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INTRODUCTION

The information contained herein is designed to acquaint you, the student-athlete, with the rules and regulations which govern and protect you during the time you are eligible for athletic competition at the University of Minnesota, Crookston. This publication does not provide comprehensive rules and regulations, but rather a summary of the minimum guidelines and expectations. The UMC Athletic Administration and individual Team Coaching Staff members may implement additional and/or more stringent penalties depending on the situations and circumstances.

We are proud to have you as a participant in the University of Minnesota, Crookston athletic program. We are committed to helping you maximize your athletic potential. In return for the coaching, competition, financial and travel opportunities, we expect you to:

- Demonstrate the highest standards of personal behavior and honesty to yourself and others;
- Give 100 percent effort in practice and competition at all times;
- Study hard and fulfill all academic responsibilities necessary for earning your baccalaureate degree; GO TO CLASS !!!!!!!!!!!!!!!
- Demonstrate concern for good nutrition and weight control and;
- Let us know if you are ill or injured, need help with your studies, or have a problem with which you need advice.

The University of Minnesota, Crookston Student-Athlete Handbook will answer many of your questions and concerns. However, should you ever feel the need to visit with an administrator about anything including policies or rules, please call or come by our offices located in the Sports Center.

Stephanie Helgeson
Director of Athletics
218-281-8422

Jason Tangquist
Assistant Athletic Director/Compliance Director
218-281-8424

Natasha Kuhle
Assistant Athletic Director/SWA
218-281-8423

Gary Warren
Assistant Athletic Director for Facilities and Operations
218-281-8428
### UMC ATHLETIC STAFF DIRECTORY 2011 -2012

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<tr>
<th>Position</th>
<th>Name</th>
<th>Phone Number</th>
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<tr>
<td>Athletic Director</td>
<td>Helgeson, Stephanie</td>
<td>281-8422</td>
</tr>
<tr>
<td>Assistant AD/Compliance Director</td>
<td>Tangquist, Jason</td>
<td>281-8424</td>
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<tr>
<td>Assistant AD/Senior Women’s Administrator</td>
<td>Kuhle, Natasha</td>
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<td>Assistant AD for Facilities and Operations</td>
<td>Warren, Gary</td>
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<tr>
<td>Sports Information Director</td>
<td>Bakken, Mitch</td>
<td>281-8414</td>
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<td>Vito, Chris</td>
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<td>Head Athletic Trainer</td>
<td>Parsons, Stef</td>
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<tr>
<td>Assistant Athletic Trainer</td>
<td>Takashi Murakami</td>
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<tr>
<td>Head Volleyball</td>
<td>Anderson, Lee</td>
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<tr>
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<td>Moller, Chuck</td>
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<tr>
<td>Assistant Football/Tight Ends &amp; Running Backs</td>
<td>LeGrand, Steve</td>
<td>281-8412</td>
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<tr>
<td>Assistant Football/Offensive Coordinator</td>
<td>Miller, Paul</td>
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<tr>
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<td>Hager, Josh</td>
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<td>Knox, Sean</td>
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<td>Assistant Football/Linebackers/Recruiting Coordinator</td>
<td>Dufner, Mark</td>
<td>281-8411</td>
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<tr>
<td>Assistant Football/Video Coordinator</td>
<td>Kremer, Jason</td>
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<tr>
<td>Head Soccer/Intramural Director</td>
<td>Jones, Richard</td>
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<tr>
<td>Assistant Soccer</td>
<td>TBA</td>
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<tr>
<td>Head Men’s Golf</td>
<td>Tangquist, Jason</td>
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<td>Assistant Golf Coach</td>
<td>Heppner, Brad</td>
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<td>Mahlen, Nathan</td>
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<tr>
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<td>Roysland, Mike</td>
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<td>Mahlen, Nathan</td>
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<td>Graduate Assistant</td>
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<td>Oseth, Jeff</td>
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<td>Jackson, Dave</td>
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<tr>
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<td>Nunn, Kevin</td>
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<tr>
<td>Head Equestrian</td>
<td>Leiningster, Brooke</td>
<td>281-8111</td>
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<tr>
<td>Assistant Equestrian</td>
<td>Overgaard, Nicky</td>
<td>281-8127</td>
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<tr>
<td>Head Women’s Tennis</td>
<td>Lunak, Joshua</td>
<td>281-8429</td>
</tr>
<tr>
<td>Assistant Tennis</td>
<td>Britton, Andrew</td>
<td>281-8429</td>
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The University of Minnesota, Crookston Intercollegiate Athletics program mission is centered around the well being of the student-athlete. Intercollegiate Athletics provides an opportunity for educational growth, personal growth, and development for student-athletes. This is evident through the endless commitment to academic support, quality coaching, sports science and by providing competitive opportunities and outstanding facilities to achieve success.

UMC’s athletic program creates an environment in which students can succeed in their academic work as well as their athletic competition. Personal skills and values are developed through dedication, perseverance, responsibility, team effort, cooperation, discipline, self-confidence, and other attributes of human development and citizenship. Career opportunities are developed for the student-athlete when integrated with a sound educational program.

While student-athlete centered, the UMC athletic program enhances the University experience of all students and embraces its role in building a sense of community and pride on campus among alumni, friends and the community at large. The UMC athletic program continually supports and honors the traditions, values, and missions of the University.

**University of Minnesota, Crookston Mission Statement**

*(Adopted by the Board of Regents, May 2007)*

The University of Minnesota, Crookston (UMC) is integral to the University's statewide land grant mission. The college provides its unique contribution through applied, career-oriented learning programs that combine theory, practice and experimentation in a technologically rich environment. UMC connects its teaching, research and outreach to serve the public good.
NCAA DII Positioning Statement
Who we are

Life in the Balance. Higher education has lasting importance on an individual’s future success. For this reason, the emphasis for the student-athlete experience in Division II is a comprehensive program of learning and development in a personal setting. The Division II approach provides growth opportunities through academic achievement, learning in high-level athletic competition and development of positive societal attitudes in service to community. The balance and integration of these different areas of learning opportunity provide Division II student-athletes a path to graduation while cultivating a variety of skills and knowledge for life ahead.

NCAA DII Attributes
What we stand for

Learning: multiple opportunities to broaden knowledge and skills (Learning)

Service: positive societal attitude through contributions to community (Community)

Balance: emphasis on collective knowledge; integration of skills (Balance)

Passion: enthusiastic dedication and desire in effort (Spirit)

Resourcefulness: versatile skill set drawn from broad range of experiences (Character)

Sportsmanship: respect for fairness, courtesy; ethical conduct toward others (Fair Play)

Departmental Structure

The Director of Athletics is charged with and responsible for the organization and function of the Intercollegiate Athletic program. Assisting the Director of Athletics in the operation of the Athletic Department is an administrative staff consisting of an Assistant Athletic Director – Compliance Director, Assistant Athletic Director - Senior Women’s Administrator, Assistant Athletic Director for facilities and Operations, Office of Media Relations/Sports Information, Development Office, and other staff and personnel on campus. While the major concern of the athletic administration is to give direction and assist the coaching staff in the operation of their respective sport, we also recognize a responsibility for and to you, the student-athlete.

ATHLETIC GOVERNING ASSOCIATIONS
The National Collegiate Athletic Association (NCAA)

The University of Minnesota, Crookston is one of 1,291 four-year institutions of higher education which have membership in the NCAA. The two primary purposes of the NCAA are:

1. To promulgate and enforce rules and regulations governing the academic and athletic eligibility of student-athletes and the conduct of athletic programs and;
2. To sponsor national championship competition.

The NCAA is composed of three divisions. University of Minnesota, Crookston is a Division II institution, and women’s equestrian is considered an emerging sport in NCAA Division II.

