

Good To Know

Over 550 student-athletes compete in 23 Division I sports at Marist College. This handbook provides information and policies you should understand and follow so your athletic and overall college experiences at Marist will be as self-fulfilling and enjoyable as possible. Further explanation of any of the enclosed policies can be obtained from an administrative staff member or from any coach.

NCAA Tournaments

Baseball

2000
2001
2002
2005

Men's Basketball

1986
1987

Women's Basketball

2004
2006
2007
2008

Men's Lacrosse

2005

Men's Soccer

2004
2005

Softball

2006

Men's Tennis

1999
2000
2001
2002
2003
2008

Women's Water Polo

2006
2008

Women's Tennis

2007
2008

MISSION STATEMENT

MARIST COLLEGE ATHLETIC PROGRAM

The Marist College Athletics Program serves to support the ideals of Marist College by its commitment to excellence in education and to the pursuit of higher human values through the self-knowledge and personal development that come from participation in athletic activity. The Athletics Program is dedicated to the development of the whole person and the integration of ethical values consistent with the Mission Statement of Marist College.

The Athletics Program strives to offer Marist students the opportunity to participate in athletic activity at their level of ability and interest - intercollegiate, club, intramural, or recreational. The Athletics Program aims to complement academic and social experiences with the development of organizational skills, leadership qualities, and an appreciation for sportsmanship and team effort through athletic opportunities and community service.

The Athletics Program is committed to be competitive at the NCAA Division I or other member conference level, to offer equitable opportunities to all students and staff, and to advance their welfare, health, and safety of student-athletes.

NCAA ACADEMIC INFORMATION AND POLICIES

Notes

In order to be eligible to represent Marist College in intercollegiate athletics, a student-athlete must adhere to all College, Conference and NCAA regulations.

The following are some important NCAA bylaws regarding the eligibility requirements for a student-athlete.

FRESHMAN INITIAL ATHLETIC ELIGIBILITY

NCAA Division I institutions have adopted specific academic requirements that must be met before a student is qualified to practice or compete in intercollegiate athletics and for the receipt of athletically related financial aid as a freshman.

The NCAA Clearinghouse certifies all athletic eligibility for first-year students for colleges at the Division I and II level. Anyone intending to participate in a varsity sport at Marist College must be registered with and certified as eligible by the NCAA Initial-Eligibility Clearinghouse.

CONTACT THE NCAA CLEARINGHOUSE

If you have specific questions about the certification process please write or call:

NCAA Clearinghouse
Post Office Box 4044
Iowa City, Iowa 52243-4044
Phone: (319) 337-1492
Fax: (319) 337-1556

Foxes Facts

DIVISION I INITIAL-ELIGIBILITY STANDARDS (1996-97 Academic Year to the Present)

Effective for those student-athletes first entering college institutions on or after August 1, 1996 and prior to August 1, 2005, the NCAA Clearinghouse will define the status of each prospect as one of the following:

History of the Women's Programs

Basketball
1971

Cross Country
1972

Tennis
1975

Volleyball
1975

Rowing
1980

Swimming & Diving
1983

Indoor Track & Field
1992

Outdoor Track & Field
1992

Softball
1992

Soccer
1996

Lacrosse
1997

Water Polo
2000

QUALIFIER

Students entering on or after August 1, 1996 and prior to August 1, 2005 may either utilize these initial eligibility standards OR the "new" initial eligibility standards on page 5. Under the old standards, in order to be classified a "qualifier" you must meet the following:

Requirements:

- Graduation from high school
- The following core GPA in 13 core courses with the corresponding ACT or SAT score.

<u>Core GPA</u>	<u>SAT Recentered</u>	<u>ACT Sum</u>
2.500 & above	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Core Courses:

- At least 4 years English;
- At least 2 years math (at level of Algebra I or above)
- At least 2 years social science;
- At least 2 years natural or physical science (including one lab course)
- At least 1 year additional English, math or natural or physical science; and
- 2 additional academic courses.

PARTIAL QUALIFIER
(Does not meet standards for qualifier)

Requirements:

- Graduation from high school
- The following core GPA in 13 core courses (see qualifier for courses with the corresponding ACT or SAT score is needed:

<u>Core GPA</u>	<u>SAT Recentered</u>	<u>ACT Sum</u>
2.750 & above	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67

- Eligible to practice during first academic year in residence
- No competition or travel during first academic year in residence
- May receive institutional financial aid during first academic year in residence including athletic aid
- Three seasons of competition, however a partial qualifier may earn a fourth year of competition, provided that at the beginning of the fifth academic year following the student-athlete's initial, full-time collegiate enrollment, the student-athlete has received a baccalaureate degree.

NONQUALIFIER
(Does not meet standards for qualifier or partial qualifier)

Requirements:

- Graduation from high school
- No practice during first academic year in residence
- No competition or travel during first academic year in residence
- May receive institutional need-based financial aid ONLY during first academic year in residence, which may not be from an athletics source
- Three seasons of competition, however a nonqualifier may earn a fourth year of competition, provided that at the beginning of the fifth academic year following the student-athlete's initial, full-time collegiate enrollment, the student-athlete has received a baccalaureate degree.

Aim for This

DIVISION I INITIAL-ELIGIBILITY STANDARDS (NEW standards)

Effective for those student-athletes first entering college institutions on or after August 1, 2003, the NCAA Clearinghouse will define the status of each prospect as one of the following:

QUALIFIER

Students entering on or after August 1, 2003 may either utilize these initial eligibility standards OR the “old” initial eligibility standards on page 3. Students entering on or after August 1, 2005, in order to be classified as a “qualifier,” MUST meet the “new” standards.

Requirements:

- Graduation from high school
- The following core GPA in 14 courses with the corresponding ACT or SAT score.

<u>Core GPA</u>	<u>SAT</u>	<u>Sum ACT</u>
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58

Verizon/CoSida Academic All-America honors

2003

Viktor Sapezhnikov
men's tennis
First Team

David Bennett
men's basketball
Second Team

2002

Jenny Shanks
women's soccer
Third Team

2001

Amanda Koldjeski
softball
Second Team

1995

Gregg Chodkowski
men's basketball
Third Team

<u>Core GPA</u>	<u>SAT</u>	<u>Sum ACT</u>
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Core Courses

- At least 4 years English;
- At least 2 years math (at level of Algebra I or above)
- At least 2 years social science;
- At least 2 years natural or physical science (including one lab course)
- At least 1 year additional English, math or natural or physical science; and
- 3 additional academic courses. Students entering on or after August 1, 2005 WILL NOT be permitted to use computer science courses.

NONQUALIFIER

Requirements:

- Graduation from high school
- No practice during first academic year in residence
- No competition or travel during first academic year in residence
- May receive institutional need-based financial aid ONLY during first academic year in residence, which may not be from an athletics source
- Three seasons of competition, however a nonqualifier may earn a fourth year of competition, provided that at the beginning of the fifth academic year following the student-athlete's initial, full-time collegiate enrollment, the student-athlete has received a baccalaureate degree.

Foxes Facts

History of the Men's Programs

Basketball
1962

Rowing
1962

Cross Country
1963

Soccer
1963

Football
1965-Club
1978-Varsity

Indoor Track & Field
1965

Outdoor Track & Field
1965

Lacrosse
1968-Club
1979-Varsity

Tennis
1966

Swimming & Diving
1977

Baseball
1992

Only courses completed in grades nine through twelve can be considered core courses and courses taken following completion of the senior year cannot be used to satisfy core requirements.

A "core course" is defined as a recognized academic course (as opposed to a vocational type course) that offers fundamental components in a specified area of study.

If a decision is made to attend junior college, and you are a partial or nonqualifier you must remain there until you graduate and have at least 48 semester hours of transferable degree credits acceptable toward a baccalaureate degree program at the certifying Division I institution. In addition, you must also have a 2.000 GPA in these 48/72 transferable credit hours.

If you are a qualifier, you must remain there for a minimum of one semester and have at least 12 credits/semester of transferable degree credits with a 2.000 GPA.

CONTINUING ELIGIBILITY - NCAA

Except for those who do not meet initial eligibility standards, all student-athletes are allowed four years of intercollegiate competition, which must be used in a five-year period. From the first day of enrollment as a full time college student (two-year or four-year) you have five years in which to complete your four years of eligibility. It is not possible to extend this five-year period unless your education is interrupted by military or church related service.

In order to be eligible for each of your four years of intercollegiate competition, the NCAA has established many academic rules and regulations. Eligibility must be established prior to the beginning of each academic year. The Faculty Athletic Representative, Assistant Athletic Director/Senior Woman Administrator and Director of Academic Advisement for Student-Athletes will continually review your academic progress to be sure you are in compliance with the regulations on the succeeding pages.

You must be in good academic standing and satisfy all the same minimum requirements that non-athletes must meet. In addition, you must also satisfy the NCAA academic standards as set forth in the following pages.

Foxes Facts

Top Programs by Cumulative GPA 2002-2008

Spring 2007
Volleyball

Men's Swimming / Diving
Fall 2006

Women's Cross Country
Men's Tennis
Spring 2006

Women's Cross Country
Men's Tennis
Fall 2005

Women's Cross Country
Men's Tennis
Spring 2005

Women's Cross Country
Men's Tennis
Fall 2004

Women's Tennis
Men's Cross Country
Spring 2004

Softball
Men's Tennis
Fall 2003

Softball
Men's Tennis
Spring 2003

Men's Tennis
Women's Soccer
Fall 2002

Men's Tennis
Women's Soccer
Spring 2002

Men's Tennis
Women's Soccer
Fall 2001

Men's Tennis
Women's XC/TF

Academic Class (First full-time enrollment for stu- dents who enroll on or after August 1, 2003)	2008-2009 Academic Year
Freshmen (2008-09)	<ul style="list-style-type: none"> • Registered for at least 12 credits • Initial eligibility certified by Clearinghouse
Sophomore 3rd semester (2007-08)	<ul style="list-style-type: none"> • Registered for at least 12 credits • Must have earned at least 24 credits previous year with at least 18 earned during the academic year • Must have earned 6 credits in previous semester • GPA requirement of 2.000 or 90% of overall GPA required for major
Junior 5th semester (2006-07)	<ul style="list-style-type: none"> • Registered for at least 12 credits • Must have earned at least 18 earned during the academic year • Must have earned 6 credits in previous semester • Banked hours or average of 12 credits earned per term of full-time enrollment (48 credits) • Must have declared a major with an identified concentration • GPA requirement of 2.000 (may be higher for some majors) or 95% of overall GPA required for major • 40% of degree must be completed
Senior 7th semester (2005-06)	<ul style="list-style-type: none"> • Registered for at least 12 credits • Must have earned at least 18 earned during the academic year • Must have earned 6 credits in previous semester • Banked hours or average of 12 credits earned per term of full-time enrollment (72 credits) • Must have declared a major with an identified concentration • GPA requirement of 2.000 (may be higher for some majors) or 100% of overall GPA required for major • 60% of degree must be completed
Fifth Year 9th semester (2004-05)	<ul style="list-style-type: none"> • Registered for at least 12 credits • Must have earned at least 18 credits during the academic year • Must have earned 6 credits in previous semester • Banked hours or average of 12 credits earned per term of full-time enrollment (96 credits) • Must have declared a major with an identified concentration • GPA requirement of 2.000 (may be higher for some majors) • 80% of degree must be completed

Com- munity Service

Student-Athletes are encouraged to participate in a wide variety of community service events sponsored within the athletic department. Some of the annual events that student-athletes take part in are the following:

HAVILAND MIDDLE SCHOOL:

Marist student-athletes speak to sixth, seventh and eighth grade physical education classes at the Haviland Middle School in Hyde Park, NY about how the experience of being involved in sports has made a positive impact on other aspects of life and the importance of good sportsmanship.

