of UConn Athletics. Wear blue and white, and support your fellow student-athletes. When you attend other athletic events, remember that you are expected to demonstrate good sportsmanship there as well. Be proud of UConn but also be respectful.

Responsibility. Enter each competition expecting fairness. The proper attitude is of utmost importance. Don't enter a competition worried about your opponents' performance; enter a competition with the idea of giving your best performance. Your coach will instruct you in positive techniques for communicating with officials, opponents and the public. You will also be advised on how to react to the aggressive or unsportsmanlike actions of others. One of your responsibilities as a student-athlete is to always display good sportsmanship at all athletic events. Recognize that sportsmanlike behavior will require effort on your part.

Respect. Compete hard, but play fair. Treat your fellow players equally and with respect. Unsportsmanlike conduct by others never justifies retaliation with unsportsmanlike conduct on your part. Don't make excuses or discuss a teammate's shortcomings. Almost every situation has a positive and negative side, so emphasize the positive. Support your officials; avoid criticizing them or blaming losses on their actions. Support team efforts by encouraging teamwork and mutual effort. Respect the officials, your team, coaches and fans, along with the opposing team, their coaches and fans.

Unsportsmanlike Behaviors

The University will not tolerate any of the following behaviors:

- Physically abusing an official, coach, athlete, opponent or spectator;
- Throwing of objects at individuals, spectators or across a field or arena;
- Seizing equipment or cameras from officials or the news media;
- Inciting players or spectators to violent action or any behavior which insults or disrespects an opponent's traditions;
- Encouraging our fans to boo an opposing team when introductions are made;
- Using obscene or inappropriate language or gestures to officials, opponents, team members or spectators;
- Making public statements which are negative, controversial or not in compliance with the Division's policy on media relations; and/or
- Violating generally recognized intercollegiate athletic standards or the value and standards associated with the University as determined by your Head Coach and approved by the Athletic Director.

Your coach may have more specific expectations concerning behavior, dress or sportsmanship. If so, he or she will inform you of these. Support your coach and concentrate on playing well. Good sportsmanship comes easily if you are proud of your performance.

TEAM TRAVEL

Your Head Coach will review the standards for team conduct which you should observe when you travel with your team. Specific requirements for dress, individual conduct, curfews and free time activities will be discussed.

Missed Classes

Team travel and schedule conflicts may, at times, cause an unavoidable circumstance that may cause a missed class in order to participate in "away" athletic events. However, no official University policy exists that excuses student-athletes when they must be away from campus to represent the University in athletic competitions. Each faculty member maintains authority in terms of class attendance so it is imperative to develop and maintain frequent and open communication with your professor/instructor as regards your practice/competition schedule.

In general, faculty members are understanding, provided that students inform them prior to travel and as early as possible about anticipated absences. You should tell your professors at the beginning of each semester when you anticipate missing classes due to athletic competition. This early information is especially important if you will be traveling on the date of a scheduled exam. Your instructor then has an opportunity to offer an early exam or make-up exam. In some cases, CPIA counselors can proctor exams "on the road."

If your instructor requires documentation of your team travel, request a letter from your CPIA counselor at least one week in advance of the trip.

At least four days prior to departure, you should reconfirm your absence with your professors. At that time, arrange to make up missed course work which results from traveling with your team.

Traveling Apart from the Team

There may be unique occasions when you are not able to travel to an athletic event with your team. In that case, you must discuss your plans with your coach well in advance of the event. If these alternate arrangements are approved by your coach, you must complete a release form waiving the University of responsibility. This form must be signed by the program administrator, coach and student-athlete with each keeping a copy.

Travel to NCAA Championships and Special Events During Vacation Periods

The University may provide transportation for you to travel from campus to the site of an NCAA championship or special event and back to campus. If you go home during the vacation period, the University may pay, in lieu of providing team transportation, the greater of the transportation costs for you to travel: round-trip, from campus to event site to campus; round-trip, from campus to your home to campus; or round-trip, from your home to event site then back to your home. The request to approve these transportation costs must be approved prior to travel home or the event site by the Head Coach and the Athletic Director or his designee.

NCAA RULES AND REGULATIONS

In order to participate in intercollegiate sports, you must maintain your athletic and academic eligibility. Your Coach, the Office of Compliance staff, UConn's NCAA Faculty Athletics Representative and the President of the University work together to ensure adherence to all NCAA and Conference rules and regulations regarding eligibility.

Great effort is made by the University administration to see that you and all staff members are familiar with these rules and understand that any deviation from them, whether knowingly or through ignorance, is not condoned by the Division of Athletics or the University.

If you have any questions regarding UConn or NCAA rules and policies, please contact the Compliance Office at 860-486-1211.

If you have information about a potential NCAA rules violation, please contact one of the following:

**Compliance Office
860-486-1211**

**Athletic Director's Office
860-486-2725**

**Dr. Scott Brown
NCAA Faculty Athletics Representative
860-486-0181**

The following sections on eligibility requirements are intended to reinforce the rules and requirements that have been discussed during your NCAA Squad Meeting. These references are not intended to be all inclusive. Student-athletes should become familiar with the "Academic Regulations" section of the annual University Catalog and seek clarification from the NCAA Faculty Athletics Representative, CPIA counselor or the Office of Compliance Office. Your eligibility to participate in athletics is based on your academic performance as well as upon your adherence to a variety of non-academic eligibility regulations.

Academic Eligibility

The procedure for obtaining and maintaining academic eligibility is described below.

The University's Registrar's Office, in conjunction with the NCAA Faculty Athletics Representative, is responsible for certifying that you have met the NCAA eligibility requirements. Your eligibility to participate in intercollegiate athletics is determined by reviewing your NCAA Eligibility Center information (incoming freshman), your admissions records and your academic performance.

To maintain your eligibility you must:

- Have been admitted as a regularly enrolled, degree seeking student according to the published entrance requirements of your institution;
- Be in good academic standing according to the standards of the institution; and
- Be enrolled in at least a minimum full-time baccalaureate degree program (not less than 12 semester or quarter hours) and maintain satisfactory progress toward that degree;
- Be enrolled in a full-time graduate or professional degree program (not less than nine credits); or
- Be enrolled and seeking a second baccalaureate degree at your institution.

NCAA and University of Connecticut rules require that you must be a full-time degree-seeking student in order to represent UConn in athletics. This means you must be enrolled in a minimum of 12 credits of work. You are ineligible to practice or compete during any time if:

- Your registration falls below 12 credits;
- Your registration for admission is canceled; or
- You withdraw from the University.

During your final semester you may be less than full time if you are enrolled in credits necessary to complete your degree and submitted the necessary paperwork with your CPIA counselor. Changes in your enrollment (e.g. petition to add/drop course, late enrollment, instructor drops, etc.) should be submitted prior to the published deadlines to ensure that your records are accurate and complete. You must have the approval of your Academic Advisor and CPIA Counselor to drop a class. This policy is designed to prevent you from making changes in your academic schedule that may jeopardize either your academic or athletic eligibility status.

Eligibility for Practice

You are eligible to practice if you are enrolled in a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the regulations of the institution.

- 24-semester hours of academic credit prior to the start of the institution's third semester following your initial full-time enrollment;
- 18-semester hours of academic credit since the beginning of the previous fall term or since the beginning of the institution's preceding regular two semesters (hours earned during the summer may not be used to fulfill this requirement); and
- Six-semester hours of degree applicable academic credit each regular academic term in which you have been enrolled.
 - Football student-athletes must pass at least nine-semester hours of degree applicable academic credit in the fall semester to be eligible the following fall.

You must choose a major that leads to a specific baccalaureate degree by the beginning of your third year of enrollment (this includes transfer students who have not yet completed an academic year in residence or used one season of eligibility in a sport at their current institution).

If you are entering your second year of collegiate enrollment, you must present a cumulative grade-point average that equals at least 90 percent of the institutions overall cumulative grade-point average required for graduation (based on a 4.00 scale i.e. 1.8).

If you are entering your third year of collegiate enrollment, you must have completed successfully at least 40 percent of the course requirements in your specific degree program and you must present a cumulative minimum grade-point average (based on a 4.00 scale i.e. 1.9) that equals at least 95 percent of the institution's overall cumulative grade-point average required for graduation. For this purpose, a student-athlete's grade-point average will be certified on a term-by-term basis.

If you are entering your fourth year of collegiate enrollment, you must have completed successfully at least 60 percent of the course requirements in your specific degree program and you must present a cumulative grade-point average (based on a 4.00 scale i.e. 2.0) that equals at least 100 percent of the institution's overall cumulative grade-point average required for graduation. For this purpose, your grade-point average will be certified on a term-by-term basis.

If you are entering your fifth year of collegiate enrollment, you must have completed successfully at least 80 percent of the course requirements in your specific degree program and you must present a cumulative grade-point average (based on a 4.00 scale i.e. 2.0) that equals at least 100 percent of the institution's overall cumulative grade-point average required for graduation. For this purpose, your grade-point average will be certified on a term-by-term basis.

Please note: Pursuant to University of Connecticut requirements, you must obtain a 2.0 grade-point average in order to graduate.

NCAA Squad Meeting

Before you begin to practice in your sport each year, an NCAA Squad Meeting is held for each team. At this time, rules and procedures are explained and any questions you may have concerning eligibility are answered.

You may not participate in intercollegiate athletics unless you have participated in the team NCAA Squad Meeting or met individually with the Office of Compliance. This must be done prior to your first practice in each sport in which you participate. After the annual fall certification, your continued eligibility will be monitored by your CPIA counselor, who will conduct an updated academic review prior to the beginning of the spring semester. You will receive a letter from the Office of Compliance if you become ineligible at mid-year. If you have questions about your eligibility, contact the Compliance Office or your CPIA counselor.

Athletic Eligibility

There are a variety of non-academic, NCAA-related rules that may affect your eligibility as a student-athlete. A brief description of some of the significant ones follows:

Amateur Status Rules

The following are NCAA rules that you must adhere to in order to maintain your amateur status.

Within Your Sport, You CANNOT

- Accept payment or the promise of payment (in cash, prizes, gifts or travel) for participation in your sport (except in individual sports). In individual sports, a student-athlete may accept prize money based on his or her place finish or performance in an open athletics event (an event that is not invitation only), provided the competition occurs outside the institution's declared playing and practice season during the institution's summer vacation period. Such prize money may not exceed actual and necessary expenses and may be provided only by the sponsor of the open event. The calculation of actual and necessary expenses shall not include the expenses or fees of anyone other than the student-athlete (e.g., coach's fees or expenses, parent's expenses). If you are a student-athlete in an individual sport and are interested in receiving prize money based on your place finish or performance in an open athletics event, please contact your coach and the Office of Compliance prior to any participation in the event or acceptance of any prize money;
- Enter into an agreement of any kind to compete in professional athletics (you cannot negotiate a verbal or written professional contract);
- Request that your name be put on a draft list for professional sports (except in the sport of men's basketball) or try out with professional sports. If you are a basketball student-athlete and are interested in entering a professional league's draft one time during your collegiate career, please contact your coach and the Compliance Office.

In Any Sport, You CANNOT

- Agree to have your picture, name or likeness used to promote a commercial product;
- Be represented by an agent or organization in order to market your athletic skills or reputation;
- Receive any benefit that is not available to other students at the University;
- Use your athletic skills for payment;
- Play on any professional athletic team or on a team where one or more of the members receive payment in excess of actual and necessary expenses;
- Have your athletically related financial aid determined by anyone other than the University;
- Participate on teams other than those fielded by the University during the academic year (for soccer, volleyball, and field hockey after May 1). (This includes tryouts, exhibitions or tournament games.)

Extra Benefits

You are asked to be especially careful about accepting any "extra benefits" from an athletic booster or supporter.

An "extra benefit" is defined as any special arrangement by an athletic representative (booster) or an institutional staff member to provide a student-athlete or his or her relatives with a benefit not permitted by the NCAA legislation. There will be eligibility

consequences if you are found to have accepted anything that is impermissible under NCAA rules.

Some examples of "extra benefits" and things that you must be particularly careful about include (but are not limited to):

- Loans or cash, in any amount (even for just 5 minutes), or co-signing for a loan;
- Special discounts on goods and services such as car repairs, haircuts, legal services;
- Discounted meals at local restaurants;
- Free or reduced housing and/or board during the summer or academic year;
- Payment for your transportation or loaning you a vehicle for a trip home or to any other location for ANY reason;
- Payment of room, board or transportation costs for your friends or family when they visit campus or attend an away athletic contest;
- Free long distance phone calls for you, your friends or relatives;
- Gifts of any kind, including birthday and holiday gifts;
- Transportation while employed that is not provided to all employees.

It is important for you to remember that the rules regarding "extra benefits" are in effect throughout the entire year, including the summer and semester breaks.

If anyone approaches you with offers such as those above, you should notify your Head Coach or the Office of Compliance as soon as possible. Remember that you are the one who will suffer and potentially lose participation opportunities by accepting anything that is against NCAA rules.

Gambling (NCAA Bylaw 10.3)

The NCAA rules on gambling prohibit student-athletes from knowingly being involved in any of the following activities:

- Providing information concerning intercollegiate athletics competition to individuals involved in organized gambling activities;
- Soliciting a bet on any professional or intercollegiate team;
- Accepting a bet on any team representing the institution;
- Soliciting or accepting a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value;
- Participating in any gambling activity that involves professional or intercollegiate athletics through a bookmaker, a parlay card or any other method employed by organized gambling.

You are required by the NCAA and the Division of Athletics to report any individual who offers gifts, money or favors in exchange for supplying information or for attempting to alter the outcome of any contest. Such individuals should be reported to your coach, sport administrator, and/or the Compliance Office. The rules prohibiting gambling as described above also apply to your coaches and all other staff members in the Division of Athletics.

Eligibility Consequences

The NCAA has adopted a two-tiered penalty structure for student-athletes who violate the gambling rules.

Penalty A: **Permanent Loss of All Remaining Eligibility In All Sports**

If you:

- Engage in any activity designed to influence the outcome of a contest;
- Engage in any activity designed to affect win-loss margins (i.e. "point shaving");
- Solicit or accept a bet on your institution; or
- Participate in any gambling activities through a bookmaker, a parlay card or any other method employed by organized gambling that involves your institution.

Penalty B: **Ineligible for All Competition for Minimum One Year and Loss of One Season of Competition**

If you:

- Solicit or accept a bet on intercollegiate or professional athletics; or
- Participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling.

Under this level, if a student-athlete involved in a subsequent violation of Bylaw 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports.

You should also be aware of the legalities of gambling at an institutional and state level. Understand that the consequences at the University level may be expulsion, and the University will also assist with the enforcement of federal, state, and local anti-bribery laws.

Situations to Avoid

Be sure to report any such attempts to your coach, sport administrator and/or the Compliance Office. As always, you jeopardize your eligibility by showing dishonesty in evading or violating NCAA rules. Keep in mind the following guidelines related to gambling:

- Never supply information about your team to strangers;
- Never accept any "free rides" from strangers such as meals, presents, etc.;
- Never accept any money from a "fan" for a game "well played";
- Never discuss the condition of injured teammates or the attitude of your team with anyone other than your teammates and coaches;
- Never attempt to sell your complimentary admissions to anyone.

Whom to Contact

If you should have any questions regarding gambling, contact the Office of Compliance at [860-486-1211](tel:860-486-1211). However, if you feel threatened by anyone contacting you for team information, call the UConn Police 24 Hour Hotline at [860-486-4800](tel:860-486-4800) or dial 911.

Medical Hardship

A "medical hardship" is defined as an incapacitating injury or illness which occurs under the following conditions: (1) it occurs during the first half of the playing season that concludes with the NCAA Championship in the sport and results in the incapacity to compete for the remainder of that playing season; (2) it occurs in one of the 4 seasons of intercollegiate competition at any 2-year or 4-year collegiate institution; and (3) it occurs before you have competed in 3 contests/dates of competition or 30% of the scheduled events in your sport (whichever is greater). A student-athlete may be granted an additional season if they suffer a medical hardship. If you believe that you have a situation that meets these criteria, please see the office of Compliance.

Outside Competition (Academic Year and Summer)

Please remember that NCAA rules do not permit student-athletes to participate as members of any outside team in non-collegiate amateur competition during the academic year. There are a few exceptions to this rule. If you are interested in participating on an outside team during the academic year, you must see your Head Coach and the Office of Compliance to determine if such participation is permissible.

Participation on outside teams during the summer is permissible. The NCAA does restrict the number of individuals from UConn who can participate on the same team in the sports of baseball, basketball, field hockey, lacrosse, soccer, softball and volleyball.