Northern Sun Intercollegiate Conference (NSIC)

With the exception of Women’s Equestrian, UMC is a member of the NSIC. Other institutions within the NSIC are:

Augustana College
Bemidji State University
Concordia St. Paul University
Minnesota State University, Mankato
Minnesota State University, Moorhead
Northern State University
Southwest Minnesota State University
Minot State University (2012)

Intercollegiate Horse Show Association (IHSA)

The IHSA competes in Zone 7 and Region 3. Other institutions within the IHSA are:

Carleton College
Ellsworth Community College
Gustavus Adolphus College
North Dakota State University
South Dakota State University
Southeast Community College
St. Cloud State University
University of Nebraska, Lincoln
University of Wisconsin, Madison
University of Wisconsin, River Falls

GENERAL POLICIES AND PROCEDURES FOR STUDENT-ATHLETES
NCAA STUDENT-ATHLETE BEHAVIOR STATEMENT

The NCAA Presidents Commission has adopted the following statement on student-athlete behavior and referred it for consideration in the development of the athletics certification program:

Student-athletes enrolled at NCAA member institutions should reflect the high standards of honesty and integrity set by the Association for the conduct of intercollegiate athletics. As NCAA member institutions strive to fulfill their educational missions, they share a right and a responsibility to preserve order and encourage ethical, responsible behavior through the formulation of standards of conduct for student-athletes and the designation of procedures by which those standards shall be enforced.

Student-athletes should recognize the significance of their behavior as visible members of the campus and local communities. This same attention, however, also should inspire the institution to assure that its student-athletes receive the same treatment as students generally do in disciplinary or criminal matters. Intercollegiate athletics cannot be viewed as a refuge where student-athletes may escape responsibilities imposed on all citizens, nor should student-athletes be held to a higher standard of conduct than that imposed on the student body as a whole.

Code of Ethics for Student Athletes

According to the case of Wylie v. NCAA, 612 F2d 473 (1979), athletics participation is a privilege rather than a right; a privilege earned and maintained by the student-athlete. The intercollegiate athletic program provides you an opportunity to develop your potential as a skilled performer in an educational setting.

The opportunity to grow emotionally, socially, and intellectually coupled with the opportunity to travel and to represent your school in a competitive setting does not come without sacrifice. You may lose some individual rights and privileges as you accept the policies of the program and become a team member. The following are offered for consideration:

1. Strive for the highest degree of excellence.
2. Abide by the spirit and letter of the rules throughout all games and practices.
3. Exert maximum effort in all games and practices.
4. Be willing to train in order to achieve your full potential.
5. Objectively acknowledge your own strengths and weaknesses.
7. Contribute to the effort to make each practice and game.
8. Keep personal disagreements away from practice and games.
9. Recognize and value the contribution of each team member.
10. Respect and accept the decisions of the coach.
11. Exhibit dignity in manner and dress when representing your school, both on and off the court or playing field.
12. Maintain personal habits which enhance healthful living.
13. Refrain from partaking of drugs, which enhance performance or modify mood or behavior at any time unless prescribed by a physician for medical purposes.
14. Refrain from taking alcoholic beverages while representing your school.
15. Treat all players, coaches, and officials, with respect and courtesy.

Student-Athlete Conduct Policy

Participation in the Intercollegiate Athletics Program at UMC is a privilege. As a requirement of this privilege, it is the responsibility of student-athletes to meet or exceed the regulations and policies with which the student body as a whole must comply. Student-athletes must be certain to conduct themselves in a manner which will be a credit to them and which reflects positively on the University. In instances where behavior is less than exemplary, the Department of Intercollegiate Athletics reserves the option to undertake disciplinary action where warranted.

For the most part, disciplinary matters will be the responsibility of the head coach of the sport in which the student-athlete is a participant. In unusual circumstances or in situations of severe misbehavior, the Athletics Administration and/or the Intercollegiate Athletics and Compliance Committee may review punitive measures prior to their enactment. These measures may involve the loss or reduction of Athletic Aid during the period of award. In circumstances where criminal charges are involved, the Department of Intercollegiate Athletics may opt to suspend competitive privileges pending the outcome of legal proceeding.

It is paramount that all student-athletes associated with the Intercollegiate Athletics Program conduct themselves in a manner commensurate with the prominent position which they occupy on campus and in the community. It is also important to recognize that the actions of athletic participants are scrutinized in a manner unlike that which is directed at any other segment of the University. There are many outstanding opportunities available to those involved in Intercollegiate Athletics. However, one of the prerequisites for advantageous use of these opportunities is the need for behavior which reflects the utmost concern for citizenship, scholarship, and moral integrity.

Policy in regards to issues with Local, State and Federal Laws:
Student-athletes who are alleged (including arrested or charged) to have broken local, state and federal laws will be subject to team and department sanctions upon a case by case review. Violations involving physical and/or sexual violence, use of illegal weapons, or driving while under the influence will be subject to immediate suspension from team activity pending further investigation. The head coach, in consultation with the athletics director (or his/her designee), will impose sanctions.

Team or Athletics Department disciplinary sanctions may be imposed in advance of any campus disciplinary and/or criminal actions. Disciplinary sanctions may include, but are not limited to:
admonishment; written reprimand; suspension from the team; reduction, cancellation or nonrenewal of athletics scholarship aid; and dismissal from the team. Additional sanctions may be imposed by the broader University, including probation, suspension from school, or expulsion. For the purposes of this code of conduct, suspension from the team means that student-athletes may not practice, compete or travel with any University of Minnesota – Crookston Intercollegiate Athletics team.

However, suspended student-athletes may, with the approval of the coach and designated sport administrator, attend team meetings and retain privileges to access training table, the athletic training room, academic support services and individual use of weight training.

Exceptions to any of these terms may be made by the Athletics Director or his/her designee.

**STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)**

**MISSION STATEMENT OF THE NATIONAL SAAC:** “The mission of the NCAA Student-Athlete Advisory Committee is to enhance the total student-athlete experience by promoting opportunity, protecting student-athlete welfare and fostering a positive student-athlete image.” The SAAC is made up of student-athletes from all 11 intercollegiate athletic teams at UMC. The committee is assembled to provide insight on the student-athlete experience, offer input on the rules, regulations and policies that affect student-athlete’s lives and promote a positive student-athlete image within the campus and local community. Membership on the committee is composed of two student-athletes from each team. Each member serves a term of two years and must be academically eligible to remain on the committee. The committee meets at least once a month with special meetings held when necessary. Members of the committee are required to attend meetings regularly unless previously excused. Each year the committee becomes involved in fundraising projects and encourages the involvement of student-athletes in campus and community projects. The committee also reviews and provides input to the athletic administration regarding proposed NCAA legislation. A student-athlete who is interested in serving on the Student-Athlete Advisory Committee should consult with his/her coach or the Asst. AD/SWA regarding appointment of council members.

**Coach’s Jurisdiction**

The coach is the person most responsible for the total conduct of his/her specific sport program within the authority defined by the philosophy and goals of the athletic department and the University of Minnesota, Crookston’s policies and procedures. In addition, the coach must adhere to the rules and regulations of the NCAA as well as the NSIC, and IHSA to which the University belongs. All policies and training rules established by coaches are in the best interest of the student-athlete and shall be enforced without prejudice.

**PROCEDURES FOR RESOLVING STUDENT-ATHLETE/COACH CONFLICTS**
The purpose of this procedure is to provide the student-athlete with a means for resolving conflict with a coaching staff member. Parents of student-athletes who wish to become involved in conflict resolution are encouraged to have their student-athlete follow the procedures. Concerns should stay focused on each parent’s own son or daughter and on first-hand knowledge of the situation at hand.

**STEP #1:**
The student-athlete who has a specific conflict shall FIRST discuss his or her concerns with the coaching staff member in question. In the event that the student-athlete has justifiable reasons for not communicating directly with the coaching staff member, the student-athlete may proceed to Step #2. However, the student-athlete should be prepared to defend his or her decision not to talk directly with the coaching staff member.

**STEP #2:**
If the student-athlete does not believe that the initial conference with the coach has resolved the conflict or has justifiable reasons for not communicating directly with the coaching staff member, a request may be made for a meeting with the Director of Athletics and/or Assistant Athletic Director. At this point, the student-athlete will be expected to present his or her concerns in writing to the Director of Athletics and/or Assistant Athletic Director. The student-athlete’s written statement and comments will be taken under advisement. If appropriate, the Director of Athletics and/or Assistant Athletic Director will inform the student-athlete, in writing, of any outcome of this process within 30 days unless delayed by further investigation. Personnel issues will not and legally cannot be discussed with the student-athlete. Therefore, resolutions or answers to certain questions may not be able to be provided.