GIRL SCOUT CLINIC:

Female student-athletes from the varsity sports join together to help promote the annual Girl Scout Clinic held every winter. Local girl scout troops from Dutchess County are exposed to the 12 varsity female athletic programs and participated in a variety of activities while learning the fundamentals of each sport.

CREDIT HOUR REQUIREMENTS - New Standards

In order to graduate you must accumulate a minimum of 120 hours of credit (certain majors may require more). During each of your four years you should accumulate at least 30 hours of credit so that at the end of your last year of eligibility, you have sufficient credits to graduate.

In compliance with NCAA guidelines, student-athletes are required to successfully complete 24 credits from the beginning of one academic year to the beginning of the next academic year prior to the start of the third semester. A minimum of 18 credit hours used to satisfy this requirement must have been earned during the regular academic year (e.g., fall and spring semesters). In each subsequent year of collegiate enrollment a student-athlete is required to complete 18 credits during the regular academic year and six credits in each regular academic semester. Eligibility will be determined in August and September of each year and all student-athletes will be declared eligible or ineligible for practice and competition at that time.

EXAMPLE 1:

<i>First Year:</i>	<u>F '03</u>	<u>S'04</u>	=	<u>Summer '04</u>	<u>Total Credits</u>	<u>Eligible</u>
	12	15		0	27	YES
<i>Second Year:</i>	<u>F '04</u>	<u>S'05</u>	=	<u>Summer '05</u>	<u>Total Credits</u>	<u>Eligible</u>
	12	9		0	48	YES
<i>Third Year:</i>	<u>F '05</u>	<u>S'06</u>	=	<u>Summer '06</u>	<u>Total Credits</u>	<u>Eligible</u>
	9	12		3	72	YES

EXAMPLE 2:

<i>First Year:</i>	<u>F '03</u>	<u>S'04</u>	=	<u>Summer '04</u>	<u>Total Credits</u>	<u>Eligible</u>
	9	9		6	24	YES
<i>Second Year:</i>	<u>F '04</u>	<u>S'05</u>	=	<u>Summer '05</u>	<u>Total Credits</u>	<u>Eligible</u>
	12	3		0	39	NO

EXAMPLE 3:

<i>First Year:</i>	<u>F '03</u>	<u>S'04</u>	=	<u>Summer '04</u>	<u>Total Credits</u>	<u>Eligible</u>
	15	3		6	24	NO

Below is a chart indicating the number of completed credits required at the end of each year in order to compete and the suggested number of credits in order to graduate on time.

CUMULATIVE CREDIT REQUIREMENTS

	NCAA Minimum Requirements	Normal Marist College Graduation Requirements
Freshman Year	24	30
Sophomore Year	48	60
Junior Year	72	90
Senior Year	96	120

Any student-athlete receiving athletic aid will be required to take and attempt 15 credits each semester to ensure progress towards their degree and help meet the new NCAA requirements. Please be aware that student-athletes who attempt less than 15 credits each semester or show patterns of frequent withdrawals may jeopardize their eligibility of being granted additional athletic aid for a fifth year after eligibility is exhausted to assist with completion of their degree.

DECLARATION OF A MAJOR AND CONCENTRATION/EMPHASIS

If you have officially declared a major and identified concentration, all hours used toward meeting the satisfactory progress requirements must be applicable toward your designated degree program. In addition, student-athletes are required to declare a major/concentration no later than the beginning of their fifth semester.

EXAMPLE

BUSU = Business /Undecided - This is NOT a recognizable declared major

BUSP = Business / Marketing - This IS a recognizable declared major

CHANGING MAJORS

All student-athletes planning to change their major and/or transfer students declaring a major must consult the Director of Academic Advisement for Student-Athletes before doing so. Changing your major at any time may result in failure to meet NCAA academic eligibility requirements which can jeopardize your ability to practice and compete.

FULFILLMENT OF PERCENTAGE OF DEGREE REQUIREMENTS

Student-athletes are required to maintain progress toward the completion of a degree. Therefore, student-athletes are required to complete the following percentage of their degree requirements prior to their fifth, seventh and ninth semesters of enrollment:

- 40% of degree must be completed by beginning of 5th semester
- 60% of degree must be completed by beginning of 7th semester
- 80% of degree must be completed by beginning of 9th semester

GRADE POINT AVERAGE

At the start of the 3rd semester student-athlete must have met 90% of overall gpa requirement or 1.8 cumulative gpa.

At the start of the 5th semester student-athlete must have met 95% of overall gpa requirement or 1.9 cumulative gpa.

At the start of the 7th semester and subsequent years must have met 100% of overall gpa requirement or 2.0 cumulative gpa.

Please note that Marist College requires student-athletes to maintain a minimum 2.000 semester GPA with a 2.000 cumulative GPA in order to be eligible for varsity athletics. Certain majors require a higher GPA and in these cases student-athletes may be required to maintain a minimum cumulative GPA higher than 2.000.

TRANSFER STUDENT-ATHLETES

If you are a transfer student-athlete, you are immediately responsible for any applicable percentage of degree requirements, declaration of major, and full-time registration status in addition to the other basic transfer requirements.

If you have any questions or concerns regarding your academic eligibility please contact the Director of Advisement for Student-Athletes or the Assistant Athletic Director/Senior Woman Administrator.

Notes

**Mark the
Dates!**

MARIST COLLEGE ACADEMIC REQUIREMENTS AND PROCEDURES

The NCAA requires that a student-athlete comply with an institution's standards for eligibility. The College's Academic Standards Committee applies the rules for retention of eligibility for all students, athletes or non-athletes, at Marist College. The Center for Advising and Academic Services actively provides a broad range of opportunities essential for academic, career, and personal development to increase the retention and success of these students.

Fall 2008 Important Dates

Tuesday, September 2
Classes begin

**Tuesday-Monday
September 2-September 8**
Add/Drop Period

Monday, September 8
Last day for course changes

**Friday-Sunday
October 17-19**
Mid-Semester Break

Thursday, November 6
Last day for dropping course
without penalty of WF grade

Friday, December 12
Last day of Fall 2008 classes

**Monday-Friday
December 15-19**
Final Exam Period

At the end of each semester, all students are expected to meet the following minimum standards: a semester grade point average of 2.000 AND a cumulative grade point average of 2.000. A student who fails to achieve a 2.000 semester OR 2.000 cumulative grade point average is subject to warning, probation or dismissal after review by the Academic Standards Committee.

ACADEMIC WARNING

A student-athlete who has a **semester average** below the minimum satisfactory requirement of a 2.000 *may be placed on academic warning*. Academic warning usually places restrictions on the student's academic choices. This suggests a limited number of credits per semester, regular meetings with the Director of Academic Advisement for Student-Athletes and/or athletic academic advisor and mentor, and recommendations to register for specific courses, which will aid in the students academic success. In most cases, the student-athlete is allowed to participate in extracurricular activities, including varsity athletics.

PROBATION

A student who does not meet the minimum 2.000 grade point average for a semester OR 2.000 cumulative grade point average may be placed on academic probation. Students who accept the probationary semester are *required to meet any and all stipulations outlined in their probationary contract*. Under certain circumstances, a student may be granted more than a single semester of academic probation. A student granted a second consecutive semester of probation is **NOT ELIGIBLE** for organized extracurricular activities including, but not limited to, varsity athletics. Restrictions on such participation during the first semester of probation are made by the College's Academic Standards Committee.

First semester probation pertains to students who are struggling academically. Students placed on first semester probation are *usually* allowed to participate in their elected sport provided they comply with the recommendations and restrictions imposed upon them by the Center for Advising and Academic Services and the Director of Academic Advisement for Student-Athletes. This may include regularly scheduled meetings with their mentor, restrictions on specific courses, limitations in allowable registered credits, and mandatory meetings with the Director of Academic Advisement for Student-Athletes and/or athletic academic advisor.

Mark the Dates!

Spring 2009 Important Dates

Tuesday, January 20
Classes begin

**Tuesday-Monday
January 20-26**
Add/Drop period

Friday, January 23
Last date for incomplete &
grade changes for Fall 2008

Monday, January 26
Last day for course changes

**Saturday-Sunday
March 14-22**
Spring Recess

Friday, April 3
Last day for dropping courses
without penalty of WF grade

**Friday-Sunday
April 10-12**
Easter Holiday

Friday, May 8
Last day of
Spring 2009 classes

**Monday-Friday
May 11-15**
Final Exam Period

course after the official withdrawal deadline, that individual will receive a **WF** on his/her permanent record (NOTE: A **WF** affects a grade point average. It is equivalent to an F). Please check the 2008-2009 Academic Calendar available in the Office of the Registrar or see the Director of Academic Advisement for Student-Athletes for details about withdrawal dates and deadlines.

CREDITS TAKEN AT OTHER INSTITUTIONS

A situation may arise where a student-athlete wishes to take a course at another institution due to reasons of convenience and/or necessity. Such circumstances are permitted under the following circumstances:

1. The student, while in residence at Marist College, participated in an established program such as the Marist Abroad Program or the Visiting Student Program.
2. The student, while an undergraduate at Marist, provided adequate justification to the Registrar and Dean to obtain prior approval for summer or intersession courses at another institution. Prior approval must be received **BEFORE** the student begins classes at the alternate institution.
3. The student began his or her undergraduate education at another college or university and transferred to Marist College. A student who has less than 60 credits on record will be permitted to take classes at both a two-year and four-year institution.

A student who earned 60 or more credits will be permitted to take classes only at another four-year institution. Once a student earns 90 credits, s/he may no longer transfer credits in from other institutions.

Please keep in mind that only those courses with a C grade or better may be transferred. Courses with C- grades will be given transfer credit only for elective courses. The Director of Academic Advisement for Student-Athletes is available to assist you with course selections and school preferences.

REGISTRATION

Registration takes place every semester. Normally, registration occurs in late October for the spring semester and late March for the fall semester. The registrar will send written notification as to the specific dates and times to each student's on campus mailbox. The Director of Academic Advisement for Student-Athletes will post all pertinent information on the bulletin board, as well as notify each individual coach.

Advisement for course registration for student-athletes will be held during the few weeks prior to the regularly scheduled registration procedures. At this time, the Center for Student-Athlete Enhancement will schedule walk-in advisement services to all student-athletes seeking assistance with their course schedules. Coaches will be notified of the dates and times of the advisement services and the information will also be posted in the McCann Center. You may contact the Director of Academic Advisement for further information at extension 2325, or if you wish to arrange an appointment.

Every student is responsible for submitting, on time, all completed registration materials to the Registrar. **It is each student's obligation to complete all steps and to obtain all the necessary signatures in a timely manner.** The Director of Academic Advisement for Student-Athletes is not authorized to sign registration forms. All forms should be reviewed and approved by your assigned faculty advisor.

Helpful Hints

COLLEGE AND ATHLETICS ACADEMIC SUPPORT SERVICES

CENTER FOR STUDENT-ATHLETE ENHANCEMENT

The Center for Student-Athlete Enhancement is a state of the art academic facility available to all student-athletes. The hours of operation are Sunday 4:00-9:00 P.M., Monday through Thursday, from 10:00 A.M. to 9:00 P.M., and Friday 9:00 A.M. to 5:00 P.M. The Center currently houses 16 personal computers with Microsoft Windows, e-mail, and Netscape access, ports for laptop accessibility, 3 study rooms, individual study carrels, and space for tutorial and/or group work. Along with the current software two of the computers contain tutorial software to meet certain students needs. The monitor on duty will track study hours and tutorial sessions for all student-athletes. The Center for Student-Athlete Enhancement is a perfect place for student-athletes to concentrate on their studies and accomplish their assignments in a quiet, structured atmosphere. The Center also houses all daily tutorial sessions.