Summer Basketball Leagues

If you wish to participate in a summer basketball league, the league must be certified by the NCAA. You must see the Office of Compliance to confirm certification of the basketball league and obtain the approval of the Athletic Director prior to any participation in basketball during the summer. A student-athlete may compete during the period between June 15 and August 31 or the institution's opening day of classes (see Bylaw 17.02.11.3), whichever comes earlier.

Transfers

The NCAA requires extensive documentation on a transfer student-athlete who wishes to compete in athletics at a new school (referred to as the certifying institution) prior to certification of eligibility. All students who have ever attended a 2- or 4-year school full-time, even those who did not participate in athletics at the former institution, are considered to be a transfer. A "Transfer Student-Athlete Certification of Eligibility" form must be completed by the Office of Compliance, Transfer Admissions (2-4, 4-2-4 only) and the Registrar's Office before a transfer student-athlete can be certified.

All transfer student-athletes must meet with the Office of Compliance during the initial student-athlete meeting or individually before they can participate.

Factors Affecting Eligibility After Transfer

Your status as an eligible UConn student-athlete who has transferred from another 2- or 4-year school may be dependent on several factors. These may include:

- Were you a “qualifier”, “partial-qualifier” or “non-qualifier” coming out of high school or prep school?
- What was your athletic history at your former institution?
- What was your age when you first entered a 2- or 4-year school full-time?
- Do you qualify for a waiver of the residence requirement?
- Does your previous institution have any objection to a waiver?
- Were you recruited out of high school?
- Did you attend a UConn branch school that did not conduct an intercollegiate athletics program?

As you can see, your status as a transfer can be a very complicated issue. It is important that you inform your head coach, upon initial contact, of any transfer history you may have. You would then need to make an appointment to discuss your history with the Compliance Office in order to determine your eligibility.

Transfer from One American Athletic School to Another

A student-athlete may transfer from one American institution to another American institution and participate in any sport provided that:

- 1) Prior to competing for or receiving athletically related financial aid from the second Conference institution, the student-athlete serves a year in residency at the second Conference institution [two full semesters or three full quarters (which shall be determined in accordance with NCAA rules associated with transfers)]. During such year of residency, the student-athlete is permitted to practice pursuant to NCAA practice eligibility rules. Further, a transfer student-athlete admitted after the 12th day may not utilize the semester for the purpose of establishing residency.
- 2) The student-athlete shall be charged with the loss of one (1) season of eligibility (in all sports).
- 3) There are no exceptions or waivers to this policy.

In all situations, the NCAA rules regarding transfer students must be applied.

Transferring from UConn

The decision to transfer from UConn to another institution is a matter that requires very careful thought. Below is a summary of NCAA rules which will help you better understand the consequences of such a decision.

- Before you may begin to discuss possibilities with a new school, your potential future school must first receive written permission from the UConn athletic administration;

- First, inform your coach of your interest in going elsewhere. It is important for you to understand that if you or your parents make contact with a new school they are obligated to let UConn know. The new school must receive written permission from us in order to have further discussions with you;
- NCAA regulations require that you sit out at the new institution for one academic year prior to participating in athletics unless you meet the requirements of the “One-Time Transfer Exception”. This exception is not available to football, basketball or men’s ice hockey players, unless you are transferring to a Division I-AA, II or III institution;
- One-Time Transfer Exception - In sports other than football (except when transferring from Division I-A to Division I-AA), basketball or men’s ice hockey, it is possible under NCAA rules to receive a one-time exception to the one-year residency requirement under certain circumstances. In other words, you may be immediately eligible at a new school if all of the conditions listed below are met:
 - You participate in a sport other than football, basketball or men’s ice hockey;
 - It is your first transfer from one four-year college;
 - You are in good academic standing and would be eligible if you returned to UConn;
 - A graduate student-athlete who is enrolled in a specific degree program in a graduate or professional school of an institution other than the institution from which he or she previously received a baccalaureate degree may participate in intercollegiate athletics, provided the student-athlete has eligibility remaining and such participation occurs within the applicable five-year period set forth in Bylaw 14.2.;
 - The University of Connecticut certifies in writing that there is no objection to the granting of an exception to the one-year residency requirement;
 - A participant in Division I-AA football at the institution to which the student is transferring may use this exception only if the participant transferred to the certifying institution from an institution that sponsors Division I-A football and has two or more seasons of competition remaining in football or the participant transfers from a Division I-AA institution that offers athletically related financial aid in football to a Division I-AA institution that does not offer athletically-related financial aid in football.

If you are not granted permission to discuss transfer possibilities with the new school, you may request a hearing with an institutional committee outside the Division of Athletics. If you are denied a “release” to waive the residence requirement, you will be ineligible to receive athletic aid at the new institution. You may decide to go ahead and transfer anyway, in which case you would be able to practice. However, you could not receive athletic aid nor could you compete.

In all transfer cases, it is vital that you become familiar with the ramifications of your activities before you take action. Consult the Compliance Office or the Faculty Athletics Representative for information as soon as you think you may want to transfer.

Countable Athletically Related Activities

The NCAA has established time limitations on your athletic participation. Your participation in countable athletically related activities is limited to a maximum of 4 hours per day and 20 hours per week, with one mandatory day off (which may include a travel day) during the season. Outside of the declared playing season,

your participation in countable athletically related activities is limited to a maximum of 8 hours per week, limited to those activities listed below. In addition, you must have two mandatory days off during this time. At the request of a student-athlete(s), a coach may provide individual skill instruction during 2 of those 8 hours. This "individual skill instruction" is voluntary and must be at your request.

Countable athletically related activities may not be conducted at any time (including vacation periods) following competition, except between contests, rounds or events during a multiday or multi-event competition (e.g., double-headers in softball or baseball, rounds of golf in a multiday tournament).

Sports other than Baseball and Football. Participation by student-athletes in individual skill-related instruction in sports other than baseball and football is permitted outside the institution's declared playing season, from the institution's first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution's final examination period at the conclusion of the academic year [see Bylaw 17.1.6.2-(a)]. More than four student-athletes from the team may be involved in skill-related instruction with their coaches from September 15 through April 15. Prior to September 15 and after April 15, no more than four student-athletes from the same team may be involved in skill-related instruction with their coach(es) at any one time in any facility. Skill-related instruction shall not be publicized and shall not be conducted in view of a general public audience.

Bowl Subdivision Football [FBS]. Activities between the institution's last contest and January 1 are limited to required weight-training, conditioning and the review of game film. A student-athlete's participation in such activities shall be limited to a maximum of eight hours per week, of which no more than two hours per week may be spent on the viewing of film. All activities beginning January 1 and outside the playing season shall be conducted pursuant to Bylaw 17.11.6.

Baseball. In baseball, participation by student-athletes in skill-related instruction is permitted outside the institution's declared playing season, from the institution's first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the final examination period at the conclusion of the academic year [see Bylaw 17.1.6.2-(a)]. More than four student-athletes may be involved in skill-related instruction with their coaches from September 15 to one week prior to the final examination period for the fall term and from January 15 through April 15. No more than four student-athletes may be involved in skill-related instruction with their coaches at any one time in any facility prior to September 15, from the opening day of classes of the institution's second academic term to January 15 (for those institutions that begin classes prior to January 15) and after April 15. Skill-related instruction shall not be publicized and shall not be conducted in view of a general public audience.

Individual skill instruction is permissible in all sports except football. Countable athletically related activities include:

- Practice and competition;
- Required weight training and conditioning;
- Participation in a Division physical fitness class or individual workouts;
- Divisional review of athletic practice, contest films videotapes;
- Required camp, clinic or workshop participation;
- Athletically related meetings;
- Required on-court/on-field activities; and
- Required team-building activities.

These NCAA regulations will be further explained by your coach.

Practice

A practice is any meeting, activity or instruction involving sports-related information and having an athletic purpose which is held at the direction of, or supervised by, any member of the University's coaching staff. A team meeting to discuss only the drug-testing program, academic orientation, etc. would not be considered practice, and it would not count against your hour limitations.

Complimentary Admissions

Complimentary admissions to team competitions are distributed in accordance with NCAA rules and regulations, which allow each student-athlete a maximum of four complimentary admissions per event in his/her sport. NCAA regulations do not permit the distribution of "hard tickets". Admission is through a pass list. It is not permissible to receive anything of value in exchange for use of complimentary admissions.

Allocation of Complimentary Admissions

All eligible student-athletes whose events require paid admission receive four complimentary admissions per home event in their sport. Two complimentary away admissions are provided to eligible members on the official traveling roster for each event. The NCAA has eliminated the restrictions on who may receive the player complimentary admissions. However, UConn institutional policy prohibits UConn Faculty or Staff members from receiving complimentary admissions. Additionally, high school/AAU/club team/2-year college coaches must be placed on an institutional 'blue card' to receive complimentary admissions to home games. If you are interested in having an individual who fits into one of these categories attend a home game, please contact your coach or the Compliance Office to initiate the 'blue card' admission process. Student-athletes may now designate any four individuals on their ticket request list. A letter will be distributed to all student-athletes and parents describing complimentary admission policies and procedures.

Procedure for Obtaining Complimentary Admissions

Complimentary admissions (maximum of four for all home events) may be submitted online through the player-guest management system. You will be issued login and password information prior to the start of the season. Visit UConnHuskies.com. Under "Team Links" click "Player Guest Management" and login to the system. Follow the instructions to proceed with signing up your complimentary admissions.

Additional Admissions

Complimentary admissions can be transferred to a fellow team member. If you are interested in transferring complimentary admissions, you must do so by using the online player-guest management system. Be aware that you become responsible for any team member's guest even if you transfer your complimentary tickets to them.

Information for Your Guests

Please inform your guests that they must present a valid photo I.D. to obtain admission. For all home events held on campus, the designated gate will open an hour and a half prior to the game and remain open until the beginning of the second half. The opening of designated gates for complimentary admissions for home events held off-campus is determined by the stadium management. Guests are admitted through a pass list.

For men's and women's basketball in Gampel Pavilion, guests should use the West Entrance and follow signs to Will-Call. For games at the XL Center, guests should enter through the main lobby and proceed to the complimentary admissions tables on the left-hand side. The football complimentary admissions windows are located at Gate C of Rentschler Field. Soccer guests should enter the gate nearest the scoreboard. Ice hockey guests should enter the main entrance of the ice arena and proceed to the complimentary admissions table. Please remind your guests that they are also the guests of the University and should conduct themselves in an appropriate manner. All student-athletes are responsible for the conduct of their guests and may lose ticket assigning privileges should their guests not conduct themselves in an appropriate and civil manner.

RECRUITING PHILOSOPHY AND OFFICIAL VISIT POLICY

Recruiting Philosophy

Prospective student-athletes and their families should be afforded the opportunity to fairly and ethically assess their opportunities for academic and athletic success and integration into the University of Connecticut experience. The UConn personnel should be afforded the opportunity to fairly and reasonably evaluate a prospective student-athlete for admission and participation in the University's intercollegiate program.

The University of Connecticut is committed to operating the athletic program with the highest standards of behavior and practices in all areas, including recruiting. All University personnel and students involved in the recruiting of prospective student-athletes will conduct all recruiting activities in accordance with this commitment and in compliance with all applicable NCAA regulations.

In order to guide the staff, coaches, student hosts and visiting recruits, the University has established this policy to clearly state the University's expectations for recruiting visits, to provide a meaningful framework for a prospect and the University to make an informed decision about the prospects attendance at the institution and participation in the athletic program. This policy has been established as a procedure for staff and students to report concerns about recruiting practices, to state the University's intention to deal with any inappropriate recruiting activities swiftly, and to reinforce education and training in relevant areas to assist staff and students to adhere to these high standards. The University seeks to prevent recruiting abuses by these actions.

The recruiting process offers an avenue to extend athletic participation beyond high school, but a more important goal is that prospects selected to be student-athletes at this University contribute constructively to the academic mission of the institution and in turn, benefit by gaining knowledge and tools through education and athletics participation in preparation for their vocations and future contributions to society.

Hosting a Prospective Student-Athlete

When a prospective student-athlete visits UConn, you may be asked to serve as his or her host. From your own recruitment experience, you know that the NCAA has strict rules and regulations that must be followed. Please keep in mind that you are responsible for the prospect while he or she is on his or her visit.

If you are a student-athlete host, the recruiting coach may provide you with \$40 for each day you host the prospective student-athlete. This is to cover all "actual and necessary" expenses you incur in entertaining the prospect and his/her parents/legal guardians. If you entertain more than one student-athlete, you may receive an additional \$20 per day for each prospect. This money may not be used for souvenirs (e.g. hats, t-shirts, institutional logo items, etc.). Additionally, at the time you receive expense money from the recruiting coach, you will be asked to sign a form stating that you received expense money. At this time, your coach will review with you the NCAA rules for hosting a prospective student-athlete.

If complimentary admissions are to be part of the entertainment package, your coach will explain the procedure for obtaining admission for both you and the prospective student-athlete. You should accompany the prospective student-athlete to that event during the prospect's visit to campus. Admission to games will be through the entrance that normally handles complimentary admissions. You and the prospective student-athlete are required to show a photo I.D. to obtain the complimentary admissions.

As a host, treat prospective student-athletes with the friendliness which typifies our athletics program. Give each of them a taste of the distinctive environment which makes UConn unique.

Do your best to represent the athletics program and the University favorably. Be aware that your impression of the prospective student-athletes you host will be of interest to your coach.

Inappropriate activities:

- Attendance at adult entertainment facilities;
- Excessive meals;
- Provision of alcohol to recruits;
- Provision of excessive transportation, such as limousines;
- Use of escort services, exotic dancers, or any other similar services;
- Participation in any unethical or illegal activity, that violates criminal law or NCAA rules such as provision of drugs or participation in gambling activities;
- Activities at any location that may cause a perception of impropriety.

Appropriate activities:

- Take the prospect out for a snack;
- Take the prospect to the movies;
- Take the prospect to an on campus athletic or student event;
- Take the prospect to a video games arcade or to play pool;
- Take the prospect to engage in recreational activities (e.g., swimming, bowling, etc.).

Travel, Meals, Lodging, Recruiting Aides, Prospect and Student Host Forms

- Recruits utilizing air transportation to visit campus will use coach class commercial airfare;
- For on campus transportation, only the following vehicles will be used: office vehicles normally used by the Division of Athletics, Admissions and the Visitors Center to transport prospective students during campus visits; personal vehicles of student-athletes; and personal vehicles of coaches;
- All recruits and their parents/guardians will be housed in standard lodging available to all guests at that particular hotel/inn, or in a University dormitory;
- All meals provided to recruits and their parents/guardians will be comparable to meals provided to student-athletes during the academic year;
- No personalized recruiting aides (such as personalized jerseys, personalized audio or video scoreboard presentations, etc.) may be used. Also, no game day simulations may be implemented;
- Student hosts are required to read and sign a Student Host Receipt Form prior to receiving host money;
- Use the student host money to entertain the prospect following the appropriate forms of entertainment as outlined in these policies;
- Following entertainment activities, return the prospect safely to their place of lodging within a reasonable hour or by the curfew, if established by the coach;
- Return any unused host monies to the head or assistant coach;
- Inform the head or assistant coach of the entertainment activities that occurred during the visit;
- The recruit is asked to read and sign a Prospect Receipt Form at the conclusion of the visit;
- The coach will complete and sign the Official Visit Recruiting Record and then submit to the Compliance Office within 5 days after the visit has ended.

Oversight, Monitoring and Enforcement

While the control of the Athletic program rests with the President and the Athletic Director, others at the University have important roles to play in preventing and reporting recruiting abuses.

- The responsibilities of the head coach are clearly stated above;
- The Sport Administrators are responsible to monitor recruiting activities to be sure the coach is fulfilling his/her responsibilities as noted above;
- The Compliance Office will assure that the coaches have reviewed these policies and that the coaches have reviewed these policies with their teams;
- The Compliance Office will assure that the following documents are submitted after each official visit: signed Official Visit Recruiting Record (showing a complete itinerary including methods of transportation, documentation of individuals present at all meals), signed Student Host Receipt Form, signed Prospect Receipt Form;
- Staff, coaches and student-athletes will be informed that any concerns about the recruiting process should be reported to the Senior Associate Director of Athletics for NCAA Rules Education and Compliance Services, who will in turn inform the Athletic Director, so that appropriate action can be taken. In cases of potential NCAA infractions, institutional investigative and enforcement policies will be followed, including informing the Faculty Athletics Representative and Office of the Attorney General. If circumstances warrant further action, appropriate campus and/or law enforcement authorities will be informed. If as a result of investigations it is determined that a violation(s) occurred, swift and appropriate action will be taken along with a self-report of the violation(s) submitted to the Conference and/or the NCAA. An annual report of all recruiting violations shall be filed with the Conference;
- Staff, coaches or student-athletes found to be in violation of these policies would face disciplinary action, which may include termination of employment or cancellation of athletics aid.