**STEP #3:**
If the student-athlete does not believe that the meeting at Step #2 has resolved the conflict, a request may be made for a meeting with the Faculty Athletic Representative. Again, the student-athlete will be expected to present his or her concerns in writing to the Faculty Athletic Representative and comments will be taken under advisement. The Faculty Athletic Representative will respond to the student-athlete in writing within 30 days unless delayed by further investigation. Personnel issues will not and legally cannot be discussed with the student-athlete. Therefore, resolutions or answers to certain questions may not be able to be provided. The decision of the Faculty Athletic Representative is final.

**Dress Code**
Personal appearance is a direct reflection on you. Take an interest in how you appear, especially when traveling with your team. The dress code for each team varies from coach to coach. Your Head Coach will let you know if he/she requires a specific dress code. In general, you should always exercise good judgment concerning the appropriateness of your attire, taking into consideration the location or function you are attending. Student-athletes are a highly visible representative of the University and, as such, you are responsible for using good judgment in your overall appearance.

**Sportsmanship**
One of your responsibilities as a student-athlete is to always display good sportsmanship at all athletic events. Treat your fellow players, coaches, and officials, equally and with respect. Unsportsmanlike conduct in others never justifies retaliation with unsportsmanlike conduct on your part. Do not make excuses, or discuss a teammate’s shortcomings. Almost every situation has a positive and negative side; emphasize the positive. Support officials; avoid criticizing them or blaming losses on their actions. Support team efforts by encouraging team work and mutual efforts. When attending other athletic events, remember that you are expected to demonstrate good sportsmanship there as well.

ELIGIBILITY FOR PARTICIPATION

Class Attendance

Student-athletes are expected to attend all classes and to complete all assigned class work within the semester for which they are enrolled. The student-athlete must budget his/her time wisely so that all work is completed in a timely fashion. SEEK HELP EARLY BEFORE YOU FALL BEHIND.

There will be occasions when classes will be missed due to travel or actual competitive events. Therefore, every effort should be expended to attend scheduled class meetings. Absences due to athletic events are recognized by the University Faculty as full sanctioned extra-curricular necessities. As an indication of your concern for an education, you are required to visit individually with each instructor about your athletic schedule. Supply your instructor with a schedule of competitions, both home and away, and make arrangements before an absence to make up or turn in assignments, tests, or class work due on the absent date. Rapport with class instructors is your responsibility. Take the time to make the effort. IT IS YOUR EDUCATION!

Student-Athlete Initial Eligibility

The following is taken right from the NCAA Division II Bylaw 14 on eligibility:

14.02.8 Participation in Intercollegiate Athletics. Participation in intercollegiate athletics occurs when a student-athlete either practices in a sport (see Bylaw 17.02.1.1) or competes in a sport, as defined in Bylaw 14.02.6. Eligibility rules for competition may differ from those for practice.
14.01.3.1 Amateurism. A student-athlete shall not be eligible for participation in an intercollegiate sport, if the individual takes or has taken pay, or has accepted the promise of pay in any form, for participation in that sport, or if the individual has violated any of the other regulations related to amateurism set forth in Bylaw 12. (See Bylaw 12.1.1). (Revised: 1/9/06 effective 8/1/06)

12.1.1.1 Amateurism Certification Process.
An institution shall use the NCAA Initial Eligibility Clearinghouse approved by the Executive Committee to determine the validity of the information on which the amateur status of a student-athlete is based. (Adopted 1/9/06 effective 8/1/06, for all final certifications for student-athletes initially enrolling at a Division II institution on or after 8/1/07, Revised: 5/4/07)

12.1.1.1.3 Eligibility for Practice and Competition.
Prior to engaging in practice or competition, a student-athlete shall receive a certification of amateur status for activities that occur prior to the certification or initial full-time enrollment at an NCAA Division II institution (whichever occurs earlier). (Adopted: 5/4/07)

14.02.9 Qualification Status: 14.02.9.1 Qualifier. A qualifier is a student who, for purposes of determining eligibility for financial aid, practice and competition, has met all of the following requirements (see Bylaw 14.3):
(a) Graduation from high school;
(b) Successful completion of a required core curriculum consisting of a minimum number of courses in specified subjects;
(c) Specified minimum grade-point average in the core curriculum; and
(d) Specified minimum SAT or ACT score.

14.02.9.2 Partial Qualifier. A partial qualifier is a student who does not meet the requirements for a qualifier but who, at the time of graduation from high school, presents one of the following academic requirements (see Bylaw 14.3): (Revised: 1/10/91 effective 8/1/91)
(a) Successful completion of a required core curriculum consisting of a minimum number of courses and a specified minimum grade-point average in the core curriculum; or
(b) Specified minimum SAT or ACT score.

14.02.9.3 Nonqualifier. A nonqualifier is a student who has not graduated from high school or who, at the time specified in the regulation (see Bylaw 14.3), presented neither the core-curriculum grade-point average and SAT/ACT score required for a qualifier.

NCAA Satisfactory Academic Progress
As a student-athlete, you must meet certain academic regulations for participation in the intercollegiate athletic program.
1. The student-athlete must meet the admission standards for freshmen and transfer student-athletes.

2. The student-athlete must be registered for at least 12 semester hours per semester for practice and/or competition. You cannot fall below 12 credits or will be determined ineligible.

   Bylaw 14.1.8.1 Requirement for Practice or Competition.

   To be eligible for practice or competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the institution, which for purposes of this bylaw and its subsections shall not be less than 12-semester or -quarter hours, regardless of the institution's definition of a minimum full-time program of studies. For practice only, a violation of this bylaw shall be considered an institutional violation per Constitution 2.8.1; however, it shall not affect the student-athlete's eligibility. (Adopted: 1/13/03 effective 8/1/03)

3. The student-athlete must pass a total of 24 semester credit hours of non-repeat credits each academic year. If they do not pass 24 credits they can use the 75/25 rule summer school. 75% of the minimum credits during the academic school year. The athlete can also be certified through the averaging method. They have to average 12 credits a semester of fulltime enrollment.

4. 6 Credit Rule – Satisfactory completion of 6 – semester hours of academic credit the preceding regular term in which the SA has been enrolled full time at any collegiate institution. The legislation went into effect for hours earned during fall 2005. This also applies to all transfer SA’s.

5. The student-athlete must attain the following GPA required by the NCAA to be eligible:

   At the completion of 24 semester hours a cumulative GPA of 1.8
   At the completion of 48 semester hours a cumulative GPA of 1.9
   At the completion of 72 semester hours a cumulative GPA of 2.0
   At the completion of 96 semester hours a cumulative GPA of 2.0

   Student – athletes not meeting these GPA criteria are eligible for practice but ineligible for Intercollegiate competition until the required GPA is attained.

   A student–athlete may become eligible for competition at the end of the fall semester if the required GPA is attained at that time.

   A student–athlete does not become ineligible if his/her GPA falls below the required minimum after receiving fall semester grades.

6. The student-athlete must, by the fifth semester, select a major program of study with course work thereafter leading to a Baccalaureate degree.

7. The student-athlete must be in good academic standing as determined by the faculty of the institution in accordance with the standard applied to all students.

8. Freshmen student-athletes must be registered with the NCAA Initial Eligibility Clearinghouse. Student-athletes must be certified by the Clearinghouse to be eligible to compete, practice, and receive financial aid.
9. Beginning fall semester 2005 an athlete must have passed 6 credits each previous semester in order to be eligible to compete.