Getting off to a good start is essential to becoming a successful Marist College student-athlete.

This section provides you with information on a number of academic services provided by the Department of Athletics with which you should be familiar.

The more you know and understand about the College's and Athletic Department's academic services, the more you will avoid the common pitfalls of college freshmen and upper classmen.

Take time to learn the services and don't be afraid to ask.

Those upperclass student-athletes required to attend study hall can "tailor" an individual study schedule within the appropriate hours that is convenient and best fits their study needs in order to complete the required study hours.

Please note that the operation of services for the Center is subject to change.

CHAMPS/LIFE SKILLS PROGRAM

The mission of the NCAA CHAMPS/Life Skills Program is "to maintain intercollegiate athletics as an integral part of the campus educational program and the athlete as an integral part of the student body." With this in mind the program designates 5 areas of student development on which to focus: academic excellence, athletic excellence, personal development, career development, and community service. The results of the needs assessment item assisted in determining the goals of the Marist Red Fox CHAMPS/Life Skills Program and the developmental needs of our student-athlete body. The 2001-02 academic year marked the start of the CHAMPS/Life Skills Program, which incorporated continued Red Fox traditions as well as new resources for all student-athletes to access. Freshmen will be required to attend seminars to help mold better study habits. Some topics addressed will consist of time management, study skills and note taking.

BULLETIN BOARD

A bulletin board was created specifically for student-athletes to highlight the CHAMPS/Life Skills program and important academic information. The information is located directly outside the Enhancement Center. Please view this board frequently (at least once a week) as it will reveal upcoming events and academic dates such as registration, add/drop, withdrawal, tutor requests, exam schedules, etc. A second bulletin board, located in the McCann Center display case across from the vending machines, will highlight various community service projects and events that student-athletes have participated in during the year.

Ask Questions

You need some type of system for reading and finding what information is useful. Some people find that the SQ3R system works well. This is an acronym that stands for:

SURVEY: check subtitles and bold or italic print to get an idea of what will be covered, but do not read the whole thing word for word.

QUESTIONS: think up a few questions as a result of surveying the chapter that you want to be answered when you read it through properly.

READ: read through entirely, but do not stop to follow all cited examples.

RECALL: close the book and try to think of the main points and jot them down. These will form the basis for your outline.

REVIEW: go through the chapter again, more slowly and make your notes complete by either adding to those from the "recall" stage or making new one.

If a situation arises that is not within the boundaries of the Director's abilities, the student-athlete will be referred to the proper department and/or person. Included among these areas are the Academic Learning Center, Counseling Center, Special Services, and the Career Services office.

The Center for Student-Athlete Enhancement and the Director of Academic Advisement for Student-Athletes' office is located on the second floor of the McCann Center, room 213C. Please call or stop in to make an appointment; **The Director's extension is 2325.**

ACADEMIC FRAUD

Academic Fraud is a serious offense, which is being addressed and monitored by the NCAA. Any violation of NCAA bylaw 10.1 is subject to report to the NCAA, institutional investigation, and penalties to be determined due to the severity of the offense. Be aware that all tutorial sessions are closely monitored by the Department of Athletics, and all student-athletes are expected to abide by the Marist College Student Code of Conduct. Please familiarize yourself with the Academic Policies, which can be found under article III and article IV in the back of your *Marist College Student Handbook*.

BOOK LOAN/RETURN

A student-athlete receiving a full grant-in-aid or books as part of their athletic scholarship may be entitled to BORROW textbooks from the college bookstore through the athletic department. NCAA rules and regulations specify that only course required books may be provided for student-athletes. "Recommended" books, pens, notebooks, art supplies, etc., cannot be provided. The Director of Academic Advisement for Student-Athletes will provide the College Book Store a list of those student-athletes entitled to books along with their course schedules at the beginning of each semester or summer term. Books will be pre-packaged by the College Book Store for each student-athlete. In order to pick up their books, student-athletes must report to the Enhancement Center for appropriate distribution. Student-athletes are required to return all course books, except books in his/her major, to the Director at the end of each semester or summer term.

If there is a schedule change, the Director must approve the student-athlete's schedule before books will be provided. These books will be available for pick-up at the Enhancement Center. If a student does not return his/her books, the individual will receive a bill for the FULL COST of the books. If the student is a graduating senior, his/her grades or diploma will be withheld until the bill is paid off each semester or summer term.

Please see the Director of Academic Advisement for Student-Athletes regarding book borrow/return dates and times.

CONTEST EXPLANATION FORMS

Throughout your traditional season, you will participate in contests that will result in missed classes. When this occurs, you must obtain a contest explanation form from your coach, who receives these forms 2-3 weeks prior to each contest. ***These forms must be given personally to your professors at least one week prior to the day of the scheduled contest. NO FORMS WILL BE ISSUED 48 HOURS BEFORE A CONTEST.*** It is the student-athlete's responsibility to procure these forms.

Since a student-athlete's primary purpose for attending Marist is to obtain an education, contest forms do **NOT** excuse a student-athlete from missing a class. They merely inform the professor of the reason for the student's absence. The individual is responsible for completing **on time**, any assignments or class materials due, as well as making arrangements with his/her professor concerning the content of the classes which were missed and any activities scheduled for that day. Contest explanation forms will not be provided to student-athletes competing in a weekday event in their non-traditional season. *Please review the Student-Athlete Missed Class Policy on page 25.*

No student-athlete will be excused from class in order to attend a practice session.

All student-athletes have the opportunity to arrange their class schedules during the registration and add/drop periods with the Director of Academic Advisement for Student-Athletes to avoid conflicts.

PROBATIONARY/HIGH-RISK MEETINGS

At the beginning of each semester all probationary and high-risk student-athletes will be contacted by the Director of Academic Advisement for Student-Athletes through their coach to schedule mandatory weekly or bi-weekly meetings held throughout the semester. Any student-athlete unable to make his or her appointment will risk suspension or possible dismissal from their sport. Students maintaining a probationary or high-risk status must also meet with their assigned faculty advisors and mentors.

PROGRESS REPORTS

Progress reports are sent directly to professors requesting feedback on a particular student-athlete's status in a specified course. Included in the report are inquiries pertaining to the student's grades, class attendance, and participation, as well as additional space for the professor's comments. The professors at Marist College are very receptive to these reports and return them in a timely manner. These reports provide valuable information relevant to the student-athlete's ability to succeed academically.

Recommendations for tutorial assistance and study hall via professors are rigorously pursued.

These reports are sent out for freshmen, probationary students, high-risk students, and first semester transfers. The returned reports are shared with each student and a copy is sent to his/her coach. Any student-athlete ignoring the Director of Academic Advisement for Student-Athletes' directive to schedule an appointment regarding progress reports will be subject to penalties affecting the student-athlete's athletic eligibility.

STUDY HALL

Study halls are organized by the Department of Academic Advisement for Student-Athletes to provide ongoing opportunities for individual study. These study sessions are available to all student-athletes. A specific population of students will be required to attend on a regular basis.

Requirements to attend study sessions are based on the student's previous academic performance record and/or semester status. All high risk and probationary student-athletes are **REQUIRED** to attend study hall for the entire semester. Semester and cumulative GPA at the end of the semester will determine continued attendance.

MC Facts

Rules and regulations exist in the study hall facilities so that an environment conducive to studying is created and maintained. If a student exhibits improper conduct, his/her actions will be reported to the Director of Athletics and specific head coach. Since a student-athlete's primary focus at Marist is on his/her academic success, all student-athletes are personally responsible for completing all required weekly hours.

Upper class student-athletes have access to the Center in the McCann Center during its regular hours of operation to complete their study hall hours (Sunday 4-9 p.m., Monday-Thursday 10 a.m.- 6 p.m). Study hall hours are the responsibility of the student-athlete and must be completed in the Center under the supervision of a monitor.

Who Must Attend

1. Any student-athlete of high-risk status or on first or second semester probation.
2. Any student-athlete who achieves a cumulative GPA below a 2.300
3. Any other student-athlete at the recommendation of the coach, Director of Academic Advisement for Student-Athletes or Director of Athletics.
4. Any freshman who misses a required seminar (see page 24).

A GPA of 2.300 or above does not necessarily exempt a student-athlete from study hall. This is to be determined by the Director of Academic Advisement for student-athletes. **The Department of Athletic Advisement recommends that anyone with a GPA of 2.500 or below be reviewed as a possible candidate for study hall.**

Written authorized permission to leave study hall or to be excused must be granted by the Director of Academic Advisement for Student-Athletes or Academic Fellow. Only sickness related absences are accepted, and the Director **MUST** be notified in advance and be provided written documentation of illness within 24 hours. Note that student-athletes are still required to meet the required number of weekly hours in the event of illness unless arrangements have been made with the Director or Academic Fellow. Student-athletes of high-risk and/or probationary status are not eligible for midterm exemptions.

Each head coach will be notified on Wednesday of missing hours for each student-athlete. Any student-athlete not completing the required 6 hours by Friday will be **suspended from the next regularly scheduled competition in that sport.**

Rules

1. Student-athletes must present their Marist ID for admittance into the Center.
2. A student-athlete must study a minimum of one (1) hour to log time towards their study hall hours when utilizing the Center. **A maximum of 2 hours are permitted in one day.**
3. Six (6) hours of study hall are required each week for all student-athletes.
4. All 6 hours must be completed prior to Friday of each week (only a documented illness confirmed with the Director of Academic Advisement for Student-Athletes or Academic Fellow will be accepted).
5. Study halls run from Sunday - Thursday in the Center for Student-Athlete Enhancement.
6. Failure to make all 6 hours every week will result in automatic suspension from the student-athlete's next regularly scheduled contest.
7. **NO food or drink allowed.**
8. **NO electronic devices allowed** (Personal laptops are permitted).

Schools and Divisions

School of Liberal Arts

School of Communication and
the Arts

School of Computer Science
and Mathematics

School of Continuing
Education

School of Management

School of Science

School of Social and
Behavioral Sciences

9. Student-athletes are prohibited from checking their e-mail, using instant messenger or "surfing the web."
10. Proctors have the authority to dismiss a student-athlete from a study session if s/he is disruptive, disrespectful, or unproductive.
11. Tutorial sessions may count as study hall hours AND must be completed in the Center.
12. The use of computers in the Center during study sessions are on a first come first serve basis and are subject to monitoring at all times. Proctors have access to see ALL computer screens in the Center.
13. Residence Life/Mentor education workshops may count towards study hall hours for freshmen ONLY with proper documentation (see the Director of Academic Advisement for Student-Athletes for form). A maximum of two hours a week will be permitted. Group review sessions WITH A PROFESSOR are permitted for all student-athletes.

FRESHMEN SEMINARS - TO BE DETERMINED

ALL freshmen student-athletes will be required to attend weekly seminars during the Fall semester until midterm grades are computed. Failure to attend a session will result in immediate entry to study hall in the Center. Seminar topics will consist of academic topics such as, but not limited to, study skills, note taking and time management. Other topics to be discussed will be hazing and community service. Upon review of midterm grades, the Director of Academic Advisement for Student-Athletes will determine which freshmen will be placed into mandatory six hours of study hall. At the end of the fall semester all student-athletes with a 2.3 cumulative gpa or higher will be released while those below will be required to attend study hall for the spring semester consequently putting them on high-risk or probationary status and a required six hours.