STUDENT-ATHLETE FINANCIAL AID

Grant-In-Aid Information

A financial award given to a student-athlete based upon athletic ability is considered an athletic grant-in-aid. According to NCAA regulations, a full grant-in-aid is financial aid that consists of tuition and fees, room and board, books, and other expenses related to attendance at UConn up to the cost of attendance.

Once a grant-in-aid is awarded, the University is committed to fulfilling its financial obligation to you until your eligibility is exhausted. However, please remember that athletics grants are one-year, renewable awards.

Grants-in-aid may be canceled or reduced during the period of the award if you:

- Render yourself ineligible for athletic competition;
- Misrepresent information on your application, Letter of Intent or Financial Aid Agreement;
- Engage in serious misconduct that brings substantial disciplinary penalty;
- Voluntarily withdraw from your sport for personal reasons.
- Engage in serious or repeated violations of written team policies

Procedures for Picking Up Your Stipend

If you are receiving a stipend in lieu of room and board and you live off-campus, you must have a signed copy of your lease on file in the Office of Compliance before a check will be issued. Refunds will be issued at the beginning of the semester by direct deposit of check. The check may be picked up at the Office of the Bursar in the Wilbur Cross Building with a valid I.D. card.

Please note that you must be enrolled full time to receive your refund, unless you meet an exception.

If you have any questions concerning your stipend, please contact Julie Purcell, Assistant Director of Compliance, 486-4580.

University Charges Not Covered By The Division of Athletics

There are always questions about what expenses are covered when a student-athlete is receiving a full athletics grant-in-aid. Tuition and fees, room and board, required course related text books are covered.

Some of the types of charges that the Division is not allowed to pay per NCAA rules and regulations are as follows:

- Long-distance phone charges made from your dorm room (or anywhere else);
- Cost of treatment for non-athletically related injuries;
- "Consumable university charges", which can be anything from lab fees for breakage to non-required field trips;
- Library fines;
- Fines for damage to University property, including your dorm room;
- Replacement of a lost residence hall key;
- Replacement costs for a lost student I.D.;
- School supplies, dictionaries, reference books, pens, notebooks, paper, art supplies, etc. (unless provided by the NCAA Student-Athlete Opportunity Fund);
- Parking stickers or fines;
- Vehicle registration fee; and/or
- Loss of or failure to return issued athletic equipment.

Renewal or Non-Renewal of Athletics Grant-in-Aid

If you believe the decision to reduce or cancel your aid is unfair or unjustified, you may request a hearing as provided by NCAA regulations. To make this request, contact the Director of Financial Aid, located in the Wilbur Cross Building, Room 102 within 2 weeks of the date of the non-renewal or reduction letter. A hearing will be scheduled with the Financial Aid Appeals Committee.

Hearing Protocol

A hearing brings several people together in an effort to allow for the full consideration of a financial aid appeal. The hearing participants may include the student-athlete, the coach, witnesses, one or more support persons and members of the Financial Aid Appeal Committee. The Director of Student Financial Aid Services will serve as Chair and will select two other University officials to serve on the committee. The Senior Associate Director of Athletics/NCAA Rules Education and Compliance Services will be present and serve as an information resource to the committee.

The Chair shall have the authority to discharge or remove any person whose presence is deemed unnecessary or obstructive to the proceedings. The number of witnesses coming to the hearing should be presented to the Chair of the hearing at least two days prior to the hearing.

An essential component of any hearing is the determination and the weighing of the facts that pertain to the non-renewal of athletics grant-in-aid. Therefore, it is vital that personal statements and other information be presented clearly. All participants are expected to be respectful of each other's purpose in the hearing process and to conduct themselves according to the direction of the Financial Aid Appeals Committee Chair.

The hearing will open with the Chair of the Financial Aid Appeals Committee explaining the appeal process, including the organization of the hearing, participant presentations, rebuttal (if needed) and time lines on notification of results to all parties. The person(s) requesting the appeal hearing will give the first presentation, followed by the person representing the Division of Athletics. The committee may ask questions of either party as appropriate. The hearing will conclude with the Chair apprising all parties of the remaining process and timelines for notification. Within 10 days, the Financial Aid Appeals Committee will reach a decision. Each party will be notified of the committee's decision in writing.

The committee's decision is final.

NCAA Student-Athlete Opportunity Fund (SAOF)

The Student-Athlete Opportunity Fund is intended to provide direct benefits to student-athletes or their families as determined by conference offices. As a guiding principle, the fund shall be used to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics, enrollment in an academic curriculum or that recognize academic achievement. Accordingly, receipt of Student-Athlete Opportunity Fund monies shall not be included in determining the permissible amount of financial aid that a member institution may award to a student-athlete. Further, inasmuch as the fund is designed to provide direct benefits to student-athletes, the fund is not intended to be used to replace existing budget items.

All student-athletes, including international, are eligible to receive SAOF benefits, regardless of whether they are grant-in-aid recipients, have demonstrated need or have either exhausted eligibility or no longer participate due to medical reasons.

Post Eligibility Aid

The University is extremely proud of the high graduation rates of its student-athletes. Because it is the goal of the Division to help all student-athletes conscientiously working toward a degree, the Division of Athletics will make every effort to financially assist you if you have not graduated by the time you have completed your eligibility. Such assistance must be recommended by your head coach to the Athletic Director. This is not an automatic benefit; but if, based on your record, it is felt continued aid should be given; every effort is made to provide such assistance.

Impermissible Benefits

If you accept impermissible aid you may lose your eligibility, your scholarship and your right to compete in intercollegiate athletics. Please check with the Office of Compliance if you are unsure of any aid source.

The kind and/or amount of outside scholarships and awards you may receive as a student-athlete is limited by NCAA rules. Outside scholarships and awards are funds provided to a student-athlete by sources other than the Division of Athletics, the University, Government Grants/Loans or someone you are naturally or legally dependent upon. The NCAA rules apply whether or not you are receiving athletic scholarship. Each year, you must notify the Office of Compliance if during the year you will receive any outside awards.

The problem is that most student-athletes think of impermissible benefits in terms of accepting gifts or money. While certainly that is one form of an impermissible extra benefit, you also cannot:

- Receive more than the allotted number of complimentary admissions;
- Sell complimentary admissions at any price;
- Receive outside financial aid without notifying the Office of Compliance
- Receive material benefits that are not available to the general student body.

This means that you should not accept special discounts on purchases or services, or even accept special payment arrangements on any purchases. Be very careful of “free” or “special” benefits that someone wishes to give you. If you are in doubt about such benefits, check with your coach or the Office of Compliance.

ADDITIONAL FINANCIAL ASSISTANCE

Any financial assistance in addition to a partial or full athletics grant-in-aid (such as outside grants and loans) must be in accordance with appropriate Conference and NCAA rules and regulations, and must be reported annually. Therefore, if you are on an athletics grant-in-aid, it is important that you check with your coach and the Office of Compliance before accepting additional aid. Your combined aid amount may not exceed the equivalent of a full scholarship (a notable exception is described under “Pell Grant” below), and additional financial assistance may count toward team scholarship limitations as established by the NCAA. If additional funds are needed, the Student Financial Aid Office, 486-2819, Room 102 Wilbur Cross Building, will help you investigate the possibility of student loans or federal grants, as well as assist you with the application process.

Again, if assistance is sought from the Student Financial Aid Office, be sure to make clear any funding you already receive as a student-athlete. Before any other form of aid is accepted, you should discuss it with your coach or the Compliance Office.

Listed is a brief explanation of several options for additional financial assistance.

Pell Grants

You may qualify as a recipient of both an athletics grant-in-aid and federal funds in the form of a Pell Grant. This money is available to you not only to supplement the funds of a partial scholarship, but may also entitle those on full scholarships to additional funds. Presently, you are allowed to receive Pell Grant funds up to \$5,550 above a full grant-in-aid.

These Federal Government grants:

- Require no repayment;
- Are determined by family need through a separate federal calculation; and
- Are for undergraduates only.

Supplemental Educational Opportunity Grants (SEOG)

- Require no repayment;
- Are based on determined need of the family and available funding; and
- Are for undergraduates only.

College Work Study (CWS) Program

- Provides job experience and additional income to help meet daily expenses of the student, other than the fee bill charges;
- Awards aid based on the financial need of the family and availability of University funds; and
- Is for both undergraduates and graduate students.

Perkins Loans

- Offers low interest rates;
- Are based on the determined need of the family and funds available;
- Promissory note must be signed by the student for both the fall and spring awards (must be repaid); and
- Feature deferred repayment—nine months after graduation for new borrowers and six months after graduation for previous loan recipients.

Stafford Loans

- Offer low interest rates;
- Limit loan amounts—depending upon semesters completed;
- Are available through banks, credit unions and other outside lending institutions participating in the Federal Student Loan Program. Applications available at lender’s office or Student Financial Aid Office;
- Are based on determined need of the family;
- Applications must be submitted to UConn to verify enrollment, cost of education, grade level and eligibility;
- Promissory note must be signed by student for agreement to repay; and
- Offer six-month grace period from graduation before student begins repayment.

Plus Loans

- Are available to parents to assist in meeting educational costs.

Procedures for Applying

The free application for Federal Student Aid is available after January 1 and must be received by the Federal Processor on or before March 1 for returning students. Incoming freshmen and transfers do not have a deadline although early filing is encouraged as financial aid is available on a first come basis.

The Federal Processor calculates the financial ability of your family to pay for your education. This information is then forwarded to UConn and is used to determine your eligibility to receive aid and the amount you may be awarded.

Additional documents you will need to submit include the previous year's Federal Income Tax returns for both you and your family. Copies must be signed and include all schedules and attachments.

Remember, additional information is available from the Student Financial Aid Office. Regardless of your financial situation, you are encouraged to discuss any related questions you may have with Annie Fiorvanti, Assistant Director of Compliance, 486-1652.

Non-resident Alien Student-Athlete Withholding Obligations

Scholarships, fellowship grants, grants, prizes and awards made by domestic sources are generally treated as income and therefore portions are subject to federal withholding tax. The Office of Accounts Payable will be the clearinghouse and will inform the Office of the Bursar the amount of tax that will be added to the fee bill each semester.

Non-Taxable Portion of Scholarship

- Tuition and fees required for enrollment or attendance at an educational organization, and
- Fees, books, supplies and equipment required for courses of instruction at the educational organization.

Taxable Portion of Scholarship

- Room, board, or incidental expenses received under the scholarship.

The institution must withhold tax at 14% on amounts received that are not for tuition and related expenses. A prorated portion of allowable personal exemptions based on the projected number of days that the student will be in the country is allowed. The amount will be charged to the fee bill.

There are certain countries that have a tax treaty with the United States and therefore nonresident alien students from these countries are tax exempt. Israel, Russia, and Trinidad are three of the countries with a tax treaty so these students will have no tax obligation.

STUDENT-ATHLETE EMPLOYMENT

A student-athlete on a full athletics grant-in-aid may hold a job (on or off campus) during the academic year or vacation periods. Prior to beginning employment, you must secure approval through the Office of Compliance.

Employment Rules

The following rules are applicable to any type of student-athlete employment:

- The rate of pay is to be the normal rate of pay for the duties performed;
- The hours paid must be for hours actually worked;
- Payment in advance of hours worked is not permitted;
- Transportation to work may be provided only if transportation is available to all employees; and
- Payment must be in check form. No cash payments allowed.

YOUR PHYSICAL WELFARE

Because your physical and mental well-being is essential to your success, both as a student and as an athlete, the Division of Athletics feels a strong responsibility to help you reach and maintain your optimum health.

Sexual Violence Awareness

Crimes of sexual violence comprise any form of unwanted, unwelcome, forceful or coercive sexual contact. These behaviors include but are not limited to: sexual harassment, stalking, and sexual assault. Sexual violence can happen to anyone regardless of race, gender, age, sexual orientation, economic status, or profession.

The University of Connecticut is committed to creating and maintaining a campus environment free of all forms of sexual violence, harassment, exploitation, or intimidation.

Every member of the University community should be aware that sexual violence is prohibited by law and by University policy and that the University will not tolerate any form of sexual violence.

The University will take appropriate action to prevent, correct, and discipline behavior that is found to violate the [University's Policies](#). All reports of sexual assault are taken with the utmost seriousness, and the individuals involved will be referred to the appropriate persons for assistance. Victims of sexual assault can expect to receive information regarding available resources.

More information can be found at:

<http://www.sexualviolence.uconn.edu>

University's Policy on Harassment

You are a part of a community that stimulates and supports individual ethical integrity, and celebrates community diversity. The University does not condone harassment directed toward any person or group within this community—students, employees or visitors. Every member of the University is to refrain from actions that intimidate, humiliate or demean persons or groups, or that undermine their security or self-esteem.

This includes behavior that denigrates others because of their race, ethnicity, ancestry, national origin, religion, gender, sexual orientation, age, physical or mental disabilities (including learning disabilities), mental retardation and past/present history of a mental disorder.

If you believe you are being harassed or otherwise subjected to discrimination as detailed above, you are encouraged to consult the Office of Diversity and Equity in Wood Hall, 1st floor, 241 Glenbrook Road, 486-2943.

Complaints against students are governed by the Student Code rather than this policy. Any such complaints should be directed to the Office of Community Standards in Wilbur Cross, Room 301, 233 Glenbrook Road, 486-8402.

RRES Crime

Any crime believed by a law enforcement officer to be motivated by RACE, RELIGION, ETHNICITY or SEXUAL ORIENTATION is considered a RRES crime. If you are victim of, or witness to, a crime you believe is motivated by bigotry or bias, report it to the UConn Police Department at 486-4800, 126 North Eagleville Road.

All crimes motivated by bias and bigotry have the potential to recur, escalate and lead to counter-violence. The Police Department therefore, will conduct a swift, thorough investigation of all reported or observed incidents. Special emphasis is placed upon victim assistance and community cooperation.

In addition, it is the policy of the UConn Police Department to seek the assistance of state and federal prosecutors in every case in which civil rights violations can be shown.

Hazing

Hazing Policy

As stated by the Office of Community Standards:

Hazing in any form is prohibited at the University of Connecticut. Hazing is defined as an act which endangers the mental 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 in a group or organization. The express or implied consent of the victim will not be a defense. Apathy or acquiescence in the presence of hazing are not neutral acts; they are violations of this rule.

Penalties

In cases of individual violators, appropriate disciplinary action may be imposed as outlined in the Responsibilities of Community Life: The Student Code. In cases where organizations have authorized such conduct, loss of privileges, temporary suspension of registration, or rescission or termination of registration may be imposed. Such penalties shall be in addition to any penalties pursuant to the penal law (Public Act Number 88-328) which violator or organization may be subject.

Reporting

If you feel you have been hazed or harmed, or you have seen or know of a hazing/harmful incident, you are encouraged to report the incident using our on-line form by going to our website and clicking on the link. <http://community.uconn.edu/hazing-policy/>

Alcohol Use

State law sets a minimum age for the purchase and consumption of alcoholic beverages at 21 years of age. Even after reaching 21 years of age, student-athletes are prohibited from drinking alcoholic beverages when traveling with, or representing, their teams. Additionally, alcoholic beverages are not to be consumed while attending athletic or athletically sponsored events. Reported violations will be investigated by the Division of Athletics and appropriate actions will be taken.

If you feel you have an alcohol or chemical abuse problem, talk to the Director of Sports Medicine Services at 486-0404 or contact the Department of Alcohol & Other Drug Services, 486-9431, located in Wilson Hall for assistance or information on alcohol and chemical abuse. All counseling, both within and outside the Division of Athletics, is confidential.

Medical Care

The University offers an extensive sports medicine program. The program's goals are to prevent injuries whenever possible and to offer a rehabilitation program when necessary. The Sports Medicine Staff has a personal interest in you and your well being. In order to best serve you, it is vital that you report all injuries and illnesses, whether athletically related or not, to the athletic trainer assigned to your team as soon as possible.