10. If a student athlete becomes academically ineligible, all athletically related financial aid may be withdrawn.

Certification of Eligibility

In August or before the beginning of each sport season the Compliance Officer will generate an eligibility report using the NCAA Compliance Assistant Internet Software. Eligibility documentation will also be prepared by the Compliance Officer specific to each student-athlete in cooperation with individuals on campus (Registrar, Transfer Specialist, Admissions Office, etc.) who are to assist with determining student-athlete eligibility. This report includes the initial eligibility information obtained from the NCAA Initial Eligibility Clearinghouse, academic information gathered from review of student academic records, information from Departmental Academic Advisors as needed, the assigned Transfer Specialist, the Athletic Academic Advisor in the Academic Assistance Center, and general student records. This report will be reviewed by the Faculty Athletic Representative (FAR), the Compliance Officer and the Compliance Committee as needed. Questions and concerns will be researched and changes will be made if necessary. The report will then be signed by the individuals on the Compliance Committee responsible for certifying student-athlete eligibility, currently the FAR, Compliance Officer, and AD. The signing of the eligibility documentation will certify that the student-athlete is eligible to compete for the institution for the current academic and athletic seasons.

UMC Academic Progress

Undergraduate Probation and Suspension

Any student who does not meet set minimum academic requirements will, at the end of the term in which he or she fails to meet minimum standards, be placed on academic probation. Subsequent failure to meet these standards will result in dismissal from the University. A student-athlete on academic probation is eligible to compete for the University. If a student-athlete is suspended for the University he/she may not participate in Intercollegiate activities, even though he/she may be readmitted under Academic Contract. Eligibility for the next season will be determined at the end of each academic year (excluding any dismissal from UMC). Below is the UMC Academic Progress Policy.

UMC Academic Progress Policy

UMC students are expected to make progress toward earning their degree and to maintain at least a C average (2.00 cumulative GPA) in their selected curricula. Students on academic probation are considered to be making satisfactory academic progress. Suspended students, readmitted under the terms of the academic contract, are NOT making satisfactory academic progress.
Academic Probation— Students are placed on academic probation if they fail to meet the following standards.

A. New High School Admits
   • a minimum ACT Composite Score of 18, and
   • a minimum high school GPA of 2.00 (C) is required.

B. Continuing UMC Students, Non-Degree Students, and New Advanced Standing (Transfer) Admits
   • cumulative GPA must meet the following minimum standard

<table>
<thead>
<tr>
<th>Credits Completed With Permanent Grades</th>
<th>Minimum GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-15</td>
<td>1.70</td>
</tr>
<tr>
<td>16-23</td>
<td>1.80</td>
</tr>
<tr>
<td>24-31</td>
<td>1.90</td>
</tr>
<tr>
<td>32 and beyond</td>
<td>2.00</td>
</tr>
</tbody>
</table>

Requirements while on academic probation—During the term of probation, students must:

1. Meet with an Academic Assistance Center/Student Support Services adviser/University counseling staff member and complete an Academic Action Plan no later than the end of the first week of the semester.

2. Revalidate their course registration with their academic adviser no later than the end of the first week of the semester.

3. Earn a minimum term and cumulative GPA consistent with the credit hour/GPA table above. Students whose term GPA does not meet the requirements will be SUSPENDED. Students who meet the term GPA requirement will be removed from probation or continued on probation according to the following table:

<table>
<thead>
<tr>
<th>Meets Minimum Requirements?</th>
<th>Term GPA</th>
<th>Cumulative GPA</th>
<th>Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Yes</td>
<td>No</td>
<td>Suspended</td>
</tr>
<tr>
<td>Yes</td>
<td>Yes</td>
<td>Yes</td>
<td>Removed from probation</td>
</tr>
<tr>
<td>Yes</td>
<td>No</td>
<td>No</td>
<td>Continued on probation</td>
</tr>
</tbody>
</table>

Suspended for Low Scholarship—A student on academic probation who fails to meet the terms of probation will be suspended and required to withdraw from UMC for one academic term on the first incidence of suspension and one calendar year on the second suspension. Students who are suspended on four occasions are dismissed and not allowed to continue their studies at UMC. Credits earned at other institutions during the period of suspension may not be applied toward graduation from UMC unless permission to earn such credit is granted in advance by the Academic Standards and Policy Committee.
Readmission — The Academic Standards and Policy Committee reviews appeals for readmission by students who have been suspended for failure to meet the terms of their academic probation. Appeals for readmission after a suspension notice has been sent to students must be accompanied by evidence that factors contributing to the difficulty have been altered and that there is every reason to assume successful continuation of studies. On the first occasion of an academic suspension, students are readmitted if they agree to the terms and conditions of the academic contract. Students may NOT continue on academic contract for two consecutive semesters. Students who have been suspended from UMC and are petitioning to be readmitted on contract for the second or third time must meet individually with Student Support Services or University counseling staff for assistance in identifying reasons for academic difficulties and in developing a plan for corrective action prior to presenting their appeal to the Academic Standards and Policy Committee.

Suspended students, readmitted under the terms of the academic contract, are NOT considered to be making satisfactory academic progress; are NOT eligible to receive state or federal financial aid; and are NOT eligible to represent the University in any official event, activity, or capacity.

Suspended students who are readmitted after the required period of non-enrollment are readmitted on academic probation. Continued enrollment depends on satisfactorily completing probation requirements.

Revised by Faculty Assembly, 3/26/04
Revised by Executive Committee, 6/6/06

Students who have been suspended from UMC and are petitioning to be re-admitted on contract for the second or third time must meet individually with Student Support Services or University counseling staff for assistance in identifying reasons for academic difficulties and in developing a plan for corrective action prior to presenting their appeal to the Academic Standards and Policy Committee.

You may appeal your financial aid suspension if unusual circumstances interfered with your ability to meet SAP standards. For more information see Satisfactory Academic Progress (SAP) for Financial Aid Eligibility at http://www.crk.umn.edu/info/policies/FinAidSap.htm or contact the Office of Student Financial Aid.

University representation shall include, but not be limited to such things as athletic events, music or theater performance, club events occurring in a public venue or of a competitive nature, and serving as an officer in clubs, organizations or the student association. Criteria to be used to determine what constitutes an official event, activity or capacity shall be based on such factors as the use of University funding or facilities, and the University's role in scheduling and involvement in the event. The Academic Standards & Policy Committee shall resolve any questions regarding this provision.

Full-Time Enrollment Athletic Participation

A student-athlete shall not be eligible to participate in competition or organized practice sessions in a sport unless the student-athlete is enrolled in a minimum full-time program of studies as determined by the regulations of the University of Minnesota, Crookston.
Season Used/First Year Rule

Any participation in a competitive contest during the sport season, regardless of time in the contest, shall be counted as a season of competition in that sport. Any contest (including a scrimmage) with outside competition is countable.

The student-athlete shall have ten semesters beginning with his/her first full-time enrollment at any college in which to complete four years of athletic participation. Time spent in the armed service, on official church missions, or with recognized foreign aid services of the United States Government may be an exception.

“No competition”

The term “redshirt” applies to the circumstance surrounding “no competition.” The student-athlete has met eligibility requirements and may be practicing with the sport team; however, the coaching staff has determined that the student-athlete will not compete, for any amount of time against outside competition. Simply speaking, the student-athlete is held out of all competitive contests during that academic year and has not used a season of eligibility.

Hardship

As per the NCAA, a student-athlete may be granted an additional year of competition by the conference for reasons of “hardship,” which is defined as that incapacity resulting from injury or illness which occurs under the following conditions:

1. It occurs in one of the four seasons of intercollegiate competition at any two-year or four-year collegiate institution for members of Division II.
2. It occurs when the student-athlete has not participated in more than 20 percent of the institution’s completed events in his/her sport or no more than two events, whichever number is greater PROVIDED the injury or illness occurred in the first half of the season and resulted in the incapacity to compete for the remainder of the season.

RECOGNITION

NCAA Championship Awards

1. An individual NCAA Champion may receive an award that is designed specifically for that sport.
2. Each official member of a winning NCAA championship team may receive an award that will be designed specifically for that sport.
3. The award must be approved by the Director of Athletics and must comply with the NCAA rules and regulations.

**Athletic Equipment/Clothing**

The athletic equipment room is available only to the student-athletes and staff of the UMC intercollegiate athletic teams. Athletes are assigned workout gear at the beginning of the season which can be laundered daily throughout their sport season. At the conclusion of the athlete’s season, any equipment that has been checked out must be returned promptly or the student-athlete will be billed at the replacement cost.