TUTORIAL SERVICES

Tutorial services are available to **ALL** student-athletes. This service is provided in conjunction with the Learning Center, Library 331, via the Department of Academic Advisement for Student-Athletes. Any student-athlete requiring tutorial assistance needs to see the Director of Academic Advisement for Student-Athletes to obtain a tutor. The student-athlete must fill out a tutorial assistance verification form and have it signed by the Director. The student-athlete is then responsible for taking the signed form to the Learning Center and must make an appointment to meet with a member of the Learning Center staff in order to fulfill the request for a tutor. Once the student-athlete has been assigned a tutor, the tutor's phone number and address will be given to the student-athlete. *It is then the responsibility of the student-athlete to contact the tutor to schedule the first tutorial session.* **All tutorial sessions must take place in the Center for Student-Athlete Enhancement during the regularly scheduled hours.**

The Department of Athletics is not obligated to provide a student-athlete with tutorial services when poor grades are a result of inadequate class attendance and general lack of effort. It is critical for a student-athlete to request tutorial assistance as early in the semester as possible. All requests will be processed as quickly as possible. Please note that a student-athlete of probationary or high-risk status may be recommended to seek tutoring by the Director.

***Please remember that the tutorial services available to student-athletes are a privilege.** Any student found abusing these services will risk loss of tutorial privileges as well as possible probation or dismissal from their athletic team.

STUDENT-ATHLETE MISSED CLASS POLICY

Academic Majors

Accounting
American Studies
Applied Mathematics
Art History
Athletic Training
Biology
Bio-Medical Sciences
Business Administration
Chemistry
Chemistry-Biochemistry
Communication Arts
Computer Science
Criminal Justice
Digital Media
Economics
Education
English
Environmental Science &
Policy
Fashion
Design/Merchandising
French
History
Information Systems
Information Technology
Mathematics
Medical Technology
Philosophy
Political Science
Psychology
Psychology/Special-Ed
Social Work
Spanish
Studio Art

1. Student-athletes shall not miss any regularly scheduled classes for any practice activities.
2. For home competition, student-athletes shall not miss classes prior to two hours before the scheduled competition time.
3. For away competition with same day travel, student-athletes shall not miss any classes prior to 30 minutes before the scheduled time of departure.
4. For away competition with overnight travel, no team shall depart more than 30 hours prior to the time of competition.
5. The Director of Athletics will provide to the Faculty Athletics Representative and the Academic Vice President, at least one month prior to the start of a sport's season, a listing of all competition in that sport which will necessitate student-athletes being absent from class. The listing will include the time and date of competition, destination, departure time, travel time, and return time. The Faculty Athletics Representative or the Academic Vice President may request that modifications to the travel plans be made.
6. A summary of the listings described in item 5 will be circulated to Faculty.
7. Student-athletes will continue to present individual, written notifications, provided by the Department of Athletics, to their instructors at least 48 hours prior to each contest that affects their class attendance.
8. It is expected that the student-athletes will be responsible for submitting all assignments on time and that advanced arrangements will be initiated by the student-athlete for any tests/quizzes that will be missed.
9. It is expected that faculty members will not penalize student-athletes for missing classes due to conflicts with contractually scheduled athletic contests and related travel.
10. It is expected that coaches will not penalize student-athletes for missing practices due to conflicts with regularly scheduled classes for which student-athletes are enrolled.
11. No competition will be scheduled on days when final examinations are scheduled unless prior approval has been received from the Academic Vice President.
12. Exceptions to the above statements for special tournaments and competitions, including championship play, must be approved by the Faculty Athletics Representative and the Academic Vice President.
13. Student-athletes who believe that they have received a lack of reasonable accommodations of the provisions of this missed class policy by a faculty member may immediately appeal to the appropriate chair or to the Academic Vice President.
14. Student-athletes who believe that they have received a lack of reasonable accommodation of the provisions of this missed class policy by a coach may bring this matter to the attention of the Director of Athletics or the Faculty Athletics Representative.
15. Faculty or coaches who have questions about the application of these statements may contact the Faculty Athletics Representative or the Academic Affairs Comm.

THE STANDING COMMITTEE ON ATHLETICS

Notes

I. Purpose

The Standing Committee on Athletics formulates the broad policies within which the Athletic Department will operate. It does not deal with day-to-day operations. It will promote communication between the Athletics Department and various groups both in the College and community with which it interacts.

II. Membership

This Committee is coordinated through the Vice President for Student Affairs and includes members of the academic community, administrative community, Board of Trustees, alumni, representatives of the athletics interests, and students who represent intramural, club and intercollegiate sports.

CAPTAINS COUNCIL

I. Purpose

1. Providing a communications link between student-athletes and the athletics' administration in the development of policies affecting all student-athletes.
2. Encourages communication and unity between and among teams.
3. Promotes and supports athletics.

The Council meets a minimum of once a month beginning in September to discuss policies, issues and projects relating to student-athletes, teams and the department.

II. Membership

The Council is composed of:

- all team captains or representatives from the 23 intercollegiate programs
- the Director of Athletics (non-voting)
- the Assistant Athletic Director/Senior Woman Administrator (administrative liaison and non-voting)
- the Associate Athletic Director-External Affairs (non-voting)
- the Assistant Athletic Director-Internal Affairs (non-voting)
- the Director of Academic Advisement for Student-Athletes

Each program/team has one (1) vote in all matters before the council.

III. Elections

Team captains/representatives are elected or appointed at the discretion of the head

Tips for Stress Relief

The following are helpful tips for managing stress throughout the semester.

* Plan for social and physical activity to re-energize yourself so that you are better able to concentrate when you study.

* Keep a daily planner, block out practice time, study time and social events.

* Don't procrastinate!

* Learn to say "NO." Be honest with yourself and know your limitations.

* Accept circumstances that are beyond your control.

* Try to maintain a positive outlook. Negative perception habits drain your energy.

* Eat well-balanced meals and get enough sleep.

* Learn to solve your own problems.

* Build a support network of family, friends, coaches and other students. Communication helps release frustration and anxiety.

Any non-freshman student-athlete is eligible for election but each should carefully consider his or her academic and athletic responsibilities, as membership on the Council is an important component of acting as a team's captain/representative.

IV. Responsibilities

Each team representative is expected to:

1. Attend all council meetings (held on a Wednesday each month during the activity hour).
2. Attend any and all other Council activities.
3. Represent his or her team's views at Council meetings (This means team representatives must talk to their teammates about issues or projects, which will be discussed at council meetings. Coaches will allow time before or after practice for a captain's report.).
4. Report to his or her team on what happened at Council meetings and distribute the minutes of meetings.
5. Organize team members to help with any special projects.

V. Officers

No later than the first meeting of each fall, a male and female co-chair will be elected/named. These co-chairs will have the following responsibilities:

1. Co-chair all council meetings and act as the official representatives of the Council.
2. Serve as members of the Standing Committee on Athletics.
3. Serve as representatives of the MAAC Student-Athlete Advisory Council.

MAAC Info

Metro Atlantic Athletic Conference (MAAC)

Founded in 1980, the MAAC is in its 24th year of existence and its 10 member institutions are strongly bound by the sound principles of quality and integrity in academics and excellence in athletics.

Marist College joined as an associate member in football in 1994. The Red Foxes became full conference members in 1997.

Along with the Conference's 10 full members they also have two associate leagues: lacrosse and water polo.

Conference members:

Canisius College
Fairfield University
Iona College
Loyola College (MD)
Manhattan College
Marist College
Niagara University
Rider University
Saint Peter's College
Siena College

Second Offense: Suspension or possible dismissal from the team after review by the Director of Athletics.

AGENTS

You will become automatically ineligible for participation under NCAA regulations by entering into a verbal or written agreement with an agent for representation in future professional sports negotiations prior to the completion of intercollegiate athletic eligibility.

Further, you will become automatically ineligible by accepting transportation or other benefits from any person who wishes to represent you in the marketing of your athletic ability. This prohibition against receipt of benefits includes relatives and friends as well.

Securing advice from a lawyer concerning a professional sports contract is permissible, but the lawyer may not represent you in negotiations for such a contract. A lawyer may not be present during discussions of a contract offer with a professional organization or have any direct contact (e.g., in person, by telephone or by mail) with a professional sports organization on your behalf. A lawyer's presence during such discussions is considered representation by an agent.

If you need assistance or clarification regarding your future in professional sports you should contact your head coach or the Assistant Athletic Director/Senior Woman Administrator.

COMMITMENT TO COMPLIANCE

The compliance program for student-athletes exists to facilitate and ensure compliance with institutional, conference, and NCAA regulations. Guidelines established by these governing bodies provide a framework for fair competition, good sportsmanship and responsible behavior which assists Marist College in ensuring there is an appropriate balance between educational and athletic pursuits. Marist College has a strong commitment to rules compliance. In that regard, you are asked to assist the institution in ensuring compliance.

Specifically, you are requested to:

1. Provide complete and accurate information regarding all eligibility matters.
2. Report any possible violations that you become aware of to your head coach, Assistant Athletic Director/Senior Woman Administrator, Faculty Athletics Representative or the Director of Athletics.
3. When you are unsure of how governing legislation might apply to particular situation, please ask your coach or the Assistant Athletic Director/Senior Woman Administrator for clarification before taking any action that might jeopardize your eligibility.

Prior to practice and competition, you must complete the NCAA Drug-Testing Consent Form and NCAA Student-Athlete Statement. The Assistant Athletic Director/Senior Woman Administrator usually administers these forms at team meetings prior to the start of practice activities.

EXTRA BENEFITS

As a student-athlete you gain a significant measure of visibility and notoriety from your participation in intercollegiate athletics. As a result, you may be offered benefits by virtue of that involvement which would not generally be provided to other Marist College students.

The NCAA defines an extra benefit as *any special arrangement by an institutional employee or a representative of the College's athletics interests to provide student-athletes, their relatives or friends a benefit not expressly authorized by NCAA rules.*

Receipt or acceptance of such an extra benefit will result in immediate loss of eligibility.

Friendships or acquaintanceship with adults established in the recruitment process or after arrival on campus in most instances are a result of being a student-athlete and, thus, receipt of benefits from these individuals by you, your relatives or friends is prohibited by NCAA regulations.

During your enrollment at Marist College, you may befriend individuals or families in the community who might wish to provide you with a more "home-like" atmosphere. Please be aware that your becoming "friends" with a representative ("athletics booster") and or employee of Marist College does not change their status as far as the NCAA rules are concerned. For example, the provision of any type of material item (such as a birthday gift, use of a car, meals or lodging, loan of money, Christmas gift, etc.) by such an individual or family to you (or your relatives or friends) could result in a rules violation and jeopardize your eligibility.

Examples of non-permissible extra benefits include, but are not limited to:

Awards

- Cash or cash-equivalent for athletic participation.
- Gift certificates or merchandise items awarded by individuals other than Marist College Department of Athletics.
- Sports club memberships.

Complimentary Admission and Ticket Benefits

- Payment from any source for complimentary admission.
- Special arrangement made to purchase tickets to an athletic event.
- Complimentary admission to a professional sports event.

Academic Support

- Typing costs provided at less than the going campus rate.
- Use of Athletic Department copy machines, FAX machines and the internet unless required for academic course work.

Medical

- Surgical expense to treat injury or illness that was not a result of practice or participation in intercollegiate athletics.
- Medical or hospital expenses incurred as a result of injury going to or from class or while participating in classroom requirements.
- Teeth cleaning or other dental work unless that work is directly related to injury to the teeth during practice or competition.

Notes

MAAC Info

Metro Atlantic Athletic Conference Commissioner's Cup

Awarded annually as a symbol of overall excellence in the 25 championship athletic events conducted within the MAAC. The 10 member schools receive points based on their season and championship finish.

An institution can win the men's cup, women's cup and overall cup which is the highest honor awarded. This overall cup is a symbol of an athletics program's full complement of athletic excellence in both its men's and women's programs.

Friends or Relatives

- May not receive expenses for visiting you at any site.
- May not receive free admission or free meals in conjunction with a team or booster club banquet.