Physical Examinations

The University requires all incoming freshmen and transfer students to undergo a physical evaluation and examination performed by the Sports Medicine and Athletic Performance Staff before participating in the intercollegiate sports program. In addition, all upperclassmen undergo a returning player exam. Additional interim exams may be necessary based on past medical history, as determined by the Sports Medicine Staff. A completed record of the physical must be on file in the Athletic Training Room.

Documentation of Previous Injury

All student-athletes are asked to complete the Initial Pre-participation Athletic Health History form describing previous injuries and their past medical history. Previous injuries not fully disclosed or rehabilitated may disqualify you from participation until approval is received from the Director of Sports Medicine Services. If you are under the care of a physician not associated with the University of Connecticut, written permission must be received by the Sports Medicine Staff indicating when you may resume activity and if any limitations exist. However, the final determination regarding athletic participation rests with the Director of Sports Medicine Services.

Treatment of Athletically Related Injuries and Illnesses

You must report all injuries or illnesses (including those not athletically related) that might interfere with your ability to practice or participate in your sport to the Sports Medicine Staff or Director of Sports Medicine Services. If the injury occurred during practice or competition, you should see your team's athletic trainer as soon as possible. At that time, an evaluation is performed to determine the extent of your injury and your ability to practice or

compete that day. If necessary, an outside medical referral is made at this time.

Routine Health Care

The Sports Medicine Staff is available for your routine health care if desired. Treatment is also available for student-athletes through the Student Health Service, 234 Glenbrook Road. For routine care Monday-Friday from 8:30 am – 4:00 pm call 486-2719. After 4:00 pm and on weekends, care is available for acute illness and injuries only. Additionally, a twenty-four hour Advice Nurse Service at 486-3427 is available to answer questions about your illness or health-related needs.

Referrals

Whenever the Director of Sports Medicine Services feels that you should be referred to a specialist, the Sports Medicine Staff will make the necessary arrangements. Should you take it upon yourself to see another physician or obtain a second opinion without a written referral from the Director of Sports Medicine Services, you are financially responsible for any fees incurred.

If you would like a referral for a second opinion, you may discuss the referral with your team physician. The physician providing the second opinion outside the UConn Sports Medicine system must provide the Sports Medicine Staff with written or verbal evaluation and restrictions before you may resume your athletic participation. A follow-up visit with your team physician may also be required before participation is allowed.

Your coach cannot refer you to a physician without approval from the Director of Sports Medicine Services. Specific appointments and referral information will be arranged by an athletic trainer. If you cannot provide your own transportation, the Sports Medicine Staff will make the necessary arrangements.

A consultation between your parents and the attending physician will be arranged upon your request. All decisions regarding medical approval for participation in athletics, however, rests with the Director of Sports Medicine Services.

Emergency Treatment

If a life-threatening injury or emergency situation occurs while you are practicing or competing, your coach or athletic trainer will see that you are transported quickly to the nearest appropriate treatment facility.

For all other emergencies, dial 911.

Rehabilitation Care

Rehabilitation of injuries is provided by the Athletic Training Staff. In rare instances, the Director of Sports Medicine Services may refer an athlete to a physical therapist working in conjunction with the Sports Medicine Staff. Only athletes referred by the Director of Sports Medicine Services or team physician will have expenses for outside rehabilitation covered by Athletics.

The rehabilitation hours for each Athletic Training Room are posted on the door or are available through contact with the athletic trainer assigned to each team.

Preventive Taping, Wrapping or Bracing

Preventive measures such as taping, wrapping or bracing are prescribed at the discretion of your athletic trainer. You will be informed at the beginning of the season whether you need to follow these preventive measures, which methods to use and what procedures to follow. Adjustments may be made on your current medical condition as time progresses.

Athletic Training Rooms

There are five Athletic Training Rooms available for student-athletes at UConn. One Athletic Training Room is located in the Harry A. Gampel Pavilion on the ground level and one Athletic Training Room is located in the Hugh S. Greer Field House. In addition, the football Athletic Training Room is located in The Burton Family Football Complex and there is an Athletic Training Room at the Mark Edward Freitas Ice Forum, and at the Werth Family Basketball Center of Champions

Hours for the facilities are arranged according to the availability of the Athletic Training staff and the needs of the student-athletes. Check with your athletic trainer or coach for these hours. Hours will be communicated through your team's athletic trainer

Athletic Training Room Rules

The following is a list of rules that must be adhered to if the Athletic Training Room is to be effective in its role of prevention, treatment and rehabilitation of athletic injuries. Student-Athletes are expected to abide by all established Athletic Training Room rules. Disciplinary action will be taken when violations occur.

- The Athletic Training Room operates on a first-come, first-serve basis. Come early if you want to avoid the rush. Remember, you are never late for practice because you were detained in the Athletic Training Room, you simply didn't get to the Athletic Training Room early enough;
- Report all injuries immediately. New injuries or illnesses must be reported before 9:00 am the following day in order for the Athletic Trainers to report your prognosis to your coaching staff;
- You are responsible for getting your taping or treatments done in time for all meetings and practices. All athletes must sign in for each treatment;
- Post practice treatments will only be administered after an athlete takes a shower. You must use your own white towel for treatment;
- Injured players are expected to report to each practice session. There is no excuse for missing a meeting or practice unless it is an emergency. Injuries requiring missed practice time must be excused by the Director of Sports Medicine Services, Head Athletic Trainer, an Assistant Athletic Trainer or a Graduate Assistant Athletic Trainer;
- Do not leave a drill or the practice field without the permission of your coach or athletic trainer. The practice field is your classroom, a place for you to work and learn. The athletic trainer will notify your coach if you are out;
- If you want to do something for your injury, apply ice, then mild compression and elevate the injured area. Never apply heat to an acute injury unless instructed to do so by your athletic trainer;

- Continue all treatment until you are medically released. Do not stop treatments just because your injury feels better;
- Do not handle any of the treatment modalities. All treatments are administered by the Athletic Training Room Staff;
- You are to use the Athletic Training Room for treatment only. No team meetings or study halls are allowed. The Athletic Training Room is not a club. The only reason to be in the Athletic Training Room is if you have business with an athletic trainer;
- No interviews are permitted in the Athletic Training Room;
- Abusive behavior or language is not tolerated;
- The Athletic Training Room is the medical center of the Division of Athletics. Help keep this area clean and orderly. No food or drinks are allowed in the Athletic Training Room;
- The Athletic Training Rooms are co-ed. Please wear appropriate clothing;
- No football or multi-cleated shoes of any kind are to be worn in the Athletic Training Room;
- No supplies should be removed from the Athletic Training Room without an athletic trainer's permission;
- The Athletic Training Room phones and computers are for business use only. Please do not ask the athletic trainers for the use of the phone or computer;
- Athletic Training Students should be treated with the respect due to any regular staff member;
- Injuries not sustained during team functions are not the responsibility of the Division of Athletics;
- Cell phones and portable music devices may not be used in any Athletic Training Room without permission from your athletic trainer.

MEDICAL EXPENSES

You must report any athletically related illness or injury to your team's athletic trainer or the Director of Sports Medicine before the Division of Athletics can assist you with any associated medical expenses.

Coverage provided by the Division of Athletics must be in compliance with NCAA regulations. The Division of Athletics is not allowed to pay for non-athletically related injuries or an injury that is the result of practice or competition in a sport other than the sport in which you participate. Therefore, if you are injured in an intramural sports game or in your dorm room, Divisional coverage is not available.

Unless the Director of Sports Medicine recommends otherwise, the Athletic Training Room is to be utilized for all athletically related treatments. All related medical bills and prescription expenses must be approved for payment by the Director of Sports Medicine in accordance with Division of Athletics and NCAA regulations.

The Division of Athletics does not assume any financial responsibility for medical treatment obtained without a referral from the Director of Sports Medicine Services. If a second opinion is requested, it must be authorized by the Director of Sports Medicine Services if it is to be paid for by the Division of Athletics.

Dental Care

Each student-athlete is responsible for his or her own dental care unless the need for such care is the result of an athletically related injury. Dental injuries received during formal practice or

competition are covered. If a mouthpiece was provided for your sport, it must have been worn at the time of the injury if the Division of Athletics is to accept financial responsibility.

All dental injuries should be reported to the Athletic Training Room Staff as soon as possible.

Corrective Lenses

Routine eye care is provided by an optometrist without charge to the student-athlete. Corrective lenses are not routinely furnished by the Division of Athletics. However, contact lenses or sports goggles may be provided if it is determined by the Director of Sports Medicine that they are necessary for intercollegiate athletics participation. The Division of Athletics will not be responsible for glasses or frames used for everyday activities.

INSURANCE COVERAGE

The Division of Athletics is responsible only for those injuries or illnesses occurring while you are participating in your sport. It is not responsible for any injuries sustained while participating in any other activities.

The Division has obtained secondary insurance to cover athletically related injuries. This policy requires that, if injured, you file a claim with your primary medical insurance carrier. Any expenses not covered will then be paid under the University's policy, subject to its limitations and conditions. All documents from the primary carrier which deny coverage (denial documents) must be forwarded by you or your parents as soon as possible to the Sports Medicine Staff.

Prior to the beginning of each new academic year, a cover letter, insurance questionnaire and a summary statement of the University's insurance coverage are sent to your parents. The questionnaire requesting information regarding your own health insurance coverage, along with a copy of your insurance card must be on file in the Athletic Training Room prior to your athletics participation in order for you to be covered by the University. Coverage is available for injuries that occur during participation in the student-athlete's intercollegiate sport or in supervised practice or training sessions for that sport. Any injury that occurs outside that setting is the financial responsibility of the student-athlete.

Filing a Claim

When you are referred to a physician or other "provider of service" (e.g. hospital, or other health care provider) outside the Sports Medicine Program and the Student Health Service for a condition which is covered by the University, you must take and use your primary insurance information.

Once the primary insurance company responds to the claim with either a denial or payment of the bill, you or your parents must forward the following to the Sports Medicine Staff:

- The itemized bill from each provider of service indicating services provided and the current balance;
- The insurance company's Explanation of the Benefit (EOB), which details the amount of their payment for the claim.

Upon receipt of these forms, the Sports Medicine Staff will promptly submit them along with a claim form to the secondary insurance company.

The potential involvement of two separate insurers can make the entire process of filing and tracking a claim from origination to completion a long, time-consuming process. The Division of Athletics will be more than happy to help in this process, but the student-athlete and their family must remain aware that it is their responsibility to initiate the claim with their primary insurer and to promptly forward records to the Division of Athletics. If a claim is denied by either the primary or secondary insurer because of delays by the student-athlete or their family, the Division of Athletics will not be responsible for the balance.

Post-Eligibility Insurance Coverage

The University realizes that certain injuries which are the result of intercollegiate athletics participation may require additional medical attention after a student-athlete has exhausted his or her eligibility. Therefore, secondary insurance coverage is provided for up to two years after the date of a student-athlete's injury. This coverage is dependent upon documentation of injury, reasonable adherence to medical advice during rehabilitation and no further evidence of post-competition re-injury. Each case will be individually reviewed for strict adherence to these guidelines.

SUBSTANCE ABUSE PROGRAM FOR STUDENT-ATHLETES

The abuse and misuse of drugs and alcohol is a major problem for all segments of contemporary American society. This problem is a complex one and solutions, if they exist, will be equally complex. In order to aid in the understanding of the problem and its potential solutions, the University of Connecticut has determined to develop a program of drug and alcohol education and testing for its student-athletes. It should be understood that there are no specific drug problems which are specific to student-athletes. However, student-athletes occupy a special position in the University community: they must maintain a high degree of physical fitness and alertness to perform to the best of their capacity in their athletic endeavors; they must adhere rigorously to the highest standards of ethical behavior in their chosen sports; and they must be prepared to be viewed as role models by their peers. These and other demands placed upon the student-athlete by the University community make it essential that student-athletes exist in a drug-free environment and learn to use alcohol in a legal and responsible manner. With the twin goals of a drug-free environment and responsible management of alcohol use in mind, the University has developed the following program of education and identification.

Educational Programs

In programs conducted by members of the University medical staff and other University personnel, student-athletes will become acquainted with the hazards of the use of both the performance-enhancing drugs and the so-called "street" or "illicit" drugs, including alcohol. The purpose of these educational programs will be to familiarize the student-athletes with the scope of the problem, to acquaint them with the facilities and procedures available to them should they experience problems of drug and/or alcohol abuse, and to begin to provide them with the tools necessary to live a life free from the problems associated with

either drug or alcohol abuse. All student-athletes shall attend these educational programs; such attendance will be a condition of their continuation as members of athletic teams at the University.

In addition to the educational programs for student-athletes, University staff will conduct a drug education program for coaches and other personnel of the Division of Athletics. This program will focus on identification of the signs of drug or alcohol dependency among the student-athlete population and on the procedures through which coaches and trainers may refer student-athletes to the appropriate medical personnel for evaluation and, if necessary, treatment.

The Purpose of Drug Testing

While the Division makes every effort to educate you concerning the dangers of drug abuse, drug testing is done to give you an additional reason to say "no," and to identify any student-athlete who is using a prohibited substance.

If you are found to be using a drug specified on the NCAA Banned Drug List, you will be counseled on the effects on you, and on fellow team members. You are also required to participate in drug assessment, education, counseling, and/or treatment programs as directed by the University.

Drug testing is done to ensure that you are medically competent to participate in intercollegiate athletics and to minimize your risk of being injured.

Drug Testing by the NCAA

As a UConn student-athlete, you are subject to drug testing by the Division of Athletics and by the NCAA. Under NCAA regulations, any student-athlete involved in any round of an NCAA championship (individual or team) or in a certified postseason football bowl game may be tested prior to, during or after the event. In addition, all student-athletes may be tested by the NCAA on campus at any time during the academic year. The NCAA also conducts testing over the summer, either on campus or where the student-athlete is residing during summer months.

If any of these tests confirm that you have used a banned drug, the NCAA will declare you ineligible for further participation in postseason and regular-season competition for one calendar year following your positive test and until you retest negative.

2014-2015 BANNED DRUGS (NCAA BYLAW 31.2.3.4)

1. The NCAA bans the following classes of drugs:
 - a. Stimulants;
 - b. Anabolic Agents;
 - c. Alcohol and Beta Blockers (banned for rifle only);
 - d. Diuretics and Other Masking Agents;
 - e. Street Drugs;
 - f. Peptide Hormones and Analogues;
 - g. Anti-estrogens; and
 - h. Beta-2 Agonists.

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

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

2. Drugs and Procedures Subject to Restrictions:

- a. Blood Doping;
- b. Local Anesthetics (under some conditions);
- c. Manipulation of Urine Samples;
- d. Beta-2 Agonists permitted only by prescription and inhalation; and
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

3. NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product and its label with the Sports Medicine staff!

- (1) Dietary supplements are not well regulated and may cause a positive drug test result.
- (2) Student-athletes have tested positive and lost their eligibility using dietary supplements.
- (3) Many dietary supplements are contaminated with banned drugs not listed on the label.
- (4) Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility to check with the Sports Medicine staff before using any substance.

Examples of NCAA Banned Substances in Each Class

[NOTE: There is no complete list of banned drug examples!]

Check with the Sports Medicine staff to review the label of any product, medication or supplement before you consume it!

1. Stimulants:

- e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents:

- e.g., boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

3. Alcohol and Beta Blockers:

- e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics and Masking Agents:

- e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs:

- e.g., heroin; marijuana; tetrahydrocannabinol (THC); etc.

6. Peptide Hormones and Analogues:

- e.g., human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. Anti-Estrogens:

- e.g., anastrozole; clomiphene; tamoxifen; formestane; etc.

8. Beta-2 Agonists.

- e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs, unless otherwise noted, is also banned!

[NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877-202-0769 or www.drugfreesport.com/rec password ncaa1, ncaa2 or ncaa3.]

It is your responsibility to check with your athletics staff before using any substance.

Additional information regarding non-therapeutic drugs and testing for championship events can be found in the NCAA's pamphlet, "The NCAA's Drug Testing Program."

UNIVERSITY DRUG TESTING PROGRAM

The University of Connecticut's program of drug testing for student-athletes is designed to enhance the overall health and well-being of student-athletes by determining, through random testing and testing based upon individualized reasonable suspicion, those individuals who are in need of assistance because of a possible reliance on addictive substances. If a student-athlete is identified, through the procedures described in the following section entitled "University Drug Testing Procedures", as a user of a specific drug or drugs, he or she will be referred to the appropriate medical personnel for evaluation, counseling, and treatment.