**ACADEMIC AFFAIRS**

One of the most important aspects of a future productive life is your education. Fortunately, this educational period comes early in life while you have the time and energies to accomplish this very worthwhile goal. Obtaining a college education and ultimately a Baccalaureate degree is the student-athlete’s responsibility. The educative process means budgeting your time wisely so that the educational, athletic, and social aspects of your life all share an appropriate amount of time.

At given times, students may find it necessary to ask for help in accomplishing an educational task. UMC provides confidential, professional and voluntary assistance and support to students. The following services are available to students for obtaining guidelines and/or specific help:

**UMC STUDENT AFFAIRS DIRECTORY**

<table>
<thead>
<tr>
<th>If you have a question about:</th>
<th>Contact</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Support Program</td>
<td>Rand Rasmussen</td>
<td>Owen 270</td>
<td>281-8555</td>
</tr>
<tr>
<td>Admissions</td>
<td>Amber Evans</td>
<td>Owen 170</td>
<td>281-8569</td>
</tr>
<tr>
<td>Campus Security</td>
<td>Gary Willhite</td>
<td>McCall 122</td>
<td>281-8530</td>
</tr>
<tr>
<td>Counseling and Career Services</td>
<td>Don Cavalier</td>
<td>StuC 245</td>
<td>281-8585</td>
</tr>
<tr>
<td></td>
<td>Jason Tangquist</td>
<td>Sports Center 140</td>
<td>281-8424</td>
</tr>
<tr>
<td>Diversity and Multicultural Prog.</td>
<td>TBA</td>
<td>StuC 245A</td>
<td>281-8580</td>
</tr>
<tr>
<td>Eating Disorders/Nutrition</td>
<td>Stacey Grunewald</td>
<td>Student Center 145F</td>
<td>281-8512</td>
</tr>
<tr>
<td>Financial Aid</td>
<td>Melissa Dingmann</td>
<td>Owen 170</td>
<td>281-8576</td>
</tr>
<tr>
<td>Health Services</td>
<td>Stacey Grunewald</td>
<td>Student Center 145F</td>
<td>281-8512</td>
</tr>
<tr>
<td>Intramurals</td>
<td>Gary Warren</td>
<td>Sports Center</td>
<td>281-8428</td>
</tr>
<tr>
<td>International Programs</td>
<td>Kimberly Gillette</td>
<td>Hill Hall 12</td>
<td>281-8442</td>
</tr>
<tr>
<td>Library Services</td>
<td>Owen Williams</td>
<td>Library</td>
<td>281-</td>
</tr>
<tr>
<td>Service</td>
<td>Contact Name</td>
<td>Location</td>
<td>Phone</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>--------------------</td>
<td>------------------</td>
<td>--------</td>
</tr>
<tr>
<td>Student Support Services</td>
<td>Rand Rasmussen</td>
<td>Owen 270</td>
<td>281-8555</td>
</tr>
<tr>
<td>Parking Rules</td>
<td>Gary Willhite</td>
<td>McCall 119</td>
<td>281-8530</td>
</tr>
<tr>
<td>Personal Counseling</td>
<td>Counseling &amp; Career Ser.</td>
<td>StuC 245</td>
<td>281-8585</td>
</tr>
<tr>
<td></td>
<td>Jason Tangquist</td>
<td>Sports Center 140</td>
<td>281-8424</td>
</tr>
<tr>
<td>Registrar’s Office</td>
<td>Val Uttermark</td>
<td>Owen 170</td>
<td>281-8547</td>
</tr>
<tr>
<td>Residential Life</td>
<td>Gary Willhite</td>
<td>McCall 122</td>
<td>281-8530</td>
</tr>
<tr>
<td>Sexual Assault Services</td>
<td>Stacey Grunewald</td>
<td>Student Center 145F</td>
<td>281-8512</td>
</tr>
<tr>
<td>Veterans Benefits</td>
<td>Linda Olson</td>
<td>Owen 170</td>
<td>281-8548</td>
</tr>
<tr>
<td>Work Study</td>
<td>Melissa Dingmann</td>
<td>Owen 170</td>
<td>281-8576</td>
</tr>
</tbody>
</table>

**FINANCIAL AID**

The student-athlete, his/her parent(s) or guardian(s) are responsible for all expenses of his/her college education. There are, however, various means of financial assistance available to the student-athlete.

As per the NCAA, a student-athlete shall not receive any financial aid. With appropriate documentation (including the FAFSA), the student-athlete will be packaged with financial aid in accordance with UMC’s packaging policy. Student-athletes may be awarded a combination of Federal, State and Institutional funds such as the Pell Grant, SEOG Grant, Founders, workstudy, and loans.

**Renewal of Athletic Grant-In-Aid**

An athletic grant-in-aid contract is awarded for one term or a maximum of one year. The student-athlete may have athletic Grant-In-Aid (GIA) renewed each term or year during which he/she is in regular (full-time) attendance as an undergraduate with eligibility remaining under NCAA regulations.

A decision on the renewal/reduction/termination of an athletic GIA must be made on or before July 1 of each year. The student must be promptly notified in writing by the Financial Aid Office after the decision is made.

**Appeal Procedure for Non-renewal of Grant-In-Aid.**

If you believe that your grant-in-aid was not renewed, decreased or canceled for questionable reasons, resolution should be sought with the head coach. If, however, these discussions are not satisfactory, the student-athlete will then be directed to the Athletic Director. Please see the Athletic Director or Compliance Officer if you wish to appeal a decision. The procedures to appeal the decision are as follows.

This appeal procedure is applicable to all University of Minnesota, Crookston student athletes.
The purpose of this appeal procedure is to provide a clearly defined avenue by which the student-athlete may appeal if he/she believes the grant-in-aid has not been renewed, decreased or canceled for questionable reason.

The institution is responsible for the renewal, non-renewal, increase/decrease and cancellation of a student-athlete’s grant-in-aid award. The Financial Aid Office and/or head coach shall promptly notify each student-athlete who received an award the previous academic year, whether his or her grant will be renewed or not renewed. As per the NCAA, the student-athlete will be notified of their status before the end of the academic year, but prior to July 1. A representative of the Financial Aid Office or the Compliance Officer for Athletics shall also inform the student-athlete that he/she may request and have the opportunity for a hearing before the institutional agency makes the final aid award.

Step 1 – When a student believes that his/her grant-in-aid was not renewed, decreased or canceled for questionable reasons, resolution should be sought with the head coach. If however these discussions are not satisfactory, the student-athlete will then be directed to the Director of Athletics.

Step 2 – If the grievance is not resolved on this basis, the AD will advise the student to provide a written statement of the grievance giving in detail those questionable reasons why he/she believes the grant was not renewed.

Step 3 – Within ten class days of the date of discussion with the AD (Step 2), the student-athlete must present to the Director of Athletics a written grievance. The AD will do a thorough investigation of the charges and provide a written response for the student-athlete within five class days. If the student-athlete is not satisfied or if the AD fails to respond within five class days, the grieving student-athlete may appeal in writing to the Financial Aid Office for review of the matter.

Step 4 – (A representative of the Financial Aid Office) will request a sub-committee meeting of the Intercollegiate Athletic and Compliance Committee, excluding the ex officio members, for a full hearing of said grievance. This committee will, within five class days of the receipt of the grievance from the student-athlete, hold a hearing.

Step 5 – The Sub-Committee of the Intercollegiate Athletics and Compliance Committee, after granting a full hearing, will make findings of fact and present a full and comprehensive report and recommendations to the Chancellor of the University who will make the final decision concerning the matter.

Step 6 – All materials relating to each grievance will be filed in the Faculty Athletic Representative’s and Compliance Officer’s Offices.

Non-Renewal or Reduction of Athletic Grant-In-Aid

The awarding, termination, or reduction of a grant is made on the recommendation of the coach. Non-renewal or reduction of grants must be based on the conditions set forth in the NCAA Manual. Recommendations for termination/reduction are addressed to the Director of Athletics and Compliance Officer. The NCAA requires that grants be awarded on an annual basis;
however, institutional practice is to renew awards except in most unusual circumstances. Those circumstances are generally described in the NCAA Manual.