Benefits, Gifts and Services from the Public

- Free or reduced-cost services.
- Use of telephone or receipt card without charge.
- Use of tickets to any event, dinner, use of a car, etc. from a commercial establishment without charge or at a discounted rate.
- Receipt of a loan.
- Guarantee of a bond.
- Use of an automobile or free or reduced-cost automotive equipment or repairs.
- Free or reduced-cost lodging, transportation or meals.
- Receipt of an honorarium for speaking or appearance engagement other than to cover actual expenses.
- Receipt of gifts of merchandise.

Receipt of extra benefits will result in immediate loss of your eligibility. If you need assistance or clarification regarding the NCAA's extra benefit rules you should contact the Assistant Athletic Director/Senior Woman Administrator.

GAMBLING AND BRIBERY

Gambling on the outcome of athletic contests is all too prevalent in our society, and can have a devastating effect on student-athletes if they engage in such activity. Therefore, you must not become involved in the following activities:

- Providing information to any individuals (including students and non-students) involved in organized gambling activities concerning intercollegiate athletic competitions. Such information might include the mental attitude of a team or certain members of a team, the physical condition of certain individuals on a team, etc.
- Asking if someone wants to bet on **any** intercollegiate **or** professional team with anyone.
- Accepting a bet by anyone on **any** team representing Marist College **or any** other intercollegiate **or** professional team.
- Participating in **any** gambling activity that involves intercollegiate **or** professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling.
- Intentionally altering the results of an athletic contest in which you are participating in exchange for money or gifts.

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

Any knowledge of student-athletes' involvement in any of the above activities should be reported immediately to the Director of Athletics.

Foxes Fact

Marist Athletics and the Commissioner's Cup

Overall

2007-08
Winner

2006-07
Winner

2005-06
Winner

2004-05
Winner

2003-04
2nd Place

2002-03
3rd Place

2001-02
Winner

2000-01
Winner

1999-00
Winner

1998-99
Winner

Men's

2005-06
Winner

2006-07
Winner

2004-05
Winner

2003-04
2nd Place

2002-03
Winner

2001-02
Winner

2000-01
Winner

1999-00
2nd Place

1998-1999
Winner

1997-98
4th Place

Women's

2007-08
Winner

2006-07
Winner

2005-06
Winner

2004-05
Winner

2003-04
2nd Place

2002-03
6th Place

2001-02
2nd place

2000-01
Winner

1999-00
3rd Place

1998-99
2nd Place

HAZING

Hazing is defined as any action or situation that recklessly or intentionally endangers the mental or physical health or safety of another person for the purpose of initiation, admission into, membership, advancement, or continued good standing in any group or organization. In addition, any requirement by a member or pledge which compels another member or pledge to participate in any activity that is against College policy or New York State Law is defined as hazing.

Hazing is **STRICTLY PROHIBITED** and student-athletes found guilty of participating in such acts will be **IMMEDIATELY SUSPENDED** from all team activities (e.g., practices, competitions). Other sanctions may include immediate dismissal from the team and athletic scholarship penalties.

Hazing behaviors include *but are not limited* to the following:

- Forcing or requiring an individual to drink alcohol or use other substances or consume unreasonable amounts of food;
- Engaging in activities that compel an individual or group to remain at a certain place, or transporting anyone anywhere without their knowledge or consent (e.g., road trips, kidnapping, etc.);
- Creating excessive fatigue or distress through the deprivation of privacy, sufficient sleep, or decent and edible meals;
- Participating in morally degrading or humiliating games and activities;
- Participating in or creation of situations that cause physical harm or emotional strain, such as causing a member or non-member to be the object of malicious amusement or ridicule;
- Using brutality or force;
- Forcing or requiring an individual to dress in his/her uniform, undergarments, or inappropriate clothing and parade in front of another individual or group;
- Forcing or requiring an individual to run around the practice or playing field bare foot; and
- Forcing or requiring an individual to get a particular haircut (e.g., buzz cut).

Any of these activities, if a condition either directly or indirectly, of membership, advancement, or good standing in a College-recognized organization, shall be presumed to be a forced activity, the willingness of an individual to participate in such activity notwithstanding. **Therefore, don't assume that by telling the individual that they ARE NOT required to participate mitigates the activity and culpability of the perpetrator.**

RULES OF SPORTSMANSHIP

Each student-athlete is expected to exhibit good sportsmanlike conduct at all times as a representative of the team, coaches, department, College and community. The following constitutes poor sportsmanship and will not be tolerated:

- Physical or verbal abuse of officials, opponents, spectators, coaches or the media.
- Throwing objects at or onto the playing surface or at spectators.
- Use of inciting or taunting gestures designed to elicit negative reactions from opposing players, spectators or officials.
- Using profane and vulgar language (including trash talking) or gestures to opposing players, spectators or officials.
- Fighting with opponents.

- Making negative public statements which demean a team member, a coach, an opponent, an official or another institution.
- Inappropriate "celebrations" which are disrespectful toward opponents.

Violations of the sportsmanship rules may result in sanctions imposed by the Director of Athletics, which may include suspension or dismissal from your athletic team.

As a student-athlete, your behavior shall reflect the high moral standards of honor and dignity that characterize participation in intercollegiate athletics.

SEXUAL ASSAULT AND SEXUAL HARRASMENT

Consistent with the College's policy, the Department of Athletics is committed to an environment which is supportive of education as the primary mission and free from all exploitation and intimidation. Rape, sexual assault or sexual harassment will not be tolerated.

Sexual harassment includes any unwelcome sexual advance, request for sexual favor or other verbal or physical conduct of a sexual nature. Such behavior, even if perceived to be in jest, is unacceptable.

Rape or sexual assault is commonly perceived as a violent and forceful act perpetrated by a stranger. In fact, rape by an acquaintance, known as date rape is far more common and usually involves the use of alcohol.

Typically in date rape or acquaintance rape the two parties are familiar with one another and perhaps even friends. The situation may begin with a date or merely informal socializing at a party, alcohol is consumed and an assorted set of signals sent and received between two individuals, real or perceived. The end result is a sexual encounter that may have been preceded by a series of consensual activities, at least in the mind of one of the partners. However, date rape should never be considered a misunderstanding or a communication problem. ***"No" means "no" at any time.***

Student-athletes are expected to comport themselves in a manner where the rights of others are respected.

Inappropriate sexual behavior, including verbal harassment, may result in sanctions by the College, Department of Athletics and civil authorities. Victims of rape, sexual assault or sexual harassment are encouraged to contact the Counseling Center at extension 2152.

STUDENT-ATHLETE DISCIPLINARY ACTIONS

There are times when a student-athlete may be required to be placed on a Coach's and/or Department of Athletics Contract. Such instances arise when a coach has disciplinary problems (e.g., not attending practices, not attending required academic meetings) with a student-athlete. Please note that disciplinary actions assessed by other areas on campus (e.g., Housing, Student Affairs) are under the purview of those areas.

The first step is placing the student-athlete on a Coach's Contract; however a Departmental Contract may be initiated in lieu of a coach's contract if the student-athlete is involved in a severe disciplinary action.

As a student-athlete you should be aware that being placed on a disciplinary contract (Coach's or Departmental) is very serious and failure to follow such contracts might result in athletic scholarship and participation forfeitures.

In addition to the above actions, any student-athlete who is arrested will be indefinitely suspended from their program pending criminal and Student Affairs outcomes. The Department of Athletics may impose additional sanctions once the outcomes have been assessed.

VIOLENCE

Whether it is reckless or intentional, any behavior that results in bodily injury to another person and/or damage to property will not be tolerated. In addition, any behavior that is interpreted by a reasonable person as an intent to harm another person or damage property will also not be tolerated.

Aim For This

Senior Awards

Each year the Department of Athletics recognizes the student-athletes who have devoted their time and interest to Marist College Athletics and the community by presenting the following awards at the senior banquet.

James Pizzani Award

Presented to a male and female (does not have to be a student-athlete) who has contributed to the athletic department, both academically and socially, displaying community service and leadership, and has performed above and beyond all expectations.

Sportsperson of the Year

Presented to the top male and female athlete for their athletic achievements.

York Barbell Strength and Conditioning Award

Presented to a male and female athlete who is dedicated to carrying on the mission statement of the strength and conditioning program, excelling in the face of adversity and surpassing the expectations of the program.

These types of violence include, but are not limited to:

1. Physically assaulting a person, including slapping, hitting, punching, pushing, poking, kicking; or physical threats to inflict physical harm
2. Arson, sabotage, equipment vandalism, damaging or destroying property, throwing or hitting objects
3. Displaying a weapon or an object which appears to be a weapon in a threatening manner; carrying a firearm of any kind onto University-owned or University-controlled property; or using a weapon to harm someone
4. Using greater physical size/strength to intimidate another; intimidating or threatening gestures, bullying, or hazing
5. Intimidating, threatening, hostile or abusive language directed toward another person that communicates the intention to engage in violence against that person and leads a reasonable person to expect that violent behavior may occur
6. Stalking another person

Any student-athlete who engages in violence may result in sanctions by Judicial Affairs, the Department of Athletics, the NCAA, and civil authorities. Other sanctions may include immediate dismissal from the team and athletic scholarship penalties.

SOCIAL NETWORKING WEBSITES

Social networking websites have become increasingly popular with college students in recent years. These websites aim to connect individuals using a variety of tools, including creating personal profiles or posting pictures. These websites include, but are not limited to:

www.facebook.com
www.myspace.com
www.webshots.com

www.picturetrail.com
www.friendster.com
www.youtube.com

If Marist College student-athletes choose to have profiles on social networking websites they will be held accountable for ANY and ALL material on their profile. The following provisions will apply to profiles on these sites:

- a. No offensive or inappropriate pictures are posted
- b. No offensive or inappropriate comments are posted
- c. Any information placed on these types of websites does not violate the ethics and intent behind both the Marist College student code of conduct, the student-athlete code of conduct, the Metro Atlantic Athletic Conference code of conduct, and the NCAA.

Student-athletes should remember that they are representatives of Marist College and always in the public eye. Content posted by student-athletes at other institutions or even other students on campus may not be acceptable on your profile. Violations of the above provisions may result in sanctions by the Department of Athletics, Judicial Affairs, or the NCAA. Other sanctions may include immediate dismissal from the team and athletic scholarship penalties. Questions regarding acceptable content should be directed to your head coach or Assistant Athletics Director/Senior Woman Administrator.

NOTE: In addition to the unfortunate reality of online predators, potential employers and internship supervisors also use these sites to screen candidates. Many graduate programs and scholarship committees now search these sites to screen applicants. We advise Marist College student-athletes to exercise extreme caution in their use of social networking websites.

Aim For This

Senior Awards

Another area of recognition in the Department of Athletics' Senior Awards Banquet are those student-athletes who have distinguished themselves academically while participating as a member of a team. The following academic awards are presented each year at the banquet:

Athletic Director's Award

Presented to the top male and female team with the highest overall GPA.

President's Academic Achievement Award

Presented to the top male and female student-athlete with the highest overall GPA. Community service and extracurricular activities are also taken into consideration.

Coaches:

The coach's behavior influences that of the players and, frequently, the fans. The coach has a responsibility to educate the players concerning their obligation to the coach, the institution, intercollegiate athletics and themselves. Respect for an opponent can most effectively be conveyed to the players by the manner in which the coach speaks of and acts toward the opponent.

Student-Athletes:

Student-athletes must honor the responsibilities which accompany the privilege of representing a MAAC institution by adhering to Conference and playing rules, and the MAAC Sportsmanship Statement. They must be aware that significant penalties will be applied for fighting, taunting an opponent or other unethical conduct.

Public Address Announcers:

Each public address announcer should provide an impartial and even-handed report of the event. Partisanship in this area inflames emotions and can promote poor sportsmanship by participants and spectators.