The drugs for which testing may be conducted include, but are not limited to:

1) **Street Drugs**, including *amphetamines, ecstasy (MDMA), barbiturates, benzodiazepines, cannabinoids (marijuana), cocaine, methaqualone, opiates, and phencyclidine (PCP)*;

2) **Anabolic Steroids**, including *oxymetholone, methandrostenedione, oxandrolone, ethylstrenol, stanozolol, and nandrolone* (among others);

3) **Nutritional Supplements**, including *androstenedione, androstenediol, norandrostenedione, norandrostenediol, DHEA, and ephedrine*. Although these supplements can be purchased legally, they are banned by the NCAA and other athletic governing bodies.

University Drug Testing Procedures

The University's drug-testing program is composed of three different testing regimens. The first of these is a random testing program. Under the random testing program, a random list of

student-athletes' names will be generated on a regular basis. These student-athletes will be contacted by members of the Sports Medicine Staff and will be required to be present at the drug testing site at the prescribed time. A student-athlete is considered to be subject to random drug testing at any time of the calendar year if the following conditions are met:

- 1) They are currently on an official roster of one of the intercollegiate athletic teams.
- 2) They are either enrolled in classes at the University *or* they are participating in workout programs that are either supervised by University of Connecticut Division of Athletics staff members or involve the use of University of Connecticut facilities.

The second testing regimen is the University's reasonable suspicion drug testing program. Drug testing in this situation may occur when there is reasonable suspicion that a student-athlete is using or has used either street drugs or performance-enhancing drugs. "Reasonable suspicion" means the identification of specific and identifiable facts which, taken together with rational inferences from those facts, provides a particularized and objective basis for suspecting that a student-athlete is using or has used either street drugs or performance-enhancing drugs. Examples of circumstances giving rise to reasonable suspicion could include but are not limited to: 1) observed possession or use of substances appearing to be street drugs or performance-enhancing drugs; 2) arrest or conviction for a criminal offense in connection with the possession or use of street drugs or performance-enhancing drugs; or 3) perceived abnormal appearance, behavior or performance reasonably construed as being caused by the use of street drugs or performance-enhancing drugs. Abnormal appearance, behavior, or performance includes but is not limited to decrease in class attendance, significant GPA changes, decrease in athletic practice attendance, increased injury rate or illness, changes in physical appearance, decrease in academic/athletic motivation, changes in emotional condition, mood changes, and legal involvement.

The determination of reasonable suspicion will be made by the Director of Sports Medicine. (In the absence of the Director of Sports Medicine, the determination will be made by their designee.) The information giving rise to reasonable suspicion can come, directly or indirectly, from any credible source, including but not limited to coaches, trainers, the Athletic Director, campus law enforcement officials, Division of Student Affairs employees, or other University officials or employees and may be conveyed directly to the Director of Sports Medicine or designee. If the Director of Sports Medicine, or designee as noted above, determines reasonable suspicion exists, the student-athlete will be tested for drugs. Any testing for drug use will be done as soon as practicable following the determination of reasonable suspicion. The student-athlete will be informed by the Director of Sports Medicine or designee as noted above, of the reasons for such testing prior to being tested. The Director of Sports Medicine, or designee as noted above, will also inform the Athletic Director and the Head Coach of the student-athletes team that a reasonable suspicion determination has been made and a drug test ordered.

The third testing regimen involves the possible testing of student-athletes prior to their participation in an NCAA Championship event or bowl contest where drug testing will likely be performed

by the NCAA. Positive test results from this testing will be handled in the same fashion as with all other tests.

The testing procedure for all three regimens will involve the collection of specimens of urine from the student-athlete. This collection procedure will be observed by Drug Free Sport.

When collected specimens are referred to an outside laboratory, a proper and effective chain of custody of collection specimens will be observed. The specimens collected from a student-athlete will be split into two samples, labeled "A" and "B", at the time of collection. Both samples will be sealed in the student-athlete's presence. The samples will then be forwarded to the outside laboratory for analysis. (The specific laboratory will be determined by the Athletic Director, or his designee.)

The testing laboratory will test specimen "A" from the student-athlete, using an immunoassay technique. If by immunoassay a student-athletes urine specimen is found to contain any of the drugs mentioned above or other street drugs or performance-enhancing substances, a secondary confirmation test performed by gas chromatography/mass spectroscopy will be performed. If this second test is positive, specimen "B" will be retained for possible later evaluation.

The Director of Sports Medicine or his/her designee shall notify the Athletic Director or his designee and the Head Coach of the results any student athletes' confirmed positive drug test. The Athletic Director, at his discretion, may make a determination to notify others, as he deems appropriate.

Sanctions for Substance Abuse

Any athlete suspended or expelled from the University as the result of a Code of Conduct proceeding is ineligible to participate in intercollegiate athletics during such suspension or expulsion. Any sanction(s) imposed under this Handbook, whether arising from the same facts or circumstances that gave rise to sanction(s) under the Code of Conduct or not, are wholly independent of such Code of Conduct sanction(s). Sanction(s) imposed under this Handbook may, however, overlap with any period of suspension or expulsion resulting from a Code of Conduct proceeding.

The primary purpose of the University's substance abuse program is educational rather than punitive and is designed to assist student-athletes in their desire to remain drug-free. However, in order for the program to serve as a deterrent to the continued use of either street drugs or performance-enhancing drugs, a system of sanctions must be developed for those student-athletes who test positively for the proscribed drugs and/or persist in the use of banned substances. These sanctions should not be viewed simply as retribution against the drug user but as means of aiding the user to free himself or herself from the harmful effects of drugs.

First Positive Test: Sanctions

Upon the first positive test of a student-athlete indicating the presence of any of the listed or other street drugs in the student-athlete's system at the time of testing, the Director of Sports Medicine (or designee) will notify the Athletic Director and the student-athlete's head coach. The Director of Sports Medicine (or designee) will also notify the student-athlete of a positive test result. Unless there is an appeal, the student-athlete will be

referred immediately to the appropriate personnel in Student Health Services for evaluation and for recommendation of specific treatment. The confidentiality of this initial evaluation and treatment process is critical and will be strictly maintained with the patient-physician confidential relationship preserved between the student-athlete and medical personnel. Student-athletes informed of a first positive test *must* report to the team physician for evaluation and treatment within an amount of time deemed to be reasonable by the Director of Sports Medicine. Refusal or failure to report will result in sanctions being placed upon the student-athlete equivalent to those levied for a second positive test result as defined below.

The student-athlete will be retested with the timing of this follow-up test to be determined by team medical personnel. If at any time during this period the student-athlete refuses evaluation or treatment by the appropriate medical personnel in Student Health Services, the sanctions equivalent to those for a second positive test will be imposed on the student-athlete.

Second Positive Test: Sanctions

A student-athlete who tests positively for street drugs during the follow-up test described above or *who tests positively at any other time during his or her career at the University* will not be permitted to participate in the equivalent number of twenty-five percent (25%) of the competitive events of a regular season schedule. For example, as a regular season football schedule is comprised of twelve (12) games, the sanction for a second positive test would be suspension from participating in 25% of twelve (12) games or three (3) games. The sanction of game suspensions would begin with the next scheduled game or event following the second positive test and would include, if applicable, postseason competitions. In the event that the full penalty of game or competition suspensions is not completed by the end of the current season, the remaining number of game suspensions will be carried over and served for in the next season. Prior to the end of this suspension period, the student-athlete will be re-tested. If this test is negative, the individual may be reinstated for competition. Following a second positive test, the Director of Sports Medicine or their designee will notify the same personnel as for a first positive test. Additionally, in the event of a second positive test, the student-athlete will be required to undergo more intensive treatment with the appropriate medical personnel. Refusal of the student-athlete to participate in this more intensive treatment program will result in the levying of sanctions equivalent to those of a third positive test.

Third Positive Test: Sanctions

Any student-athlete who tests positively for street drugs upon a third occasion *at any time during his or her career at the University* will lose his or her grant-in-aid and will be permanently barred from practice and competition in his or her sport or any other athletic event sponsored by the University (including intramural competition). Continued medical treatment for the drug-abuse problem will be offered to the former student-athlete during the time he or she remains as a student at the University of Connecticut. Prior to the application of these final sanctions and following any appeal of the positive test as referenced in the following section ("Appeal Procedures"), the student-athlete shall be provided the opportunity to meet with the Athletic Director for the purpose of establishing reasons why this sanction should not be applied. This meeting must be requested in writing by the

student-athlete within (5) days of a denial of the appeal of the third positive test or, if no appeal is requested, within (5) days of the notification of the third positive test. At any such meeting, the student-athlete shall have the right to bring a representative.

Appeal Procedures

Upon the first positive test, *or any subsequent positive test*, of a student-athlete indicating the presence of any of the listed street drugs or others in the student-athlete's system at the time of testing, the student-athlete will have a period of five (5) days in which to appeal the test result. This appeal consists of a request that specimen "B", collected at the time of testing and forwarded to the testing laboratory, be tested by the laboratory at the expense of the student athlete. If this test is confirmed positive, the student-athlete must follow the procedures outlined below. If the second test is negative, no action will be taken by the University, and the university will cover the expense of the test. It must be noted, however, that the occurrence of a negative test following does not eliminate the student-athlete from any further testing based upon either the random or the probable cause procedure described above. All student-athletes, irrespective of initial test results, may be subject to further selection for subsequent testing.

The student-athlete also has the right to appeal any positive test and have this appeal heard by the University Substance Abuse Program Appeal Committee. This appeal must be filed, in writing, within five (5) days of notification of the positive test result or within five (5) days of notification of a positive "B" sample if that testing has been requested. This written appeal is to be filed with Bob Howard, Assistant Athletic Director for Athletic Training.

The appeal of a positive drug test or its subsequent sanctions must be based upon one of the following: 1) Evidence of procedural error 2) Evidence which refutes the positive findings or a medical exemption consistent with NCAA standards.

Use of Non-Therapeutic Drugs

The Division of Athletics strongly believes that non-therapeutic drugs can be harmful to both your academic and athletic performance. Since drugs often produce behavioral changes, their use can cause problems not only for you but for your teammates as well.

Because of the seriousness of this problem, the Division of Athletics requires your attendance at drug education sessions to deter drug-related problems, and prescribes counseling and rehabilitation, if needed, to deal with any problem you might already have. A more in-depth discussion of the Division's drug education, testing and counseling program can be found in the "Your Physical Welfare" section of this Handbook.

Performance-Enhancing Drugs (including Anabolic and Androgenic Steroids)

Educational programs on performance-enhancing drugs, including steroids, will be conducted periodically during the year. Initial random testing or testing based upon probable cause or an individualized reasonable suspicion of the use of steroids will be conducted if necessary. Student-athletes testing positively for steroid or other performance-enhancing drugs at the time of these

initial or any subsequent tests will be subject to the sanctions described below.

Appeal Procedures

The student-athlete shall have the same rights of appeal, following the same procedures, for first and subsequent positive tests for steroids and other performance-enhancing drugs as for the first and subsequent positive tests for street drugs.

First Positive Test: Sanctions

A student-athlete who tests positively for the presence of anabolic or other steroids, or other performance-enhancing drugs, shall be barred from competing in University-sponsored athletic events (including intramural competition) for one calendar year from the date on which the sample associated with the positive test result was collected. Whether or not the student-athlete shall be allowed to practice with his or her athletic team will be left to the discretion of the coach and the Athletic Director. In addition to being barred from competition in intercollegiate or intramural athletic events, the student-athlete will be required to participate in an education and counseling program with the appropriate medical personnel.

Second Positive Test: Sanctions

A second positive test for steroids or other performance-enhancing drugs *at any time during a student-athlete's career at the University* will result in sanctions equivalent to those applied for a third positive test for street drugs: *i.e.*, the student-athlete will lose his or her athletic grant-in-aid and will be permanently barred from competition in any University sponsored athletic event (including intramural competition).

Conclusion

All student-athletes should remember that the intent and purpose of this substance abuse program is not punitive. Rather, it is educational and preventative. It is designed to insure that all student-athletes will remain drug-free and will continue to enjoy the benefits of being student-athletes at the University of Connecticut. It is also intended to provide the assurance that student-athletes at the University will continue to enjoy the mental and physical health and well-being which is such an important aspect of participation in intercollegiate athletics.

Changes which are observable in drug abuse and/or addicted athletes:

Any one or more symptoms does not mean an athlete is a drug user; however, as an athlete exhibits more of the named symptoms, the probability of abuse/addiction increases.

Physiologic Symptoms

1. Impaired coordination
2. Weight loss
3. Impaired judgment
4. Excessive activity
5. Drowsiness
6. Slurred speech
7. Needle marks
8. Constricted pupils

Psychological Symptoms

1. Loss of interest, motivation
2. Impaired judgment
3. Nervousness/mood swings
4. Restlessness
5. Anxiety
6. Intense short term highs followed by depression
7. Confusion

9. Dilated pupils
10. Blurred vision
11. Headaches (frequent)
12. Frequent sore throats, runny nose
13. Increased blood pressure
14. Decreased heart rate
15. Increased heart rate
16. Jaundice
17. Acne (changes)
18. General puffiness of tissues
19. Balding
20. Voice Changes
21. Facial Hair (in women)
22. Frequent signs of Aggression (fights)
8. Abusive, violent behavior
9. Paranoia
10. Negative attitude

Social Symptoms

1. Neglect of appearance
2. Change in friends
3. Frequently missed appointments
4. Change of entertainment
5. Withdrawing from social

Support Services for Substance Abuse Problems

On-Campus Services

On campus counseling for drug and alcohol problems is available. If a student-athlete or colleague needs help, he or she should be referred to one or more of the on-campus services listed below:

Mental Health Services - 8:30 am to 4:30 pm M-F
Emergency service available, call 486-4705

Department of Alcohol & Other Drug Services
Wilson Hall First Floor
626A Gilbert Road, Unit 1059
Storrs, CT 06269-1059
Phone: 860-486-9431
Fax: 860-486-9366
Aod.uconn.edu

Off-Campus Services

Natchaug Hospital in Mansfield, call 456-1311
Human Service of Rockville Hospital, call 872-0501
Crisis prevention: 24 hours a day

SPORTS PERFORMANCE

MISSION STATEMENT

The mission of the strength and conditioning staff to provide a well-designed, collaborative training program based on sound physiological principles. Sport specific focus, experimentally proven methods, safe and productive physical training by means of a periodic plan will be our primary emphasis; with the goal of developing the most mentally and physically prepared teams in the country. Our plan will include periodic progressive overload with primary emphasis focused on maximizing effort and being the best we can be each day. In order to maximize the physical and mental toughness potential of every student-athlete, our strength staff must provide the student-athletes with the best motivational and "hands on" strength and conditioning program in the country. Our goal is to have our student athletes take the field or the court healthy and in top physical condition with great effort and the competitive will to win every time they train, practice, and compete. In all areas of strength and conditioning, we are

committed to the principles of character, ethical conduct, integrity and excellence.

PROGRAM PHILOSOPHY

Develop mental and physical toughness. We will train our athletes to be champions in everything they do. Use sport scientific training methods and a positive but demanding motivational atmosphere for training. The student-athletes will train in a competitive and challenging environment each day with their health and safety as top priority.

Provide the student-athletes with a consistent, safe, and productive way of physical training.

Devise a system following basic physiological principles of training using a direct, simple coaching approach measuring effort levels daily.

Help guide the student-athlete to help reach their potential by setting goals and monitoring progress at all times and where accountability is a constant.

All training protocols are designed and implemented with the same underlying structure to ensure cohesion. With the stability of such an umbrella structure, the programs can experience any potential personnel changes without adversely affecting the comprehensive system.

Sports Performance Staff

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Sports Performance Facilities

The Sports Performance Department has five weight rooms totaling 32,000 square feet available for use by the student-athletes. The Mark R. Shenkman Training Center, the Werth Family UConn Basketball Champions Center, the Greer Field House Weight Room and the Lower Gampel Pavilion Weight Room. All facilities are equipped with state-of-the-art equipment that is designed to meet the training needs of our student-athletes. Each weight room contains free weights, dumbbells, and machines. Each weight room is equipped with the most state of the art equipment in the country. All of our athletic teams utilize the various weight rooms. The Yoga studio is located in the upper level of Gampel Pavilion Weight Room.

PRINCIPLE-BASED PROGRAM

There is no substitute for maximizing your mental and physical preparation if you want to be able to compete at the highest levels. UCONN Sports Performance takes great pride in helping every student achieve this goal. We incorporate a set of principles to our daily training regimen that help us reach our maximum potential as well as decrease the possibility of injury or re-injury.