Financial Aid Awards

All students of the University should submit the Federal application (FAFSA) to the Department of Education (UMC school code: 004069) to determine eligibility for receiving additional financial aid funds. Upon receipt, the Financial Aid Office will determine financial aid awards and notify the student.

Federal Pell and SEOG Grants, Merit (Academic) Awards, work study, State, and Military awards are exempt from NCAA Regulations. All other financial aid funding including department employment, academic awards and grants which are athletically-related are countable by the NCAA toward total admissible allocation.

If you have any questions in regards to Grant-In-Aid please call the AD at 281-8422.

ATHLETIC TRAINING

Insurance and Athletic Training Services

It is an unfortunate fact that anyone participating in athletics undergoes a certain risk of injury. In most instances these injuries can be treated by the Athletic Trainers on staff; but certain cases need to be referred to a physician, and these cases should be referred by the Athletic Training Staff.

All student-athletes need to be covered under their own or their parents/guardians health insurance policy. If you do not have insurance you will need to purchase the insurance offered to students through the University.

The Athletic Training Office sent out insurance information forms over the summer and will again address health insurance needs at your initial team meeting. Should you have questions at any time in regards to insurance please feel free to visit with one of the Athletic Training Staff and they will be more then willing to talk with you about insurance policies and procedures.

TEAM TRAVEL

When traveling on athletic trips away from UMC, student-athletes are required to travel with the team. The only exception is a situation in which a student-athlete wishes to travel to or from the location of the event with his or her parent or legal guardian. To be granted permission to travel with a parent or guardian, the following steps must be followed:

1) The student-athlete notifies his or her head coach prior to the trip.
2) A release form must be signed by the student-athlete or by the student-athlete’s parent or legal guardian if the student-athlete is under the age of 18, before the travel occurs.

Student-athletes may be released to travel with a parent or legal guardian only. Releases will not be granted to travel with other family members or friends based on the premise that the reason for travel is a University event and a proper release covers the University in the event of an accident. The Athletics Department will use it’s discretion on the granting of releases with the safety and welfare of its athletes being of the utmost importance. Student-athletes are permitted to drive automobiles and 15 passenger vans, when they have completed appropriate training through the UMC Facilities Office. All Athletics Department and University discipline policies
are in effect when any athletic team is traveling to and from an athletics contest. Any student-athlete in violation of any Athletics Department or University policy will be punished under the guidelines of the Athletic Department and the University.

**Drug Education and Testing**

The use of any drug or narcotic not prescribed by a physician for specific treatment of an injury or illness is prohibited by NCAA regulations. A list of banned drugs is available from the NCAA (www.ncaa.org) and from the Athletic Training staff.

As a means of curbing the use of illegal drugs for the enhancement of physical performance and thus an unfair advantage during competition, the NCAA has instituted a drug-testing program for NCAA championships and post season participation. Consent for drug testing is mandated by the NCAA as a portion of the student-athlete statement for eligibility each year. UMC fully supports this program and has adopted this policy in order to ensure that its entire varsity athletic program is consistent with the NCAA.

**UNIVERSITY OF MINNESOTA, CROOKSTON**  
**INTERCOLLEGIATE ATHLETIC**  
**ALCOHOL AND OTHER DRUG ABUSE POLICY**

The University of Minnesota, Crookston expects each of its students to subscribe to the highest moral and ethical standards. In the case of student-athletes, this is particularly important. Your behavior must be exemplary on and off the competitive site. It is the goal of the UMC Athletic Department to actively promote the health and welfare of all our student-athletes. The Athletic Department is committed to providing a drug-free environment in which student-athletes may safely compete. The UMC Athletic Department recognizes that the use of alcohol, tobacco, anabolic steroids, and other drugs can cause significant health problems for student-athletes that can also result in negative behavior and/or performance. The University and the Athletic Department have developed a Drug and Alcohol Abuse Policy that emphasizes educational treatment components. The intent of this policy is not punitive. It is intended to discourage intercollegiate student-athletes from choosing banned substance and to encourage appropriate treatment for those student-athletes who have already become dependent on such drugs.

The University of Minnesota, Crookston prohibits the use, abuse, possession, distribution and/or sale of alcohol or any illegal drug on campus. Likewise, the University of Minnesota, Crookston Athletic Department prohibits the use, abuse, possession, distribution and/or sale of alcohol or any illegal drugs on campus or while representing UMC in any official intercollegiate team function (i.e. hosting student recruits) or road trips. Road trips are defined as a period of time starting with departure from campus to time of return or as released by the head coach. It is not a violation for a student-athlete to be in possession of or to use a drug prescribed for the student’s use by a physician or over the counter drug recommended by the athletic trainer. Coaches are also encouraged to abstain from consuming alcohol or other drugs on road trips. Adherence to this policy is required at all times and in all situations by all student-athlete’s (including redshirts and medical hardships) throughout the year whenever a student-athlete is registered for classes (including summer sessions).
If more than one violation does occur, the offenses will accumulate throughout the student-athlete’s period of NCAA collegiate eligibility. If multiply offenses do occur at the same time, the sanction imposed will be dealt with as one violation. While a student-athlete has a charge pending in court, or the filing of charges appear imminent, the student-athlete will be subject to this Policy and depending on the violation may not be permitted to practice and/or compete until the charges have been solved. When a two-day contest does occur with the first day being qualifying day, this competition will be defined as one contest. Finally, individual teams may have policies more stringent than those indicated here.

If a student-athlete uses non-prescription drugs before and during athletic competition, he/she should notify the UMC Athletic Training Staff. Evidence of usage without permission may be construed as utilizing an illegal substance and the individual may be charged with violating the Alcohol and Other Drug Abuse Policy. The use of non-banned substances in amount above the indicated on the package may be construed as an attempt to illegally enhance performance and may likewise be viewed as a violation of our policy. Any student-athlete found to be using banned (illegal) and/or suspected of abusing non-prescription (over the counter) drugs may be subject to the appropriate sanctions.

The Athletics Department or the NCAA may request drug screening for select banned and non-banned substances. The University of Minnesota, Crookston reserves the right to random drug testing a minimum of one time per year unless there is a suspicion of drug use in which testing may occur more often. The cost of such screening will be paid for by the UMC Athletic Department and administered by local professionals (physicians at Riverview Health or Altru Clinic). The results of such screening will be held confidential. Student-athletes who voluntarily report a personal chemical dependency problem will not face immediate sanctions or disciplinary procedures. Rather, this individual will be referred to the appropriate facility for assessment.

It will be the responsibility of any athletic staff member to report any alcohol use, illegal drug behavior or inappropriate use of non-banned substances by student-athletes to the Director of Athletics.

CLASS A OFFENSES

The following offenses constitute a Class A violation of this policy. Class A Violations can occur both on and off campus throughout the academic year (no summer sessions included).

- DWI
- Illegal drug use
- Possession of illegal drugs (in any discernible amount)
- Possession of illegal drugs (including marijuana) in any quantity may result in permanent suspension from intercollegiate athletic competition and immediate loss of all athletic grant-in-aid. See offense list below.

If a student-athlete violates or is charged with a Class A offense, the following sanctions will be in effect and enforced by the Head Coach, Athletic Director and Assistant Athletic Director.

First Offense:
1. Student-athlete will have a conference with the head coach and/or assistant athletic director or athletic director.
2. Student-athlete may be suspended from 10% of competition or contents. Contests will be defined by the NCAA for each individual sport and can include the following season if necessary.
3. Student-athlete could have athletic grant-in-aid reduced or eliminated as determined by a special committee (as noted in athletic handbook).
Second Offense:
1. Student-athlete will have a conference with head coach and/or assistant athletic director or athletic director.
2. Student-athlete will be suspended for one-calendar year from competition.
3. Student-athlete could have athletic grant-in-aid reduced or eliminated as determined by a special committee (as noted in the athletic handbook).

Third Offense:
1. Student-athlete will be permanently suspended from intercollegiate athletic competition at the University of Minnesota, Crookston.
2. Student-athlete will have athletic grant-in-aid canceled immediately in accordance with NCAA rules and regulations.