Cheerleaders, Spirit Groups, Bands and Mascots:

Like the student-athletes, members of cheerleading squads, spirit groups, bands, and mascots are highly visible representatives of MAAC institutions. They can influence the behavior of others. Each group should welcome its counterpart group, and demonstrate respect for its members. Likewise, it should convey respect for each opponent player and team.

Officials:

Although each game official has a demanding and difficult job to officiate the contest, s/he also will be directed to apply without hesitation or reservation the rules governing conduct and sportsmanship during each MAAC competition. When doing so as directed, the official will have support of the Conference, each member institution, and its administration and coaches.

DEPARTMENT OF ATHLETICS POLICIES

ATHLETIC AWARDS AND FINANCIAL AID

Marist College athletic scholarships are monies provided to a student-athlete based on his/her athletic ability. Athletic scholarships are used by coaches in the recruitment process to assist them in obtaining the most qualified student-athletes for the College's Division I programs. Student-Athletes should note that their athletic scholarship dollars **WILL NOT** change (increase or decrease) during the period of the award unless s/he engages in any activity noted under the cancellation and graduation section. A student-athlete's athletic scholarship amount will remain the same for the **ENTIRE** period of the award and **WILL NOT** be increased at any time during the period of the award without the approval of the Director of Athletics.

Student-athletes who are receiving an athletic scholarship should note that voluntary withdrawal from a team will result in **IMMEDIATE** cancellation of their award.

Student-athletes who are receiving an athletic scholarship and wish to go abroad **MUST** consult with their head coach prior to making any arrangements. Student-athletes may continue to receive scholarship money during the semester they are abroad as long as they travel during their "non-traditional" or "other" season. Any student-athlete who is receiving a full grant-in-aid is encouraged by the athletic department to take advantage of the late spring or summer abroad programs offered through the Office of International Programs.

In order to receive any type of financial aid, including an athletics grant-in-aid, from Marist College, students are **REQUIRED** to complete and submit the following forms to the Office of Financial Aid, Donnelly Hall, each year:

- Free Application for Federal Student Aid (FAFSA)
- Tuition Assistance Program (TAP) - New York State residents only
- Marist College Application for Financial Aid (MAPP)
- Parent and Student Federal Income Tax Returns - returns for the previous year

Your athletic aid award will not become effective until the Office of Financial Aid receives the above forms.

NCAA has specific regulations regarding the receipt of financial aid and the amount of aid a student-athlete may receive. You may receive financial aid that **DOES NOT** exceed the value of cost of attendance. The "cost of attendance" is an amount calculated by the Marist College financial aid office, using federal guidelines, that includes the total cost of tuition and fees, room and board, books and supplies, transportation, and other expenses related to attendance at the College.

You may receive institutional financial aid based on athletics ability, outside financial aid for which athletics participation is a major criterion and educational expenses up to the value of a full grant-in-aid, plus any other financial aid unrelated to athletics ability up to cost of attendance

The Office of Financial Aid is responsible for monitoring financial aid records and ensuring that all of your aid does not exceed the cost of attendance. In determining whether your financial aid exceeds the cost of attendance, all institutional financial aid and all funds received from the following and similar sources shall be included (this list is not all inclusive):

- Scholarships or grants-in-aid administered by Marist College;
- New York State sponsored scholarships;
- Aid awarded to a recruited student-athlete through an established and continuing outside program (e.g., National Football Foundation) for the recognition of outstanding high school graduates in which athletics participation may be a major criterion; and
- Educational Government Grants (Federal Supplemental Educational Opportunity Grant).

In addition, examples of financial aid exempted from the cost of attendance limits include, but are not limited to:

- Pell Grants
- Loans (Bank, Federal Stafford, Federal Direct, Federal Perkins);
- Government Grants for educational purposes;
- On-campus or off-campus employment earnings during the academic year; and
- On-campus or off-campus summer employment earnings.

Foxes Fact

Why the Red Foxes

A 1961 meeting marked both the birth of the Marist College basketball team and the adoption of Red Foxes as the official nickname and mascot. Athletic Director Brother William Murphy decided to organize a varsity basketball team to play scheduled games against other schools and thought a nickname and logo would be appropriate.

While glancing at a sports catalog, Br. Murphy noticed a reynard, more commonly known as a red fox, on the cover of the book. He decided this furry little creature, indigenous to the Hudson Valley, was to become the mascot and logo of all Marist College teams.

The reynard comes from a great medieval cycle of stories that originated in the low countries, northern France and western Germany. The rarity of the word prompted Br. Murphy to choose the general term Red Foxes.

The Office of Financial Aid will make adjustments to a student-athletes financial aid package to assure compliance with NCAA financial aid limitations.

In addition, student-athletes are required to report financial aid from any source other than the College or persons they are naturally or legally dependent upon. Such reporting requires the awarding agency to send documentation of the award to the Office of Financial Aid, and for upperclassmen all such awards **MUST** be deposited with the College.

Examples of this outside aid include, but are not limited to:

- High school awards;
- Government grants (international students);
- Local civic organization awards; and
- Local team awards.

An athletic grant-in-aid may only be awarded for a period not in excess of one academic year. It may be renewed during the period of eligibility if recommended by the coach and the Director of Athletics to the Director of Financial Aid. Returning student-athletes whose athletically related financial aid will be renewed, graduated or cancelled for the ensuing academic year will be notified prior to July 1.

The grant-in-aid cancellation or graduation policies include but are not limited to the following conditions (cancellation or graduation can occur mid-semester):

- You become ineligible for intercollegiate competition (e.g., carry less than 12 credit hours);
- You give false information on your application, letter of intent or financial aid agreement;
- You engage in serious misconduct that brings disciplinary action from the College;
- You voluntarily withdraw from the sport for personal reasons;
- You sign a professional sports contract for your sport;
- You agree to be represented by an agent or accept money from the agent or anyone associated with him or her; and/or
- You receive other aid that causes you to exceed your individual limit.

Also note that your grant-in-aid may not be reduced or cancelled during the period of the award on the basis of:

- Your physical condition;
- Your athletics ability or contribution to the team's success;
- An injury which prevents you from participating in athletics; or
- Any other athletics reason.

If you feel you have been unjustly treated with regard to the cancellation or reduction of your grant-in-aid, you have the opportunity for a hearing. You should consult the Assistant Athletic Director/Senior Woman Administrator as well as the Director of Financial Aid for information on the hearing procedure.

If you need assistance or clarification regarding your financial aid package you should contact the Office of Financial Aid or the Assistant Athletic Director/Senior Woman Administrator.

EMPLOYMENT

The Department of Athletics does not allow a student-athlete to be employed, in any capacity (volunteer or paid), in his/her sport.

In order to ensure compliance with NCAA rules and regulations regarding employment earnings the Department of Athletics has the following rules and procedures for all student-athletes.

- I. A student-athlete must receive prior approval for all off campus employment from the Department of Athletics;
- II. Any student-athlete working off campus will be required to sign a form indicating the following:
 1. Compensation does not include any remuneration for the value or utility that the student-athlete may have for the employer;
 2. The student-athlete is being compensated only for work actually performed; and
 3. Student-athlete is to be compensated at a rate commensurate with the going rate in this locality for similar services.
- III. First-year student-athletes must receive re-approval to continue their employment if their first semester cumulative GPA is below 2.000 or upon the recommendation of the coach or Director of Advisement for Student-Athletes;
- IV. Continuing student-athletes must receive re-approval to continue their employment if their cumulative GPA is below 2.000 or upon the recommendation of the coach or Director of Advisement for Student-Athletes;
- V. Any student-athlete who does receive prior approval for all employment from the Department of Athletics will be required to sit out the next two regularly scheduled contests;
- VI. It is the coach's and/or the Athletic Administration's prerogative to restrict a student-athletes employment during a program's season.

If you need assistance or clarification regarding employment you should contact the Assistant Athletic Director/Senior Woman Administrator.

Notes

Foxes Fact

The College Seal

The circular monogram represents the official seal of Marist College. The date nineteen hundred twenty nine marks the year in which Marist College was founded. The large "M" in the center is the traditional symbol of the Marist Brothers. The twelve stars, which appear above the "M," are a scriptural symbol of the Blessed Virgin to whom the Marist Brothers are devoted. The Latin inscription within the seal, Orare et Laborare, may be translated as "to pray and to work," the original motto of the college.

TRANSFER RELEASE

The decision to transfer from Marist College 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.

1. Before you may begin to discuss possibilities with a new school, your potentially future school must first receive written permission from the Marist College Department of Athletics. 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 the new school, the school is obligated to let Marist Athletics know. The new school must receive written permission from our department in order to have discussions with you.

2. Requesting a release implies you are voluntarily quitting your respective team and you are required to forfeit any athletic scholarship dollars you may be receiving.

3. 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 a specific transfer exception.

4. If you are not granted permission to discuss transfer possibilities with the new school, you may request an appeal. A detailed letter of appeal must be forwarded to the Faculty Athletic Representative in a timely fashion. The Faculty Athletic Representative and an institutional committee will formally process the appeal.

In all cases it is vital that you become familiar with the ramifications of your activities before you take action. Consult the Assistant Athletics Director/Senior Woman Administrator for more information.

WALK-ONS

The Department of Athletics provides any Marist student the opportunity to participate in a walk-on "try-out" to any of its 23 varsity programs. Students must contact the head coach to discuss the program and athletic requirements. Any student may then "try-out" for a respective team with the understanding that the head coach makes the final determination as to whether or not the student will make the team. Students who make a team as a "walk-on" are only given a spot on the team for that academic year. The student is required to "try-out" each year he/she wishes to participate.

EXIT INTERVIEWS

Each year, the Department of Athletics conducts exit interviews with those student-athletes who have exhausted their eligibility and/or graduating seniors. The Director of Athletics and/or Assistant Athletic Director/Senior Woman Administrator conducts the interviews.

NATIONAL LETTER OF INTENT

Marist College adheres to the National Letter of Intent (NLI), an instrument used nationally as a commitment by prospective student-athletes to attend a specific college or university.

If you have signed an NLI you are required to attend Marist College for one academic year in order to fulfill the terms of the Letter. If you have signed and decide to enroll in another institution participating in the NLI Program prior to the completion of one academic year at Marist College you may not represent that institution in intercollegiate athletic competition until you have been in residence at that institution for two calendar years.

In addition, you will also not be eligible for more than two seasons of intercollegiate competition in any sport unless you and Marist College mutually agree to release each other from any obligations of the NLI. A student-athlete receiving a formal release will not be eligible for competition at the second institution during the first academic year of residence and will lose one season of competition.

These restrictions will not apply if you have failed to meet the requirements for admissions to Marist College; if you attend Marist College for at least one academic year; if you graduate from junior college after having signed a NLI while in high school; if you do not attend any institution for the next academic year after signing an NLI; if you serve on active duty with the U.S. armed forces or on official church mission for at least 18 months; or if you are a non-qualifier as determined by the NCAA Clearinghouse. You must have received, in writing, an award for athletic financial aid at the time of signing your NLI for it to be valid. In addition, you may only sign one valid NLI and remember you are signing with the institution and not a particular sport or individual (coach).

NCAA STUDENT-ATHLETE ASSISTANCE FUND

The NCAA provides each member institution with a pool of funds to assist student-athletes who receive a Pell Grant or who are receiving an athletic grant and have demonstrated unmet financial need. The Pell Grant is a federal grant awarded by the Office of Financial Aid to students based upon their family's financial need. Please check your financial aid package to see if you qualify for the Assistance Fund.