Overload - Every student-athlete will receive a program that is specific to their sport and progressively gets harder. The human body will adapt to the stress put on it, so there must be constant stress put on it throughout the program.

Progression – The stress put on the body and mind must be progressive and cannot be applied to quickly. There will be a detailed thought out progression within your workouts.

Periodization – During your training, you will feel the affects of the workouts. Your body will get tired and you will need the benefits if science to help you. Periodization will allow you to get to a point of extreme fitness whether it's strength, conditioning or both. However your body will need to back down and start process again, but at a new higher level.

Balanced Development – It is very important to the overall development of your bodies that we train you in a way to achieve balanced development. For example, having the right hamstring to quadriceps strength ratio. Every movement we do is important to your over-all development. You will train using multiple joint movements, but also do some single joint movements that develop the individual muscles that can become fatigued and become injured if not trained appropriately.

Perfect Technique – Every exercise will be taught to you and explained why you are doing it. Our philosophy is to make sure you can perform the exercises correctly before we add more weight to them. Also, we won't ask you to perform higher reps in something until you have the technique down for an exercise.

Energy Systems and Specificity – All of our programs will address the specific demands for their sports whether they are individual or team sports. The energy system that your sport uses will be trained during your sessions. It is important that you train your body using the specific demands that are placed on it during competition.

Variety/Skill Work/Sport Specific – The human body will eventually adapt to the specific demands imposed on it. So, the programming you will receive will contain variety and special attention will be given to the specific skill work that you perform on the court or field that will be specific to your individual sport.

Supervision – All of our athletic teams are trained by a certified strength and conditioning specialist. You will be given a well thought out program that is specific to your needs and your sport. You will always have a sports performance on the floor when you are training. You will never be left alone on the floor. Our goal is to be hands on and to make sure your safety and success here at UCONN is always our number one priority.

Evaluation – There will be assessments done throughout a training routine that will show you your progress that you will be making. We will conduct testing and assessments throughout your career and keep records of this so that you will be able to track your progress.

Sports Performance Policies and Procedures

No one is allowed in the weight room unless someone who is qualified is present.

Prior to participation, you must get a medical checkup and receive a doctor's approval in writing.

Prior to participation, you must be shown how to use the facility properly, proper execution of the various exercises and the common risks that may occur using the weight room.

You must go over the proper use of equipment.

Do not use any equipment that you don't know how to use properly.

Observe weight room behavior and demonstrate courtesy to others around you.

No horseplay!

Wear issued UCONN proper training attire.

Do not throw weights around while lifting.

Show respect to the equipment and people around you.

You may be dismissed from the weight room if you don't follow the necessary policies for your safety and the other athletes.

Utilize spotters.

Keep equipment off the floor and put it back in it's proper place.

Always keep a path on the floor while in the weight room.

Immediately report any facility-related injury or equipment irregularity to the person in charge.

Tobacco, food, chewing gum, glass bottles, and jewelry are not allowed in the training facility.

Alcohol, drugs, and banned substances are not allowed in the training facility.

Keep feet off the walls.

Minimize chalk and powder on the floor.

Do not spit in the facility.

Never attempt to save Olympic style lifts.

Use belts when doing any type of exercise that can cause injury to your back.

Follow the posted rules and policies when using the facility. It could save you from a serious injury.

You must be cleared by clearing house and compliance prior to participation in weight room activities.

UCONN athletes permitted to work out at delegated times unless scheduled with strength staff.

Only UCONN athletic department staff and athletes permitted in weight room facilities.

Injuries

Student-athletes must report any and all injuries to sports medicine prior to attending their scheduled training session.

Storage (personal items)

All backpacks, jackets and other personal items (ie. Electronics) should be placed in designated areas at each training facility.

Scheduling

All training sessions must be scheduled and supervised by a sports performance coach.

Audio

Sports Performance Staff controls the music selection and volume in the weight room.

All music played will be clean/edited versions only.

Personal music devices can be used only on the Cardio Equipment

Weight Room Offices

Student-athletes are not permitted in or to use computers, fax machines, copiers, or telephones located in the weight room offices.

SPORTS PERFORMANCE TEAM MODEL

Here at UCONN, we have built a Sports Performance Team Model that includes the following:

8 Sports Performance Coaches

2 Nutritionists

1 Yoga Instructor

3 Massage Therapists

15 Athletic Trainers

We believe that this model gives our Student Athletes the best available training resources we can give them. Our goal is to give the student athletes at UCONN a combination of mind and body training that will help them reach their ultimate goals of becoming champions. Also, we want to ensure maximum recovery, so that our student-athletes are doing everything possible to not only stay on the court or field, but to thrive and attack their overall athletic development training while they are here at UCONN.

Fueling Stations

All of our student athletes have access to fueling stations. It is our goal that our student athletes are supplied with the best and safest nutritional supplements in the country. Supplements don't take the place of natural whole foods, but they can aid in helping the student –athlete take in the necessary calories needed to compete at the highest levels.

A fueling station is a nutritional area that is set up by our Nutritionist and our Sport Performance Coaches. They make sure that it is stocked with high performance foods such as Odwalla Smoothies Shakes, V-8, Orange Juice, Chocolate Milk, various fruits, dry banana and pine apple chips, pure granola, mixed nuts, and trail mix, Peanut Butter and Jelly Sandwiches, and a variety of supplements.

The supplements we offer our student athletes are, recovery drinks which consist of True Moo Milk, Rockin Refuel, Muscle Milk,

and cherry Juice. We also give out pre-workout products which consist of UCANN, Bonk Bars, Big Sur Bars, Come Ready Nutrition Bars, Come Ready Clean Bars, Cliff Original Bars, Cliff Builder Bars, Stinger Bars, and finally energy chews.

Recovery

Our Sports Performance program uses a holistic approach to training. When we talk about being holistic in our approach to training, we are specifically meaning the entire scope of training success. First, the act of actual training. Second, the recovery tools and techniques we do in between training sessions. Getting 8-10 hours of sleep of un-interrupted sleep is vital for the body to recover stronger from a training session. Third, eating for maximum performance. During a training session, the body is broken down and must be re-built through proper recovery. Here at UCONN, we teach the importance of sleep, sound performance-based nutrition, flexibility/mobility protocols, cold tank and self-myofascial release through foam rolling and sports massage. We also utilize yoga to enhance flexibility, mobility, enhanced breathing techniques, and visual preparation. Proper hydration is monitored and taught as a way of preventing heat illness as well as helping to prevent muscle injuries.

Injury Prevention

It is our goal to decrease injuries that occur while competing as much as possible. By working with our athletic training staff we are able to put together a solid plan of injury prevention that we call the Weak Link Program. Every person has weak links and we try to find out what those are and incorporate individual programs that address those specific needs.

Athletic Awards

In order to receive an athletic award, you must be of amateur standing, eligible for athletic participation as defined by the NCAA and you must have been representing UConn at the time of competition. Additionally, you must meet specific standards in order to be eligible to receive an award.

All award nominations for meritorious performances are recommended by your Head Coach and then approved by the Athletic Director. Consideration is given to your athletic performance, sportsmanship and observance of rules, as well as other applicable criteria. All awards given comply with NCAA regulations regarding the type and number of awards allowed.

The Division of Athletics will provide annual participation (varsity letter) awards for all sports according to the following:

- 1st year letter jacket
- 2nd year watch
- 3rd year varsity blanket
- 4th year jersey and senior ring (must graduate to receive ring)

Award Limitations

The NCAA restricts awards that you may receive to items that can be personalized with the institution's insignia or letter, event specification or comparable identification. Permissible awards may

include sweaters, jackets, blankets, watches, rings, plaques, etc. Gift certificates, appliances, television sets and other merchandise items that cannot be personalized are not permitted. You may not receive a cash award or an award that can be negotiated for cash. Additionally, the NCAA has strict limitations regarding the dollar value of awards you may accept, and who is permitted to offer an award.

As an underclassman (non-senior), the total value of a single letter award may not exceed \$225 for each sport in which you participate. You may receive multiple awards in a sport; however, the total value cannot exceed \$225.

As a senior, multiple awards may be given if the total value of all participation awards given in a sport during an academic year does not exceed \$425.

Additional awards are also permissible, such as Most Improved Player, etc. However, each additional award is limited to \$175. Please check with your Head Coach before accepting any award that recognizes your athletic accomplishments.

Additionally, it is important that you do not jeopardize your amateur status by accepting any gift or benefit that is not available to other students at the University, even if the offer is termed an "award". All gifts (or awards) from the boosters and/or professional athletics associations are restricted by NCAA rules and regulations and accepting them may jeopardize your eligibility. If you are in doubt, consult the Office of Compliance or your Head Coach.

Divisional, Regular-Season Awards

Each Head Coach is permitted to recommend letter awards based on, but not limited to, the length of participation in varsity competition. At the end of each season, the Head Coach submits a roster of letter award nominees to the Athletic Director.

Additionally, a coach may request granting an award to a student-athlete in a special situation, such as to an injured player who might not qualify under the stated guidelines.

Criteria for Lettering

The criterion for lettering in each varsity sport is established at the discretion of the Head Coach of that sport. You may receive an award without meeting the specific criteria upon the recommendation of your coach and the approval of the Athletic Director.

Special Awards

Each year The UConn Club Awards are presented at The UConn Club Annual Awards Dinner. They are Outstanding Scholar-Athletes and Outstanding Senior Athletes.

Special awards may also be given in your sport at your sport's awards banquet. The number, criteria and types of special awards are determined by your Head Coach. All awards given are in compliance with NCAA limitations.

Postseason and Championship Awards

The Division at the recommendation of the Head Coach presents championship awards. Student-athletes may receive such awards in recognition of winning a national championship or similar type of competition. Multiple postseason awards must be within NCAA guidelines.

Awards for participation in special events (e.g. postseason football games, all-star games, featured individual competition, NCAA championships, etc.) may be presented when a team or an individual has represented the Division in such an event. Awards for these achievements are designed specifically for the championship team in accordance with NCAA regulations.

Scholar-Athlete Awards

The awards listed below are given to those student-athletes who have excelled both academically and athletically.

Athletic Director's Scholar-Athlete Award

All student-athletes who earn at least a 3.0 GPA in the prior semester will receive a certificate recognizing them as scholar-athletes.

American Athletic Academic Awards

These awards are available to all participants in Conference sports within the class restrictions indicated. Selection is based upon academic excellence and outstanding athletic performance.

All stipends must be used to pursue a degree on the graduate/professional school level within one year after the stipend is awarded.

Male Scholar-Athlete—\$2,000

Female Scholar-Athlete—\$2,000

Male Basketball Scholar-Athlete (priority given to seniors)—\$2,000

Female Basketball Scholar-Athlete (priority given to seniors)—\$2,000

Football Scholar-Athlete (priority given to seniors) —\$2,000

American Athletic Scholar-Athlete of the Year (1 male, 1 female)—Additional—\$2,000

Academic All-Star Team

All-Academic Football Team

NCAA Post-Graduate Scholarship Award

The NCAA currently offers approximately 100 post-graduate scholarship awards. These are one-time awards worth \$7,500 per scholarship.

To be eligible to receive an NCAA Post-Graduate Scholarship, you must be nominated by the Athletic Director, have a minimum GPA of 3.0 on a 4.0 scale and have obtained significant athletic achievement. Demonstrating campus and community leadership ability is also taken into consideration.

Presently, each NCAA member institution may nominate one student-athlete for men's basketball and one student-athlete for women's basketball. Two nominations may also be made in football and two additional scholarship nominations may be made

in the "other sports" category. If you would like more information on post-graduate scholarships, contact the Senior Associate Director of Athletics/Sport Administration and Senior Woman Administrator.

RECOGNITION EVENTS

There is often some confusion concerning the types of recognition that are allowable, as well as what travel expenses you may accept in connection with various types of recognition. Before traveling to any such event, check with your coach or the Office of Compliance.

PROMOTIONAL OR CHARITABLE BENEFIT APPEARANCES

According to NCAA regulations, student-athletes may make promotional appearances under certain conditions. All requests for such appearances must be processed through the Athletic Marketing/Public Relations Intern located in the Athletic Marketing Office and pre-approved by the Office of Compliance.

As a prerequisite to approval, the student-athlete and an authorized representative of the organization requesting the appearance must sign a release statement ensuring that the student-athlete's name, image or appearance is used in a manner consistent with NCAA guidelines.

Please direct any such requests to your coach or directly to the Office of Compliance, and make sure that written approval is on file before proceeding.

You may not miss classes due to participation in the activity, and you may only receive expense money. This means actual transportation costs or mileage, if you drive (provided that travel occurred within the state or within 100 miles of the campus), and a meal, if appropriate.

MEDIA RELATIONS

As a member of a UConn intercollegiate sports team, you should be aware that a great deal of attention is paid by the surrounding community to the University's athletics program. Part of the benefit of being associated with our University is the extensive media attention received by the Division. The public is very interested in the intercollegiate athletic activities at UConn, and it is from these interested alumni, fans and supporters that the University receives much of its support for our athletics program.

You have a responsibility to the University, your coaches and teammates to cooperate with the media whenever possible. To aid the Office of Athletic Communications with requests for information from the media, you are asked at the beginning of the year to complete a sports information questionnaire.

Interacting with the print and electronic media is an opportunity to develop communications skills which can be helpful to you not only as a student-athlete but in future professional, business and athletic careers. As an entering freshman, you may be nervous about speaking to media representatives; but by the time you graduate, you will have become relaxed, confident and articulate.

Dealing with the Media

Be aware that the image you create for yourself and your team affects the reputation of the entire University. With this in mind, you are urged to exercise care when making statements to the media.

The longer you are on a team, the more likely it becomes that you will develop a personal relationship with some of the media representatives regularly covering your team. While we encourage these relationships, remember that, regardless of what is said, a reporter's first obligation is to report the news. Don't say it if you don't want to see it in print.

If your team receives regular media attention, the Associate Director of Athletics/Communications or his designee will hold a briefing to give you media relations suggestions before the beginning of your playing season. At that time, you will be given a handout that will help you deal with the news media.

Telephone Interviews

Never agree to a telephone interview unless arrangements have been coordinated through the Athletic Communications Office. This policy will help you avoid contact with unauthorized persons who may attempt to gain and use information for gambling or scouting purposes. The Athletic Communications Office will let you know when to expect authorized contact from media and other related individuals. If you receive an interview request, ask the media representative to make arrangements through the Athletic Communications Office.

The Athletic Communications Office will not give out your phone number without your permission. You may wish to have an unlisted number so unauthorized persons, whether media members, gamblers or well-meaning fans, do not get it from Directory Assistance and disturb you.

MULTI-SPORT FACILITIES

Equipment Rooms Operating Procedures

There are four equipment rooms used by the Division of Athletics: one each in the Gampel Pavilion, the Hugh S. Greer Field House, the Mark Freitas Ice Forum and the Burton Family Football Complex.

Operating Hours are as follows:

Gampel Pavilion/Hugh Greer S. Field House: Monday-Friday – During school year staffed from 8am-4pm and the window is open from 10am-4pm. During school breaks staffed from 9am-4pm and the window is open from 10am-4pm. Equipment rooms are also open as needed around practice/event schedules.

Freitas Ice Forum: Staffed as needed around practice/game schedule and as work dictates.

Burton Family Football Complex: Monday-Friday – Staffed from 8-5 and also as practice/lifting schedules dictate.

Werth Family Champions Center: Monday-Friday – Staffed from 8-5.

After you have passed your pre-participatory physical exam and have been determined eligible to practice, your name is placed on the team roster. Your coach will then inform you of the time and particular equipment room where you may pick up your equipment. At the equipment room, you will sign an equipment card as you receive your equipment. You will also be issued a locker and lock.

You are responsible for any and all equipment/apparel once provided by your equipment manager. Stolen or lost equipment/apparel should be immediately reported to the equipment manager for your sport. If equipment/apparel is lost or stolen then a replacement will be provided if there is sufficient inventory and a charge will be placed on the student-athletes fee bill. Practice items, warm-ups, uniforms and any additional equipment/apparel are to only be used during practice/training or events. Equipment/Apparel is not intended for personal, everyday use. Any exceptions to this policy must be approved by your head coach and equipment manager.

Items are laundered by the Equipment Room Staff on a daily basis. Laundry is either placed in the laundry cart in your locker room or dropped off in the laundry chute at your designated equipment room laundry drop off. You are responsible for getting your laundry in on time. Laundry schedules are based on set schedules determined by the equipment staff and individual team needs. You are never to put personal laundry in to be laundered. This would be considered an "extra benefit" by NCAA rules.