CLASS B OFFENSES

The following offenses constitute a Class B violation of this policy. Class B violations can occur both on and off campus throughout the academic year.

- Legal intoxication (as defined by state code)
- Minor consumption (as defined by state code)
- Illegal sale to minor (as defined by state code)
- Arrested/cited for alcohol related incident
- Alcohol violation on campus (as determined by Residence Life)
- Alcohol violation on road
- Chewing tobacco (at games, practices, road trips only)

If a student-athlete violates (or charged) with a Class B offense, the following sanctions will be in effect:

First Offense:
1. Student-athlete will have a conference with head coach.

Second Offense:
1. Student-athlete will have conference with head coach and/or associate athletic director or athletic director.
2. Student-athlete could have athletic grant-in-aid reduced or eliminated as determined by a special committee (as noted in the athletic handbook).

Third Offense:
1. Student-athlete will have conference with head coach and/or associate athletic director.
2. Student-athlete may be suspended from 10% of contests. Suspension will carry over to following season.
3. Student-athlete will have 25% of athletic grant-in-aid reduced or totally eliminated as determined by a special committee (as noted in the athletic handbook).

Fourth Offense:
1. Student-athlete will have conference with head coach and athletic director.
2. Student-athlete will be suspended for additional 40% of contests (less 10% already served in third offense). Suspension will carry over to following season.
3. Student-athlete will have a minimum of 50% of athletic grant-in-aid reduced or totally eliminated as determined by a special committee (as noted in the athletic handbook).

Fifth Offense:
1. Student-athlete will lose all athletic grant-in-aid for one academic year.
2. Student-athlete will be suspended from athletics for one academic year from time of fifth offense.
PROTECT YOUR ELIGIBILITY

Gambling and bribery have become a serious problem in professional and amateur sports. We hope that you, as a student-athlete, will never be approached or involved in sports gambling or bribery. The consequences of gambling can be tragic and severe, impacting not only yourself, but your teammates and the University.

The University and Athletic Department are committed to combating all forms of gambling and bribery. If you are ever approached or contacted by someone who wants you to alter the outcome of a game, immediately report the incident to your coaching staff.

**NCAA Gambling Guidelines:**

1. You are not eligible to compete if you knowingly provide information concerning intercollegiate athletic competition to individuals involved in organized gambling activities; solicit a bet on any intercollegiate team; accept a bet on any team representing the institution or participate in any gambling activity that involves intercollegiate athletics through a bookmaker, a parlay card or any other method employed by organized gambling. (NCAA Bylaw 10.3)

2. You are not eligible to compete if you have shown dishonesty in evading or violating NCAA regulations. (NCAA Bylaw 14.01.1)

3. Report to your coach any attempt to secure information concerning situations which might alter the normal performance of your team.

4. Do not accept any “free rides” from strangers, such as meals, presents, etc. You are required by both the department and the NCAA 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.

5. Be aware of the legalities of gambling at the institution and state level. Understand that the consequences at the university level may be expulsion and that the university will also assist the enforcement of federal, state and local anti-bribery laws.

6. Do not accept any money from a “fan” for a game “well-played.”

7. Do not attempt to sell your complimentary admissions to anyone.

8. Do not discuss the condition or attitude of your team with anyone other than your teammates and coaches.

9. You must compete with honesty and sportsmanship at all times so that you represent the honor and dignity of fair play. (NCAA Bylaw 10.01.1)
The University of Minnesota, Crookston is a member of the NCAA, NSIC, and IHSA which are athletic governance organizations who promulgate very strict rules. These rules must be adhered to by the student-athlete and all members of the Athletic Department. Once you become an “enrolled student-athlete” (as of the first day of classes of the semester), there are a number of things YOU CANNOT DO.

If you engage in any of the following, YOU WILL BECOME IMMEDIATELY INELIGIBLE FOR ATHLETIC PARTICIPATION AND YOUR ATHLETIC GRANT-IN-AID COULD BE REVOKED.

YOU CANNOT:

1. Accept cash prizes, non-personalized merchandise awards, gift certificates, travel/per diem expenses or a salary for your participation in outside competition in your sport.

2. Be employed on a “fee for lesson” basis, without permission from the Athletic Department.

3. Have your name placed on a professional sport draft list or try-out for a professional team.

4. Agree to be represented by an “agent” for the purpose of marketing your sport skill.

5. Agree to or accept remuneration for the use of your name or photograph to promote the role or use of a commercial product.

6. Accept any gifts, free dinners, loans, use of a car, or anything of value from anyone employed by UMC, an alumnus or any friend or supporter of UMC’s athletic program.

7. Accept free equipment from sporting companies or sports equipment manufacturing firms, including rackets, shoes, articles of clothing, etc.

8. Participate on any outside team during your sport season.

9. Participate in a basketball summer league or any outside team during the summer in basketball which is not approved by the NCAA.

10. Model or endorse a product or services of an advertiser.

11. Contact a high school student or another college student for the purpose of transferring.

PLEASE CONTACT YOUR COACH IMMEDIATELY BEFORE ACCEPTING ANY BENEFIT OR AWARD AND PRIOR TO PARTICIPATING IN ANY OUTSIDE COMPETITION SO WE CAN BE SURE YOU ARE NOT BREAKING ANY RULES!
A CAREER IN PROFESSIONAL SPORTS

With the increasing exploitation of prospective professional student-athletes at the high school and college level by incompetent or unscrupulous agents, it has become painfully evident that student-athletes need accurate information to assist them in making intelligent and thorough decisions during the difficult transition to professional sports.

Who are Agents?

Anybody can be an agent. For the most part, all it takes to be an agent is to find an athlete to be a client. Many agents are lawyers, including some of the best agents, and most agents are honest, competent and fair. But because of the lure of the money involved and the glamour of working with professional athletes, dishonest, incompetent, or unscrupulous people are continually trying to get into the business of representing athletes and handling their money. That is why the prospective professional athlete must be wary of being approached by anybody concerning a professional sports career.

Know the Rules

Before you select an agent, check with your coach and athletic director concerning NCAA rules relating to professional sports.

HAZING POLICY

Policy Statement

Policy 2.6.4 – Effective July 2003

Hazing by any member of the University community is prohibited at the University of Minnesota. Hazing is prohibited whenever it occurs on University premises or in connection with any University affiliated group or activity.

Reason for Policy

The University seeks to promote a safe environment where students and employees may participate in activities and organizations without compromising their health, safety or welfare.
Policy on Awarding Fifth Year Athletic Grants After Eligibility is Expired

Philosophy: In realizing the difficulty Division II student-athletes may have in completing the requirements for a college degree within four years, the Department of Intercollegiate Athletics would like to offer additional athletic financial aid to its most deserving athletes. It is the Department’s intent to reward those student-athletes who have exhibited outstanding academic and athletic performance, by providing the opportunity and motivation for student-athletes to complete their college degrees.

Criteria:

- Must have been on athletic financial aid for at least the last two years.
- Must not have utilized a red shirt year since the start of collegiate enrollment
- Priority for aid consideration will be as follows:
  - Student-athlete who has completed eligibility at the end of the fourth year and is within one term of graduation.
  - Student-athlete who has completed eligibility at the end of the fourth year and is within two terms of graduation.
- Must have the recommendation of the head coach.
- Department scholarship committee. Award will be based on availability of funds and selection of award recipients will be prioritized by those student-athletes who exhibit the highest totals of the following criteria:
  - Average hours of credit per semester over 8 semesters.
  - Total number of academic credits completed after 8 semesters.
  - GPA.
  - Number of years at UMC.
  - Number of varsity letters won.
- Student must enroll and complete maximum hours toward a degree as determined by his/her academic advisor.
- Student must agree to work twenty hours per week in the Athletic Department as assigned.
- Student must repay tuition money if courses are dropped or failed.
- In no case will athletic aid be awarded to a student-athlete beyond the spring term of the fifth year of enrollment.
- Behavior resulting in disciplinary action by the Office of Student Affairs, campus security, local police, or other law enforcement agencies shall be cause for review of grant and possible termination.
- Special situations or extenuating circumstances affecting a sport or a student-athlete will be reviewed by the Athletic Administration.
YOU AS A STUDENT

Even though your athletic skills and interests have created a special place for you within the Department of Athletics, you are first and foremost a student. As such, you must comply with all of 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 as well as to provide you with information to help you become a successful student.