The fund may be used for several purposes including:

- Medical expenses (except those covered by another insurance policy, including optional institutional medical insurance premiums);
- Hearing aid;
- Vision therapy;
- Off-campus psychological counseling;
- Travel expenses for parents or student-athletes for family emergency;
- Purchase of expendable course supplies (e.g. notebook and pens);
- Rental of non-expendable course supplies (e.g. computer equipment and cameras that are required for all students enrolled in the course);
- Clothing, shoes and other essentials (excluding athletic apparel and food); and
- Transportation to and from home.

If you need assistance or clarification regarding the Assistance Fund you should contact the Assistant Athletic Director/Senior Woman Administrator.

Notes

Good To Know

ACCEPTABLE TRAVEL ATTIRE

Men

- Team warm-up or competition uniform
- Sport coat/blazer with or without tie
- Sweater and dress shirt with or without tie
- Dress shirt with tie with or without jacket
- Dress pants
- Dress shoes
- Socks

Women

- Team warm-up or competition uniform
- Dress or skirt
- Dress pants
- Blouse or sweater
- Flats or heels

UNACCEPTABLE TRAVEL ATTIRE

Men

- Sneakers (only with uniform)
- No socks
- Jeans of any kind
- Baseball caps

Women

- Sneakers (only with uniform)
- Jeans of any kind
- T-shirts/crop tops
- Baseball caps

ATHLETICS TEAM CONDUCT

ALCOHOL

1. No alcohol at any athletic team related function, anytime, anywhere, prior to competition, day trip or overnight. Hotels, including bars located on their premises, are off limits for alcohol at any time.
2. No alcohol is permitted on any team travel vehicle, personal or school owned, if related to a team function.

The Department of Athletics does not promote or condone the use of alcohol by student-athletes during the academic year. Student-athletes caught using alcohol will be disciplined by the head coach and/or the Director of Athletics.

Penalties include but are not limited to:

- a. Game suspension
- b. Coach's Contract
- c. Department Contract
- d. Dismissal from team

DRESS CODE

Student-athletes are representatives of Marist College and its athletics program. It is imperative that they present an image of the institution, their program and the athletics department which connotes dignity, integrity and discipline.

For team travel by bus, van or plane it is expected that any time student-athletes leave the vehicle, they are attired neatly and consistent with the Department's dress code.

For teams or individuals traveling from the campus or place of lodging directly to the site of competition by bus or van, student-athletes may be attired in the official Marist team warm-up or competition uniform issued to each individual on that team. However, every member of the team should, then, be attired in the same uniform.

Casual, but always neat, dress is permissible in hotels or during other trip-related functions such as pre-game meals.

RECREATIONAL AND PERFORMANCE ENHANCING DRUG POLICY

AT NO TIME ARE THESE DRUGS PERMISSIBLE

Examples of such drugs are **heroin, marijuana, cocaine, steroids** and **growth hormones**. In addition to these drugs the NCAA has a list of banned substances (see page 46). The NCAA does conduct random drug tests during the academic year in the sports of football and men's and women's track & field in addition to NCAA championships. A positive drug test will result in immediate loss of eligibility.

If You Need Help

SPORTS MEDICINE DEPARTMENT

The Coordinator of Sports Medicine operates the Sports Medicine Department. This individual's office is located in the Dr. Michael J. Maynard Center for Sports Medicine area. The following policies must be strictly adhered to by all student-athletes. Questions and concerns should be directed to the Coordinator of Sports Medicine.

ATHLETIC TRAINING ROOM RULES

The Sports Medicine staff is here to serve the student-athletes. They will always treat student-athletes in a professional manner and expect student-athletes to return the same courtesies.

- All student-athletes are required to wear shorts for treatment since we are a co-educational facility.
- Do not wear any type of athletic shoe in the athletic training room. Please leave these shoes outside.
- All equipment will be kept outside the athletic training room. ***"No Exceptions!"***
- No food or drink is allowed in the athletic training room.
- Towels remain in the athletic training room; those individuals seen taking them will lose privileges in the athletic training room.
- Missing a treatment or doctor's appointment without permission will be reported to the coaching staff.

Hours: Treatments in the morning will be by appointment and the staff encourages all to utilize this time. The staff will try to accommodate all student-athletes needs. In the afternoon the athletic training room opens at 1:00 p.m. and closes 30 minutes after practice. Weekends will follow practice schedule and game times.

CENTER'S OPEN/CLOSED POLICY

The Center needs to remain closed at all times unless a Certified Athletic Trainer (ATC) is present. There is a liability, safety and legal issue that complicates anyone being in the room without an ATC. No coach, administrator or any other personnel is legally allowed to give treatment or supervise any modality use. Only in a medical emergency when gauze, bandage material, ice, etc. is needed may security, Assistant Athletic Director/Facilities or supervisory personnel open the Center. The Center must be monitored and then closed promptly. Athletic Training students are placed in the Center for the Sports Medicine Department's use and have specific duties and responsibilities. They are allowed to render treatment, use modalities and be involved in evaluations or emergency situations only when under the supervision of an ATC.

HOURS OF OPERATION

A. During Academic Year

During the academic school year, the weekday hours of operation will be from 9:00A.M. to the end of practices scheduled for that day. If you are unsure of the end of the day times please ask or call (2030) and one of our staff members will tell you the closing time for that day. Closing time will vary from day to day depending on the

Athletic Training Room

James J. McCann Center
575-3000, x2030

Glenn Marinelli

Coordinator of Sports
Medicine
575-3000, x 2319

Tim Smith

Assistant Athletic Trainer
575-3000, x2066

Diana Priestman

Assistant Athletic Trainer
575-3000, x6014

TBA

Graduate Assistant

Dr. John Uhorchak

Dr. Michael Maynard
Team Physicians

Marist College Safety and Security

575-3000, x 2282

Emergency

x 5555 (Campus Residence)
911 (Off-Campus Residence)

Poughkeepsie (Town)

485-3666 (voice)
485-3687 (TTY)

Poughkeepsie (City)

451-4000

Fairview Ambulance

911

St. Francis Hospital

If You Need Help

Physicians

Dr. Uhorchak
(Team Physician)
Dr. Del Savio
(Team Physicians)
Dr. Steenbergen
(General Practice)
Dr. Whalen
(Dentist)
Dr. Menken
(Ears, Nose, Throat)
Dr. Genshaft
(Optometry)
Dr. Wysesell
(Rheumatology)
Dr. Kucherov
(Neurology)
Dr. Sims
Dr. DeLorenzo
(Podiatry)
Dr. Frisenda
(General Surgery)

For a complete list of physicians please contact Glenn Marinelli.

PHYSICIAN'S CLINIC

For a student-athlete to have an appointment with the doctor, s/he must be seen by one of the sports medicine staff personnel first, and then a decision will be made as to whether the student-athlete needs to see the doctor.

The clinic is held once a week, sometimes twice. The times and days of the week the clinic will be held depends on the patient load and schedule for the week. There will be **NO** walk-in appointments.

TREATMENT/REHABILITATION

The responsibility for showing up and receiving treatments or rehabilitation is the student-athlete's. If a student-athlete needs to be excused, s/he must talk to a sports medicine staff member personally. The staff wants to do everything it can to have student-athletes healthy and able to compete at 100%, but their cooperation is an absolute **MUST**. The sports medicine staff and physicians will decide when to begin and discontinue treatments or rehabilitation of all injuries. The sports medicine staff and physicians will have the sole decision on a student-athlete's return to competition

BANNED SUBSTANCES AND ERGOGENIC AIDS

HERBAL AND DIETARY SUPPLEMENTS

These "nutritional supplements" are **NOT** Food and Drug Administration (FDA) regulated. This means that there has been no published, scientific research to establish any possible performance enhancement. The long-term and possible negative effects of herbal and dietary supplements have not been researched. Many of these "nutritional supplements" do not contain proper labeling, and may in fact contain impurities and/or banned substances, which may result in a positive drug test. Student-athletes should consult with the Sports Medicine staff or Strength & Conditioning Coach before taking **ANY** "nutritional supplement." The National Center for Drug Free Sport, Inc., an NCAA consultant, provides a dietary supplement Resource Exchange Center (REC) for all student-athletes. **Student-athletes can receive ANONYMOUS free information on dietary supplements and banned substances.** It also allows student-athletes the ability to look up medical information regarding adverse side effects that they may be experiencing while taking a supplement. **The following site or phone number is for the previously mentioned service: www.Drugfreesports.com (password: NCAA1) or call (816) 475-7321.**

NCAA BANNED SUBSTANCES

The Sports Medicine staff, coaches and Strength & Conditioning Coach are here to assist in educating and informing student-athletes about the dangers of these substances. However, it is also the responsibility of each student-athlete to be aware and seek out information on such substances prior to their use. The Department of Athletics stresses the importance of checking the labels of all supplements/aids prior to ingesting them. The following substances are banned by the NCAA and can be found on their website at

Stimulants:

Amiphenazole
Bemigride
Bromantan
Chlorphentermine
Cropropamide
Dimethylamphetamine
Doxapram
Ethamivan
Fencamfamine

Amphetamine
Benzphetamine
Caffeine (guarana)
Cocaine
Crothetamide
Dimethylamphetamine
Ephedrine (Ephedra, Ma Huang)
Ethylamphetamine
Meclofenoxate

For Your Informa- tion

Along with 23 Division I programs, Marist College also offers a number of club and intramural programs. For information on club programs see the Assistant Athletic Director for Internal Affairs. For information on intramural programs see the Assistant Athletic Director for Intramurals.

Club Programs

Men

Ice Hockey
Rugby
Volleyball

Women

Equestrian
Rugby

Co-ed

Band
Bowling
Cheerleading
Fencing
Racquetball
Sailing
Skiing

Peptide Hormones and Analogues:

Corticotrophin (ACTH)
Growth hormone (HGH, Somatotrophin)
Human Chorionic Gonadotrophin (hCG)
Insulin-like Growth Hormone (IGF-1)
Leutenizin Hormone (LH)

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

Erythropoietin (EPO)
Darbypoetin
Sermorelin

Anti-Estrogens:

Anastrozole
Clomiphene
Tamoxifen and related compounds

****Caffeine is a banned substance when the urine concentration exceeds 15 micrograms/ml****

*The term “related compounds comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

HEAD INJURIES PROTOCOL

A. Primary Evaluation

Signs and symptoms must subside in a relatively short period of time (1-15 minutes) before allowing return to play. If symptoms last longer than 15 minutes, the student-athlete will not return to competition that day. The student-athlete will also take the post-concussion test using the Impact software program and follow the protocol recommended by the program. The baseline test for Impact is taken before the start of the student-athlete's first season at Marist College and used for comparison throughout the student-athlete's time at Marist College.

Signs and Symptoms:

1. Headache
2. Dizziness
3. Nausea
4. Blurry/Double Vision
5. Tinnitus (ringing in ears)
6. Disorientation/confusion
7. Sensory or motor changes (arms, legs, face)

B. Re-Evaluation

Signs and symptoms persisting over 24 hours will be referred to the Team Physician. Note: with even a mild head injury, signs and symptoms may last 48-72 hours.

C. 24-hour Home Instructions:

1. Contact roommate or another teammate to check on student-athlete
2. No medications unless prescribed by a physician
3. Wake student-athlete up every 2 hours
4. Drink plenty of fluids
5. If any of the above symptoms worsen, call 911 or go to the emergency room

D. Second Impact Syndrome

Second Impact Syndrome is defined as suffering a second brain concussion injury before the signs or symptoms from the first injury have cleared. **This CAN BE FATAL.**

1. What you may already know: Every year, across the world, athletes are suffering head injuries from falls, collisions, and impaled objects. These head injuries range from mild, Grade 1 concussions to severe, Grade 3 concussions with the possibility of permanent damage.
2. What you probably don't know: Many student-athletes may deny having symptoms after a head injury because of their desire to play and primarily because they don't know the repercussions of suffering a second head injury.
3. Mechanism: The second brain concussion injury usually takes very little force and may be as slight as the student-athlete going up for a lay-up and being bumped in the shoulder by another player, just enough to jar the head and cause injury to the brain.
4. Sports Medicine Policy: Signs and symptoms persisting beyond 24 hours will result in physician referral with possible removal from practice/competition for a minimum of seven (7) days.