EQUIPMENT ROOM RULES

1. All your equipment is custom fit to your needs. Do not alter/modify any equipment and do not trade equipment with another student-athlete. Do not share or use another student-athlete's apparel at any time.
2. You are responsible for the equipment/apparel that is issued to you.
3. Lock all valuables, equipment/apparel in your locker. Never leave your locker unlocked for any period of time while you are away from your locker.
4. Failure to pay for or return items results in a "stop" on your grades, transcripts and registration.
5. Report all equipment/apparel problems to the equipment manager immediately.
6. Inspect your equipment daily. Never use damaged or altered equipment.
7. If your equipment/apparel becomes worn or damaged, please see your equipment manager to determine if a replacement item is needed.
8. If your equipment breaks during practice, notify your equipment manager immediately or as soon as possible after practice.
9. You are expected to work with the equipment room in an orderly and polite manner.
10. Your equipment manager will notify you when any equipment/apparel needs to be returned to the equipment room. Also, you will be notified when your lockers need to be cleaned out at the end of the year.
11. Return all uniforms/game items immediately to the designated location after contests to be laundered. Any items that are not returned, your coach will be notified.

12. While representing the University of Connecticut in athletic practices, competition and any related activities student-athletes should always be wearing UConn issued apparel and equipment. Personal apparel/equipment and those items that are a direct competitor of Nike are not permitted to be worn at any time.

Retention of Athletic Apparel and Equipment

Apparel: Student-athletes who have completed his/her collegiate career in good standing may keep all apparel free of charge. Student-athletes with remaining eligibility should expect to return everything they are issued. The Equipment Room will deem which items are reusable and non-reusable. Items that are deemed non-reusable may be kept by the student-athlete free of charge. Reusable items must be returned to the equipment room on the date designated by the sport equipment manager. If the items are not returned, the student-athlete's fee bill will be charged for the cost of those items.

Equipment: Student-athletes who have completed his/her collegiate eligibility that wish to keep equipment may do so but will be charged the going rate or depreciated value of the item. Student-athletes with remaining eligibility should expect to return everything they are issued. Any equipment the returning student-athlete wishes to keep that is deemed non-reusable the same billing procedure applies. Student-athletes that leave a squad prior to the end of a season or completion of career are required to return all items back to their sport equipment room. They will be charged for any items that are not returned.

Note: Equipment room rules and policies may vary from sport to sport. If you have any questions concerning policies for your particular sport, please contact your equipment manager or your coach.

Only student-athletes and necessary Division of Athletics staff members have access to the locker room areas.

Media personnel, friends or relatives are not allowed in the locker rooms. You are given an individual locker. All equipment issued to you must be kept locked in your locker. Locks are issued to you for the security of personal and University belongings. It is recommended that you leave personal valuables at home or securely locked in your locker. You are responsible for the cleanliness and security of your locker. All trash, tape, paper, etc. should be placed in the waste baskets located in the locker rooms.

Locker Room Rules

- Lockers are assigned and may not be changed unless approved by the Equipment Manager;
- Do not leave valuables in lockers. If valuables are brought to the locker room, keep them locked up at all times;
- Stay out of other people's lockers;
- Do not "borrow" or wear other people's equipment or clothing;
- Do not enter a locker room not housing your locker;
- Keep the area around your locker clean;
- Remember that the locker rooms are private;
- Do not wear muddy shoes into the locker room;

- Report any problems occurring in the locker room to the Equipment Manager/Head Coach.

Laundry Room

Arrangements for the cleaning and laundering of gear are made by the Equipment Manager for all sports. You are provided a clean set of workout gear for each practice, as well as clean uniforms for each game. You are responsible for delivering it to the designated laundry drop-off area after practice.

Please note that no personal laundry may be washed through the Equipment Room facilities. This is considered to be an "extra benefit" and would violate NCAA rules.

UConn Ticket Office

The UConn Ticket Office is located in the breezeway between the Harry A. Gampel Pavilion and the Hugh S. Greer Field House. Hours of operation are Monday through Friday, 9:00 am to 4:30 pm. Toll free phone number is 1-877-AT UCONN.

A CAREER IN PROFESSIONAL SPORTS Agents

To compete in intercollegiate athletics as a student-athlete, it is essential that you know the NCAA rules related to professional sports. Any violation of these rules could have severe negative consequences for you and the University. For this reason, NCAA rules concerning agents and professional sports are explained during the compliance and eligibility meeting at the beginning of each sports season.

Your future plans may include a need to obtain an agent for representation with professional sports organizations or some form of career counseling to help you reality-test a professional sports career.

A grayscale photograph of a university campus. In the foreground, several black lampposts with white, globe-shaped lanterns are visible. Banners are attached to the lampposts, featuring the UCONN logo (a stylized oak leaf) and the text "UCONN". One banner also says "SCHOOL OF FINE ARTS". In the background, several students are walking across a paved area. The overall scene is a typical university campus setting.

YOU AS A STUDENT

You As A Student

At UConn, you are first and foremost a student. You must comply with all the policies, rules and regulations applicable to all members of the University's student body. This part of the handbook has been developed to inform you of these obligations and to provide useful, general information about the University of Connecticut's campus environment.

ACADEMIC SERVICES FOR STUDENT-ATHLETES

The University of Connecticut and the Division of Athletics are committed to excellence in education. The Counseling Program for Intercollegiate Athletes is committed to continuing the tradition of academic excellence at the University of Connecticut by providing the resources, support, and positive environment that enable our student-athletes to achieve academic success.

Remember that CPIA is only one resource and was not established to keep you isolated from other University professional staff. You must also interact with college advisors, faculty and a vast array of University officers. Your CPIA Advisor, however, can serve as a liaison between you and other University officials, providing you with the necessary knowledge to help you gain academic and social independence.

CPIA's largest component is advising. Your advisor is responsible for helping you decide on and coordinate your academic direction, monitor your academic progress, report your progress to coaches, refer you to appropriate resources when needed and be your advocate.

The program also offers First Year Experience and Senior Year Experience classes to help with the transition to college and life after college. The primary goal of CPIA's UNIV courses at the University of Connecticut is to provide you, as a Division I student-athlete, with the information, knowledge and confidence, which will enable you to feel secure in your new environment and to promote a successful transition from high school to college. These courses will help you develop a set of adaptive, coping, critical thinking, and problem solving skills. It will also acquaint you with the resources, which are available to you to balance the myriad of academic and athletic demands and adjust to college life as well as begin to think beyond college and into your future.

The second largest component, although equally as important, is the tutorial program. Although the University provides tutorial assistance through Math, Q and W centers (see your CPIA Advisor for further information), CPIA provides course-related tutoring specifically for student-athletes, so that tutorial sessions, both individual and group, are coordinated around your class and practice times. Tutors are usually graduate students who have taught the courses, so the time you spend in these sessions is especially beneficial.

For answers to any questions you have concerning your academic standing or courses, contact your Academic Advisor or the CPIA Office, Hall Dorm, 2nd floor, 486-5515 or the Burton Family Complex.

Study Hall

Because the academic success of each student-athlete is important to the Division, many teams require students to complete a certain amount of study hall hours in addition to a tutoring program. We have three study hall locations: Hall Dorm, Laurel Hall, and Burton Family Football Academic center. CPIA study halls are scheduled at times and locations best suited to your team's needs. See your coach or CPIA Advisor for details. Study halls are monitored at all times.

Study Hall Rules

- Come to study hall prepared to study. Bring the required books, papers, notebooks, etc.;
- Do not disturb other student-athletes who are trying to study;
- Food and/or drinks are not allowed;
- Proper attire must be worn;
- No tobacco of any kind is allowed;
- Falsifying or helping others to falsify hours spent in study hall is prohibited.

Tutorial Program

We have an excellent tutoring program run by Alana Butler. At the beginning of each semester, you should meet with your CPIA advisor and discuss which courses you should request a tutor. It's important to remember that successful students use all the resources available to them in order to achieve the highest grade possible. Often your tutor can show you the best way to study for a particular course. Students may request tutors at uconnhuskies.gradesfirst.com.

Textbooks

As part of your athletics scholarship, the Division of Athletics may furnish you the textbooks specifically required for your academic courses. A list of student-athletes is submitted to the Co-op Bookstore prior to each semester, and books are issued accordingly. At the end of the semester, the books you used must be returned to the bookstore or you will be charged.

UNIVERSITY ACADEMIC REQUIREMENTS AND PROCEDURES

Having met all the admission requirements for enrollment at the University, you are probably now interested in knowing exactly what it takes to remain in good standing. Each individual college determines and publishes the general education requirements for its degree programs. College requirements may exceed the minimum requirement established by the University.

Certain academic standards are required of all students wishing to continue at the University. Hopefully, you will never have to deal with the problem of academic dismissal; however, you should be aware of the academic requirements for continuation.

Moreover, the NCAA requires that you meet the satisfactory progress requirements of your University in order to remain eligible to participate in intercollegiate athletics.

Scholastic Probation

Students are on scholastic probation for the next semester in which they are enrolled if their academic performance is such that they are included in any of the following conditions:

1. Students who have earned 0-11 credits (considered to be first semester standing) and who have earned less than a 1.8 semester grade point average.
2. Students who have earned 12-23 credits (considered to be second semester standing) and who have earned less than a 1.8 semester grade point average.
3. Students who have earned 24 credits or more (considered to be third semester or higher) and who have earned less than a 2.0 semester grade point average or cumulative grade point average.

Eligible for Dismissal

A student who fails to meet these minimum scholastic standards for two consecutively registered semesters is subject to dismissal. However, no student with at least a 2.3 semester grade point average after completing all courses for which he or she is registered at the end of a semester shall be subject to dismissal; the student will be continued on scholastic probation if such status is warranted. Student-athletes should be aware that there is an appeal process that is available to any student who has been dismissed. The appeal must be filed according to the stipulations of the individual's school/college. Student-athletes should seek assistance from their Academic Advisor and their CPIA Advisor prior to attending an appeal.

Change of Schedule (Add/Drop)

Courses may be added/dropped without penalty during the first two weeks of each semester. (Remember that you must be enrolled in at least 12 credits to be eligible to practice and compete in your sport).

In order to drop a course, after the drop deadline, you must get the appropriate signatures on the Schedule Revision form. Note that if you merely stop attending classes without completing the drop procedure, you will receive an "F" in the course. For further information on the procedure, see the UConn Catalog or Directory of Classes.

If a student drops a course after the second week of the semester, a "W" for withdrawal is recorded on the transcript. From the third through the ninth week of the semester, a student must obtain the advisor's signature to drop one course. To drop more than one course during that period, a student must obtain both the advisor's and the dean's signature.

To drop a course after the ninth week, the student needs the advisor's recommendation and the permission of the dean of his or her school or college. The dean only grants permission to drop a course after the ninth week for extenuating circumstances beyond the student's control. Exceptions are not made for the student's poor academic performance.

Before you alter your schedule, please make sure you check with your CPIA advisor. Your CPIA advisor is the person who tracks your eligibility for the NCAA and altering your schedule could affect your eligibility.

Declaring a Major

To declare a major, you must speak with the department to find out the correct process as it varies between schools/colleges. Remember that NCAA eligibility regulations require you to declare a major before your fifth semester (beginning of your third year).

Changing Your Major

If, after declaring a major, you wish to change to a different major which is still within the same school/college, you must do so through the dean's office at that school/college. However, if the new major is outside your present school/college, you must complete a School Change form and meet criteria established by the new school/college. This form is available online through the Registrar's office.

Once you change schools, you may not re-enter under the requirements you originally met, but must qualify under current requirements at time of re-entry.

Please consult with your CPIA Advisor before changing your major as the change could potentially affect your athletic eligibility.

Repeating a Course

Repeating a course could potentially cause eligibility issues. If you are interested in repeating a course you have already taken, regardless if you have passed the course or not, you must see your CPIA advisor to get permission to retake this course. Some schools/colleges will not award grade points or credit in this situation. Be sure to check with your CPIA advisor before backtracking.

Grading System

Most undergraduate courses have a letter-grade system for evaluating academic performance. Each letter grade is assigned a numerical value for the purpose of determining your grade point average (GPA). Listed below are the letter grades and the numerical value they represent:

A	4.0	B-	2.7	D+	1.3
A-	3.7	C+	2.3	D	1.0
B+	3.3	C	2.0	D-	0.7
B	3.0	C-	1.7	F	0.0
I,X,W	0.0				

You may be unfamiliar with some of these grades. For example, the grade "I" indicates that you satisfactorily completed the

majority of the course work with a “D” or better average, but that you were unavoidably prevented from completing the remaining work. An “X” on your record indicates that you missed the final exam and when passing it with a high mark could have passed the course. A “W” on your record indicates you dropped that course. If you do not officially complete the withdrawal process, an “F” is your final grade.

You should be aware that most undergraduate, graduate and Professional schools do not approve an excessive number of “W” grades.

You may obtain credit for courses in which you have received an “I” or “X” only by completing the work in a satisfactory manner before the end of the third week of the next registered semester. If this is not done, the grade becomes an “F”. This may result in a change of status affecting your eligibility.

Grade Point Average Calculations

With all the talk about grade point average (GPA), you may wish to know how to calculate your own GPA. Using the numerical values from the grading system above, a sample calculation is presented below:

Course	Hours	Grade	Grade Points
Math	(3 hrs credit)	C=2	3*2=6
Science	(5 hrs credit)	D=1	5*1=5
English	(3 hrs credit)	A=4	3*4=12
Spanish	(5 hrs credit)	B=3	5*3=15
	16 hrs credits		38

If you passed 16 hours of courses, and earned 38 grade points, divide 38 by 16 to find your GPA—2.37. In this case, you would be considered to be making satisfactory progress.

Class Attendance

Regular attendance at class and laboratory sessions is expected for all courses in which you are enrolled. It cannot be emphasized enough that there is a direct correlation between classroom attendance and academic success. Accordingly, attend your classes regularly. If you are having problems with a class, your professor is much more likely to be willing to work with you if you have demonstrated an interest in the class by attending the class routinely.

Normally, team travel is counted as an excused absence; however, be aware of your professor’s rules. If your professor has special attendance or make-up test rules, be sure that you are familiar with them.

In general, most faculty members are understanding, provided that students take the initiative to inform them prior to travel and as early as possible about anticipated absences. Students should tell professors at the beginning of each semester if and when they are going to miss classes due to athletic competition. This early information is especially important if students will be traveling on the date of a scheduled mid-term or final exam. Faculty members then have an opportunity to offer an early exam or make-up exam. If any of your instructors require documentation of team

travel, you bear the responsibility of requesting a letter from your CPIA Advisor at least one week in advance.

Summer School

You should make every effort to maintain satisfactory progress toward a degree. If you are interested in taking a summer school course, you will need to meet with your CPIA advisor and submit a summer school application. Your application will be reviewed and you will be notified if you have been approved or not.

Summer school funding is awarded (according to NCAA regulations) in proportion to the grant-in-aid you received the preceding academic year.

If you are paying your own expenses, the same procedures should be followed as for any other student on campus.

Transferring Credit from Another Institution

Due to NCAA rules, the Athletic Department is unable to provide funding for you to take courses at another institution. If you wish to attend summer or winter, at your own expense, at a university other than UConn, you should be aware of the following:

- In general, the University of Connecticut grants credit for courses that are:
- Taken at regionally accredited, degree granting colleges and universities
- Comparable in content and quality to courses offered at UConn
- Completed with a minimum grade of “C”

Please be advised that:

- Online courses in laboratory sciences and foreign languages will not transfer
- A Prior Course Approval is required for mathematics courses offered online
- Pass/Fail grades will not be considered for credit policies

If you will be attending a college or university in Connecticut and the course can be found on Transfer Admissions’ Transfer Course Equivalencies link, a prior course approval is not necessary. However, if you plan to take courses at another institution outside of Connecticut, you should fill out a Prior Course Approval for **prior** to enrolling in the course.

ACADEMIC HONESTY

A fundamental principle of all educational institutions is academic honesty, and it is demanded of all UConn students. No form of cheating or plagiarism will be tolerated. Normally, it is considered cheating if you have unauthorized help on examinations or course work.

Plagiarism

Plagiarism is submitting a paper or project written by someone else or paraphrasing someone else's ideas, claiming the material as your own.

Scholastic integrity is strongly supported by the University and by the student body. If you have any doubts about resources that you have used and have not acknowledged, check with your professor or your CPIA Advisor before turning in the paper in question. Students have been accused of plagiarism simply because they truly did not understand that when paraphrasing someone else's work they still must acknowledge the source.