GUIDELINES FOR ACADEMIC SUCCESS

Whether you have a strong academic background or a weak one, there are general rules that will help you do your academic best. They are as follows:

1. Attend class. Tests are most often based on the material covered in class. If you are going to be away from campus for a game, alert your instructors ahead of time. Get your assignments in advance, if possible, and determine when the work is due. Let your instructor know when you are ill. Your class attendance may be one criteria used by your professor when assigning final grades.

2. Go to class prepared. You should have all reading and written assignments completed on time. If you go to class unprepared, it is often difficult to understand the material presented in class. Also, your instructor may tag you as a student with a poor attitude, which may influence your grade.

3. Know your instructor. Introduce yourself to your instructor. If you have any questions relative to your course, meet with your instructor. Your teacher is interested in your performance in the classroom and will generally be happy to discuss material related to your course.

4. Make a good impression. Go to class on time. Entering class late causes a disruption. It also tells the instructor that you’re not interested in his/her class. Do not read newspapers; listen to radios, etc., in class.

5. Do not let little problems become big problems. If you feel yourself falling behind in class, contact your coach or Student Academic Affairs for help. Also, remember your instructors are there to teach. Do not be afraid to make sure someone knows you need help before you reach the point where you cannot possibly do well in the course.

6. Attend study hall. Supervised study halls are provided in order to help you develop good study habits and learn the importance of time management. Use your study hall time constructively.

7. Use tutoring help wisely. Tutors are available in all subjects. Go to tutoring prepared. They are there to help you understand your assignments, not to do your work for you. If you do not have class notes or have not read the assignments, tutors will not be able to work with you.
Avoiding Common Pitfalls

Everyone knows that there is no such thing as a typical “jock” or student-athlete. Student-athletes as a group are like “engineers as a group” or “business majors as a group”. Some student-athletes are good students, some are not. Some do well in the classroom situation, some do not. Listed below are 25 ways for student-athletes to avoid common pitfalls.

1. Get to know your professors.
2. Understand that more study time is required in college than was required in high school.
3. Go to all classes and be on time.
4. Come to class with all necessary material.
5. Stay alert in class. Do not look bored or disinterested.
6. Sit in front of the classroom.
7. Turn in assignments on time.
8. Complete all reading assignments.
9. Ask for help before you fall too far behind.
10. Try to complete assignments well ahead of time.
11. Do not complain about the amount of work assigned.
12. Get up early enough to get organized before class.
13. Do not talk in class while the professor is talking.
14. Tell the professor ahead of time when you will miss class because of a road trip.
15. Take notes in class.
16. Do not tell the professor you need a particular grade.
17. Continue going to the class when you are not doing well. Talk to the professor or withdraw from the class only at last resort.
18. Do not party during the week.
19. Keep materials organized, consult your syllabus and write down assignments and test dates.
20. Avoid sitting in class with a group of student-athletes.
21. Make up a schedule for studying.
22. Do not start getting ready to leave the classroom before the class is over.
23. Do not expect special treatment because you are a student-athlete.
24. Do not let others think you are doing OK in class when you are really doing poorly.
25. Do your own work.

Try to develop helpful habits. Habits, good or bad, are easily formed and difficult to break. Learn what is expected of you as a student and develop study habits which will help you achieve academic success.

What Professors Expect
As mentioned previously, common courtesy goes a long way. Call your instructors “professor” or “doctor” unless they have requested you to do otherwise. Show them you are making a serious commitment to their course. Make it a point to find out where their offices are located, what their office hours are, and their office phone number. Do not call your instructor at home unless given permission, or unless it’s an emergency. Although some instructors say class attendance is not mandatory, seldom do they really mean it. You are expected to attend classes regularly, especially since you will probably miss some classes as a result of road trips. One way or another, attendance does affect your grades. In some courses, you may be given a failing grade for excessive absences, even if your course work was satisfactory.

Be on time. Few things make a worse impression on an instructor than being late for class. Complete your work on time. If, because of road trips or for whatever reason, you need more time to complete a project or paper, ask for an extension in advance. It is usually much easier to get an extension if you ask for it before the deadline rather than after you have already missed it.

Check your syllabus before each class to make sure you have with you the required books and materials. Most professors find unprepared students as annoying as late students.

Show an interest in the course. Participate in class. If you are uncomfortable asking questions during class, ask questions after class or make an appointment with your instructor to meet with him/her at a later date.

If you are going to miss class, inform your instructor. Arrange to make up missed work or tests. Obtain class notes for the days you missed. If your absence is a result of illness or injury, make certain you have official notification sent to your instructor.

Possibly the best advice is not to be afraid to get to know your professors or teaching assistants. Make an appointment to see them the moment you begin to feel lost or confused in class. It is important that, if you are going to be late for an appointment or need to cancel an appointment, you call ahead of time and apologize.

Ask your instructor for clarification in the areas where you are having trouble. Ask about test formats. Tests are much easier to study for if you know whether they will be multiple choice, essay, open or closed book, etc. Many instructors will tell you how best to study for their tests if you just ask.

Most instructors are willing to help you in any way they can, provided you do your part.

Note about On-Line Social Networks
In recent years there have been discussions within athletic departments nationally about online social networks such as Facebook.com, Myspace.com, and many others. There have been some instances of student-athletes posting inappropriate photographs and other content that has led to disciplinary action against the student-athletes, sometimes as serious as dismissal from the team. There have also been cases of opposing fans using information or pictures found on these websites to taunt or humiliate an individual during a contest. The NCAA National Office has also warned against the use of these websites as employers are starting to use them to get information about prospective employees and some employers will not hire someone who has used these sites heavily. Media can also become aware of some information posted on these sites resulting in intense scrutiny of student-athlete behavior.

With that said disciplinary action has in the past and may again be used if poor decision making takes place and these sites are used inappropriately.

We ask that you remember that you are an ambassador of the University of Minnesota, Crookston, and that you are always in the public eye. We stress that you exercise great care when posting pictures or other content on these websites.

STUDENT-ATHLETE HOST GUIDELINES

A student-athlete is periodically asked to act as a host during a prospective student's recruiting visits. As a host you may be asked to accompany a recruit to several different functions, such as visiting with professors, viewing an athletic contest or taking the recruit and family to brunch or dinner. The rules governing your actions are explicit, and are based on the following Athletic Department and NCAA guidelines:

You are responsible for keeping your recruit on time for all appointments. You need to be constantly aware of the recruit's schedule, and you must attend all functions with your recruit unless excused by your coach. During the visit, your recruit is not permitted to take part in any physical workout or recreational activity involving the sport for which he/she is being recruited, unless allowed under strict NCAA guidelines.

Check with your coach as you may be given student-athlete host money to be used for entertaining you and your recruit excluding the cost of meals and admissions to athletic events. If other team members join you, they must pay for their own meals and entertainment. The recruit may be entertained only within a 30-mile radius of campus.

You must handle the money personally and not give it directly to the recruit. You cannot use the money to buy the recruit a hat, t-shirt or any kind of souvenir. You cannot arrange for the recruit to receive a discount on merchandise at a sporting goods store or any other place of business.

You will need your own transportation. You cannot borrow a coach's car or use any University vehicle. A coach can, however, provide you and the prospect with a ride during an official visit.

Representatives of the University's athletic interests (e.g., boosters) are not allowed to be involved in the recruitment of a prospect. If, during the official visit, you and the recruit come in contact with a representative of athletic interests, any conversation must be limited to an exchange of greetings. Recruits are not allowed to have any type of pre-arranged meeting with a representative of the athletic interests. Examples of such pre-arranged meetings could include, but not be limited to, meeting with alumni in the locker rooms, meeting with alumni at pre-game meals or meeting with a representative of the athletic interests before, during or after a game. Remember, you are an AMBASSADOR of our athletic department family! Your actions should reflect positively on the Athletic Department and the University of Minnesota, Crookston.