The following guidelines are to be followed by all UConn student-athletes:

- You cannot submit a paper or report for credit that is not your own work. You must do your own work;
- You may not submit work that has been copied, wholly or partially, from a book, article, essay, newspaper, another student's paper or notebook, or any other written or printed source;
- A paper that paraphrases any written or printed material without acknowledgement may not be submitted for credit. Ideas from books and essays may be incorporated in a student's work as starting points, governing issues, illustrations, and the like, but in each case the source must be cited. You must acknowledge the source of your material;
- You may incorporate in your paper or report ideas that have arisen from discussion or lectures when understanding and conviction have made them your own. You may not, however, seek out and restate the ideas of another simply to meet the assignment;
- You may correct and revise your writing with the aid of reference books, and also discuss individual details with other persons. You may not, however, turn over your work to another person for wholesale correction and revision. The Writing Center is an excellent resource for help with written work;
- You may submit papers typed by another person, provided the typist has not changed the wording, ideas, organization, or any significant aspect of the paper in any way. When your paper is typed by someone else, proofread it carefully before you submit it;
- No paper may be submitted for credit that has been or is being used to fulfill the requirements of another course, in whatever department, unless permission to coordinate work has been granted by both professors.

If you are found guilty of plagiarism, your instructor will set the penalty. He/she will inform you in writing that unless a hearing is requested, the penalty will be imposed and a report submitted to the Dean of Students. You will then have one week to respond. The instructor will report your decision to the Dean of Students. If you agree to the findings, fail to respond, or are found guilty, the instructor may recommend further action by the Office of Student Affairs. There will be further review by the Division of Athletics for any student-athlete found in violation of the Student Code of Conduct in this area. For answers to your questions concerning what is or is not plagiarism, contact your professor or your CPIA Advisor.

Additional Academic Resources

CPIA has a many resources available to you as a student-athlete. Please speak to your CPIA advisor and/or visit our HuskyCT site for additional resources.

HOUSING

General Undergraduate Room Selection Process

How do I apply?

Housing applications/contracts will be available beginning in December. Returning students who are requesting to live on campus next year need to complete a Housing Application/Contract online at www.reslife@uconn.edu.

Housing Selection Process

Students eligible to live on campus during the 2016-17 academic year will participate in an on-line housing selection process in March/April 2016. Detailed information about this process will be sent to all eligible students during the spring semester via HuskyMail.

What if I am displaced?

Students will be considered displaced if they are not able to return to their current rooms. Reasons why a student may be displaced include: freshman and/or transfer students admitted during the current academic year, the room a person currently occupies is reserved for a special interest housing group, the gender designation of the room will change for the next year, or the space is reserved for a student with a medical need for a particular type of assignment. Students who are displaced will need to select another room during the On-Line Campus Wide Housing Selection process.

Questions

- Attend an information session at the beginning of second semester. Dates, times and locations will be emailed out to students eligible to participate in Campus Wide Housing Selection in early February;
- Talk with a residential life staff member;
- Check out the web page at www.reslife.uconn.edu;
- Email the Housing Services Office at livingoncampus@uconn.edu.

DINING SERVICES

All resident students living in undergraduate and graduate housing are required to have a meal plan. Students living in on-campus apartments or off-campus are not required to have a meal plan. Information about purchasing a resident meal plan can be found by visiting dining.uconn.edu. Please note, meal plans can be upgraded at any time, but can only be downgraded during the first three weeks of the semester.

You must have an ID card to gain entrance to a dining unit. If you have lost your ID card and would like to utilize your meal plan, call the One Card office (located on the 2nd floor of Wilbur Cross) at 486-3129 to have it deactivated. You will need a replacement card before eating your next meal.

UNIVERSITY FACILITIES AND SERVICES

The University has a variety of support services and resources available to help you meet your responsibilities and achieve your objectives.

Now that you have become a part of this University, you need to familiarize yourself with the facilities and services available to you. For additional information about these facilities and services, see the University website at www.uconn.edu/azindex.php for the particular homepage of each center, department or organization.

General Student Population

The department offers a wide range of educational, career and personal assistance to undergraduate and graduate students, i.e. individual counseling, workshops, small group sessions on study skills and tutoring assistance.

African-American Cultural Center (486-3433)

The center is located in the Student Union Building Room 407. Its programs and services are designed to provide the community with a positive exposure to the realities of Black culture and to stimulate inquiry.

Asian-American Cultural Center (486-0830)

The center is located in the Student Union Building Room 436. The center serves as an informational resource center regarding the Asian-American experience and to create an appreciation and understanding of the diverse Asian cultures represented within the community.

Career Services (486-3013)

The UConn Department of Career Services has resources to help you make plans for the future. You can: Meet with a professional career consultant; learn how to create a resume; practice interviewing; gain tips on job search strategies; discover careers you've never heard about; utilize the online job posting system found on the career web site, www.career.uconn.edu.

Career Services is located in the Wilbur Cross Building, Room 201. Office Hours are Monday through Friday, 8:00 am-5:00 pm.

International Services & Programs Center (486-3855)

The center is located in the McMahon, Room 183 and provides an array of services to the international community including programming and advisory services for international students, staff and faculty.

Office of Diversity and Equity (486-2943)

The Office of Diversity and Equity (ODE) is the University's discrimination and discriminatory harassment (including sexual harassment) prevention office. Complaints of discrimination and discriminatory harassment can be filed at the office located in Wood Hall. For further information, go to www.ode.uconn.edu.

Puerto Rican/Latín American Cultural Center (486-1135)

The center is located at the Student Union Building Room 438. It provides a recreational and educational environment for Hispanic students and the University community.

Rainbow Center (486-5821)

The Center is located at the Student Union Building Room 403 and serves the diversity of the Gay, Lesbian, Bisexual, Transgender, Queer, Questioning and Allied Community and provides resources and services to the wider community of students, faculty, staff, and local residents.

Recreational Services (486-2837)

The Department of Recreational Services offers a well-rounded competitive and recreational services program. The fitness and weight rooms are state of the art offering over 120 pieces of cardiovascular equipment in addition to the two free weight and one selectorized equipment areas. Brundage Pool, a six lane, 25 yard pool, is available for lap swims during all open hours. We have five racquetball courts and a climbing facility. The Student Recreation Facility has ample play space for pick-up games of basketball, volleyball, table tennis and badminton. All areas are on a first-come, first-serve basis but every attempt is made to accommodate our users. Intramural Sports allows you to compete against UConn students, faculty and staff in sports ranging from basketball to wiffleball. Each sport league and tournament is divided into three divisions: Men's, Women's and Co-Rec, and divided into three sub-divisions for competitiveness: open for the most competitive teams, "A" for less competitive teams, and "B" for just plain fun. BodyWise offers aerobics, yoga, step classes, spinning classes, weight lifting, nutrition seminars, plus a whole lot more. Discover the numerous Outdoor Recreational trips offered through our UConn Outdoors Program. Trips are held on the weekends and activities are open to beginners, as well as the experienced adventurer.

Additionally, The Outdoor Adventure rental center is located in the Student Union. For a nominal fee students may rent outdoor equipment for their own outdoor pursuits. Recreational Services offers numerous certification programs for students interested in becoming officials, referees, group exercise instructors or outdoor adventure program leaders.

For more information on our programs, contact us at 486-2837 or on-line at web.uconn.edu/recreation.

Registrar's Office (486-3331)

If you need an official transcript or need information about hours earned, this office can help you. The Registrar's Office is located in the Wilbur Cross Building, Room 104.

Student Mental Health Services (486-4705)

Offers individual, group and couples counseling/treatment.

Student Union (486-3422)

The Student Union, located on Hillside Road across from the Field House, houses Student Union Operations, Department of Student Activities (Student Involvement Office, Programs Office, Business Office, and Community Outreach), Doug Bernstein Game Room, Center for Student Organizations, Student Union Board of Governors, Undergraduate Student Government, UCTV, WHUS, Student Union Art Gallery, the Cultural Centers, Student Union Theatre, Chuck & Augie's, Union Street Concession, Union Street Market, UC Subs, Panda Express, Wendy's and Dunkin Donuts. The purpose of the Student Union is to act as the center of student activities/ programming and to sponsor, integrate and expand the social cultural, and recreational activities for the student body.

University Health Services (486-4700)

The Student Health Service, located in the Hilda M. Williams Building on Glenbrook Road, provides health care treatment for non-life threatening conditions. It is a fully accredited ambulatory health care facility. The student population is offered a wide range of services. This include MD and Nurse Practitioner appointments for primary care and women's health issues, laboratory, x-ray and pharmacy services as well as an inpatient unit for extended care. Because of certain limitations, some medical problems may be referred to the private sector for diagnosis and treatment.

Full service hours are Monday-Friday 8:00am-5:00pm. After 5:00pm and on the weekends services are limited but there is an Advice Nurse available 24 hours a day when classes are in session. Services are available to all properly registered students. Please bring your student identification card as well as your insurance information so you can provide them at the time of service.

University Library (486-2518)

The Homer Babbidge Library has the foremost public collection of research materials available in the state. It houses 2,411,000 volumes, which include books, micro text, periodicals, reference sources and maps. Hours are posted and information is available on a recorded Library Hours Line (486-4636). An annual guide, prepared by the library's Research and Information Services Department, identifies and describes the University of Connecticut campus and regional campus libraries, information centers, reading rooms and other research resources available to faculty and students. The guide is available at the Information Desk or Reference Desk.

Women's Center (486-4738)

The center is located on the 4th floor of the Student Union Building Room 421 and is open from 8:00 am – 9:00 pm, Monday through Thursday and Friday 8 am - 5 pm. It provides programs, conferences, films, support groups, training, speakers, referrals and advocacy on a wide variety of issues that affect women on campus.

Women's Health Clinic (486-4837)

The Women's Health Clinic specializes in all aspects of female sexuality and health care. The Women's Clinic also sponsors 24-hour assault crisis intervention for sexual and physical abuse.

GOOD THINGS TO KNOW

New students often have many questions about basic services. This section of the Handbook has been developed to answer some of the questions commonly asked by students new to the University.

Airlines

Bradley International Airport located in Windsor Locks (45 minutes from the campus) services all major airlines. For general information, please call 860-292-2000.

Airport Taxi

An airport shuttle service is available to pick you up and drop you off at Bradley International Airport. For additional information, please call 486-6902.

Automatic Tellers

Automatic teller machines are located in the Student Union and outside of the UConn Co-op. In addition, a full-service bank is located adjacent to the UConn Co-op.

Bookstore

The campus bookstore stocks all books and supplies needed for classes and is located in the UConn Co-op at the corner of Stadium Road and Hillside Road. The phone number is 486-3727.

Bus Service

The University offers free shuttle bus service on campus Monday through Thursday, from 6:30 am until 12:00 am; Friday, from 6:30 am until 10:00 pm; Saturday, from 11:00 am until 6:00 pm and Sunday 6:00 pm until 12:00 am when classes are in session. The phone number is 486-1448.

Emergency Telephone Numbers

Emergency phones are located strategically on campus.

The emergency phone number for the Fire Department, Police Department or Ambulance is 911;

Routine phone calls for the Fire Department, 486-4925;

Routine phone call for the Police Department, 486-4800. They are both located on North Eagleville Road.

Escort Service (486-4809)

The Public Safety Special Services Division provides escort service every night of the week upon request from students who desire escort to their vehicles, dormitories, apartment complexes, and the library.

GUARD Dogs (486-8000)

GUARD Dogs is a student-run organization available for those who realize their driving judgment has been impaired by drinking and wish to be driven home. This service is available Thursday, Friday and Saturday nights.

Mail Services

Mail is delivered to residence halls by the US Postal Service Monday through Saturday. Campus mail is delivered Monday through Friday, by University Mail Services. Postal services are available at the UCONN Co-op, or at the Mansfield-Storrs Town Post Office located near the intersection of Rts. 195 and 275 (South Eagleville Rd), within walking distance of campus.

Parking

Parking for students at the University of Connecticut Storrs Campus is based on the following:

Resident student (living on campus in student housing) must have completed 54 credits to qualify for purchasing a resident parking permit.

All commuter students (living off campus) qualify to purchase a commuter parking permit.

Parking permits are required to park on the Storrs Campus, Monday-Friday, 7:00 am-5:00 pm, unless otherwise stated by signage. After 5:00 pm on Friday, parking is allowed in any unreserved area. Additional parking information can be found at www.park.uconn.edu

CONTACT DIRECTORY

<u>Category</u>	<u>Contact/Title</u>	<u>Phone</u>
Academic Counseling	Ellen Tripp/Associate Athletic Dir., Counseling Program for Intercollegiate Athletes (CPIA)	486-5515
Admissions	Nathan Fuerst/Director of Undergraduate Admissions	486-1478
Athletic Communications/Media	Mike Enright/Associate Director of Athletics/Communications	486-3531
Athletic Ticket Office	Kyle Kravchuk/Assistant Director of Athletics/Ticket Operations	486-2724
Athletic Marketing	Dave Evan/Associate Director of Athletics/External Operations	486-0994
Compliance/NCAA Rules	Angie Cretors/Senior Assoc. Dir. of Athletics/NCAA Rules Education & Compliance Services	486-1211
Development (Fundraising)	Mike Morrison/Associate Athletics Director - Development	486-3863
Athletic Director	David Benedict/Athletic Director	486-2725
	Debbie Corum/Senior Associate Director of Athletics/Sport Administration & SWA	486-6054
	Neal Eskin/Senior Associate Director of Athletics/External Relations	486-2725
	Paul McCarthy/Deputy Director of Athletics/Chief of Staff	486-2725
	Dee Rowe/Special Advisor for Athletics	486-1186
	Karen Gigliotti/Assistant to the Director of Athletics	486-2725
	Cheryl Bertora/Human Resources Coordinator	486-2725
Drug & Alcohol Counseling	Bob Howard, Assistant Director of Athletic Training	486-0404
Equipment	Dan Glinski/Assistant Director of Athletic Equipment Services	486-2050
Facilities, Management & Planning	Evan Feinglass/Associate Director of Athletics/Facilities Management & Planning	486-1258
Financial Aid	Mona Lucas/Director	486-2819
Food Services	Dennis Pierce/Director	486-3128
Housing	Pam Schipani/Director	486-2926
Insurance	Terri Hallenbeck/Program Aide	486-0721
Medical Care	Dr. Deena Casiero/Dir. of Sports Medicine; Dr. Giselle Aerni & Dr. Matt Hall/Team Physician Services	486-0404
NCAA Faculty Athletics Representative	Dr. Scott Brown	486-0181
Strength & Conditioning Programs	Matt Balis/Strength and Conditioning Coordinator	486-0804
Student-Athlete Advisory Committee	Angie Cretors/Senior Assoc. Dir. of Athletics/NCAA Rules Education & Compliance Services	486-1211
Student Services	Trisha Hawthorne/Coordinator of Student-Athlete Development & Community Outreach	486-8787
Training Room Operations	Bob Howard/Assistant Director of Athletic Training	486-3634
Tutorial Programs	Ellen Tripp/Associate Athletic Director, CPIA & Alana Linick, Academic Counselor	486-5515

University of Connecticut Division of Athletics Mission Statement

- 1. We are committed to academic success in the classroom and graduation of all student-athletes.*
- 2. We support a broad-based program that enables our students to win on the fields of play.*
- 3. We strive to foster a sense of citizenship, leadership, and social responsibility by promoting good sportsmanship, integrity, and concern for the community.*

The mission of the Division of Athletics is to operate a broad-based program of intercollegiate athletics that reflects and adheres to the academic philosophy of the University, the interests of the student body, and the desires of the University's internal and external constituencies.

The priority of the Division of Athletics is to ensure that students succeed in the classroom, compete to win on the fields of play, and foster among its students a sense of citizenship, leadership and social responsibility.

The athletic program of the University adheres to the highest standards of integrity and ethics. The Division of Athletics promotes principles of good sportsmanship, honesty and fiscal responsibility in compliance with University, State, NCAA and Conference regulations. The Division of Athletics promotes and supports the University's comprehensive commitment to diversity and equity, providing equitable opportunity for all students and staff.

Through its program of intercollegiate athletics, public service and outreach efforts, the Division of Athletics enhances the student experience and contributes to the quality of life within the campus community, the State and across the nation.

The Division of Athletics and its programs undergo regular and periodic evaluation so that the Division may remain responsive to the educational and social needs of its students, the outreach efforts of the University, the competitive standards of the athletic conferences with which it is affiliated and the fiscal demands of rapidly changing environments.