HEAT ILLNESS AND PREVENTION

The National Athletic Trainers' Association (NATA) makes injury prevention a priority, and has been working with the American Football Coaches Association (AFCA) to educate the public, coaches, athletic trainers, players and parents about injury prevention techniques. Two key areas of this joint program are fluid replacement and heat illness.

A. The Sports Medicine Staff uses the following steps to assist in reducing the risk of heat illness:

1. Ensure that all players have a pre-participation physical exam
2. Encourage student-athletes to begin conditioning before two-a-days to ensure that they are properly fit and acclimatized to the heat.
3. Avoid workouts during hot temperatures
4. Make fluids available during frequent rest breaks
5. Use the shade
6. Recommend wearing loose fitting attire (dark, heavy equipment interferes with evaporation of sweat and heat loss)
7. Be prepared for an emergency
8. Encourage student-athletes to "speak up" if they are not feeling well

B. Signs/Symptoms of Dehydration and Heat Illness

Dehydration can seriously compromise athletic performance and increase the risk of exertional heat injury. That's why it's important to recognize the warning signs:

1. EARLY: Flushed skin, cramps, increased thirst, headache, and general discomfort.
2. MID/LATER: Dizziness, nausea, irritability, decreased performance, weakness, chills, vomiting. These stages may progress to heat exhaustion and heat stroke.

3. **HEAT STROKE:** This stage is potentially FATAL. It has a sudden onset, with a cessation in sweating, an increase in pulse, hot and pale skin, an increase in breathing rate, where the body feels as if it is "burning up" and an increased feeling of fatigue and a dramatic increase in body temperature of 104 degrees F and greater.

C. Individuals at an Increased Risk for Heat Illness

Student-athletes with inadequate acclimatization or aerobic fitness and those with excess body fat have an increased risk for heat illness. Some over the counter medications such as antihistamines may increase the risk for heat illness as well.

D. Indicators of Dehydration

Urine volume and color are good indicators of a student-athlete's level of hydration. The lighter the color, the better hydrated a student-athlete is.

E. Fluid Replacement

1. Pre-Exercise Hydration

a. 2-3 hours before exercise, recommended consumption of 17 to 20 oz of a CHO sports drink (e.g., Gatorade, Powerade, All Sport)

b. 10 -20 minutes before exercise recommended consumption of 7 to 10 oz of water

2. During Exercise

It is imperative to remain hydrated throughout exercise. It is recommended to drink every 10 to 20 minutes 7- 10 oz of water. **DRINK BEYOND THIRST!** By the time a student-athlete feels thirsty they are already experiencing the effects of dehydration.

3. Post-Exercise Hydration

Following activity, peak time for re-hydrating the body is within 2 hours of cessation of exercise. A combination of water and CHO drinks are best (e.g., Powerade, AllSport). A minimum of 20 oz is recommended.

COLD EXPOSURE POLICY

Wind Chill

Temperature is a measure of the heat of a substance. When the forecaster tells you how warm or cold it is going to be outside, he is generally referring to the temperature of the air close to the surface of the Earth. But temperature alone will not tell you how cold you'll feel when you get outside, especially if there is a wind blowing!

Any warm object, like a human being, will lose heat when it is exposed to cold air. The greater the wind speed, the faster the object will lose heat. The difference between people and inanimate objects is that we feel or sense the heat loss. A temperature we feel is called a sensible temperature. You've probably noticed that some days feel colder than others when there is a strong wind blowing, even if the temperatures are the same! This phenomenon is known as wind chill. To estimate the heat loss based on temperature and wind speeds, we use the Wind Chill Index. Wind chill is referred to as an equivalent or sensible temperature, since it is not an actual temperature.

Why should we care about wind chill?

A lower wind chill can increase the rate at which certain cold weather dangers, such as frostbite and hypothermia can develop. There are precautions that we can take to avoid them when outside in extreme weather, such as wearing proper clothing and using appropriate equipment. You can also check yourself regularly for wet or cold areas on your body while outside in extreme weather, or use the buddy system to look for signs of danger and

rewarm body parts as needed. Here are some of the conditions that can lead to hypothermia:

“Cold Temperature” “Wetness” “Improper Dress/equipment”
“Exposed Skin” “Poor Food Intake” “Prolonged Exposure”

The severity of hypothermia can vary, depending on how low the core body temperature gets. There are specific signs and symptoms to look for. The condition worsens as the core body temperature lowers.

Mild Hypothermia (core body temperature ranges from 99-95 degrees Fahrenheit)

- Involuntary shivering
- Inability to perform complex motor functions (such as skiing)

Moderate Hypothermia (core body temperature ranges from 90-95 degrees Fahrenheit)

- Slurred speech
- Violent shivering
- Dazed consciousness
- Irrational behavior (for example, the person may be unaware of being cold)
- Loss of fine motor coordination

Severe Hypothermia (core body temperature ranges from 90-75 degrees Fahrenheit)

- Pupils are dilated
- Skin is pale
- Pulse rate decreases
- Muscle rigidity develops
- Shivering occurs in waves, is violent and then pauses; the pauses eventually grow longer and longer until shivering ceases
- Person falls to the ground and cannot walk; may curl into fetal position to conserve heat
- Person loses consciousness, heartbeat and respiration are erratic
- Cardiac and respiratory failure, then death

Air Temperature (degrees Fahrenheit)

Wind Speed	45	40	35
5 (mph)	42	36	31
10	40	34	27
15	38	32	25
20	37	30	24
25	36	29	23
30	35	28	22
35	35	28	21



Lined area for notes

For Your Informa- tion

To find out the specific Wind Chill on days not indicated on the above charts a simple calculator can be found on the internet at:

[WWW@http://www.nws.noaa.gov/om/windchill/index.shtml](http://www.nws.noaa.gov/om/windchill/index.shtml)

Cold Exposure Guidelines

In cold weather temperatures proper layered clothing should be worn and is encouraged by Marist College Athletics department staff and coaches.

Suggestions are:

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

Clothing should be layered to allow adjustments as activity levels may increase and decrease within a practice which may elevate or drop body temperature. The first layer of clothing should wick sweat and moisture away from the body.

The following temperature guidelines have been established for intercollegiate teams during cold weather. Cold weather is defined as any temperature that can negatively affect the body's regulatory system. These do not have to be freezing temperatures! The following guidelines have been established for Marist College Athletics practice and event preparation.

Outside participation limited to 45 minutes:

Temperature or wind chill, which ever is lower, reaches 30 degrees F. Frostbite can occur in 30 minutes or less!

Termination of outside participation:

Temperature or wind chill, which ever is lower, reaches 20 degrees F.

Foxes Fact

Answering the needs of Marist College's rapid growth, a state-of-the-art, \$3-million, 20,000 square-foot Fitness Center, was opened on October 25, 1997.

The fitness center offers Red Fox student-athletes and students alike some of the most technologically enhanced strength and conditioning equipment on the market today.

What to look for:

- 2 mid-sized basketball courts
- 1 full-sized basketball court
- 2 volleyball courts
- 5 Power Lift half racks
- 3 Wynnor power racks
- 4 Olympic Lifting Platforms
- 19 Cybex weight machines
- 38 cardio machines:
 - 15 treadmills
 - 13 ellipticals
 - 4 ARC trainers
 - 4 bicycles
 - 2 stairmasters
 - equipped with Precor Cardio Theatre

STRENGTH AND CONDITIONING DEPARTMENT

The Strength and Conditioning Department and office are located within the Fitness Center in the Marist McCann Center. It is operated by the Head Strength and Conditioning Coach/Fitness Center Coordinator. All student-athletes must strictly adhere to all rules and regulations. Questions and concerns should be directed to the Head Strength and Conditioning Coach.

STRENGTH & CONDITIONING PROGRAM

Strength and conditioning workouts are designed to meet one or more of the following goals:

1. Increase power output
2. Increase strength
3. Decrease body composition
4. Increase body composition
5. Flexibility
6. Foot speed/quickness/agility

In conjunction with the head coach and the Director of Athletics, the Head Strength and Conditioning coach will develop a program specifically tailored to further help the student-athlete become a more physically fit student-athlete. Discussions will be made concerning the introduction and timing of the non-negotiable program. It should be noted that quarterly progress reports will be made to the Director of Athletics.

The Head Strength and Conditioning Coach, in conjunction with the head coach, will have the ability to change/modify the program as the development of the student-athlete changes (this includes decreasing or increasing length of program).

The Director of Athletics has the discretion to meet individually with the head coach, Head Strength and Conditioning Coach and student-athlete at any time during the duration of the student-athlete's program.

CENTER RULES AND REGULATIONS

The Strength and Conditioning Center is here to create stronger, more powerful, explosive student-athletes. This is not an easy accomplishment. Hard work and dedication is needed by both the Strength and Conditioning Department and the student-athletes.

1. This facility will be treated with respect. No horseplay will be allowed!
2. Remove all plates; replace all dumbbells and empty racks when finished.
3. Do not lean plates up against wall or equipment at any time.
4. Collars must be used on all bars.
5. Shoes (no sandals) and shirts must be worn at all times. Proper lifting attire is mandatory:
 - a. T-shirts

- b. Sneakers
 - c. Shorts
 - d. No buckles, buttons, or zippers allowed
6. Chewing gum or candy is prohibited. No glass bottles allowed
 7. Keep weight areas clear of all obstructions.
 8. Place trash in proper receptacles.
 9. The stereo will be supervised by the Head Strength and Conditioning Coach.
 10. No throwing material off the mezzanine level. Immediate suspension.
 11. Absolutely no clothing from other colleges or universities within the MAAC Conference is allowed at any time for any reason.

INDIVIDUAL/TEAM ORIENTATION

All new student-athletes (freshman and transfers) are required to complete an orientation session prior to using the Strength and Conditioning Center. This is mandatory and will cover issues such as safety and strength and conditioning protocol.

LIFTING TIMES AND STRENGTH AND CONDITIONING PROGRAMS

Each team will be assigned strength and conditioning workout times. In season programs will have priority when requesting both conditioning and lifting times. It should be noted that early morning times are available for team training. Teams do have the ability to work with the Strength and Conditioning staff between the hours of 6:00 a.m. - 9:00 a.m. before these facilities open to the general student body. Lifting times will be arranged to create the most productive schedule for the Strength and Conditioning Center.

Tardiness will not be accepted or tolerated.

MISSION STATEMENT

The Strength and Conditioning program supports the mission of both the Department of Athletics and the College. In addition, it is the mission of the Strength and Conditioning program to teach values to young men and women. Intensity, hard work and power production will empower the student-athlete to significantly increase their performance capability and develop all components of their athleticism.

NUTRITION AND EROGOGENIC AIDS

The most often overlooked area of strength and conditioning training is nutrition. Student-athletes need to be aware of the fluctuations of their body weight throughout the year. Too low a body weight is just as dangerous as too high a body weight. Scales should be used daily to combat future body weight changes. Dietary analysis is available and should be considered for student-athletes having trouble making ideal weight for their respective sport.

Although some tests have proven to be inconclusive and others conclusive, nutritional supplements are not regulated by the Food and Drug Administration (FDA). The misuse and abuse of nutritional supplements is widely believed to cause various health problems including muscular dysfunction, kidney malfunctions and potentially damaging affects to other vital organs. The Strength and Conditioning staff will provide information on the benefits/validity of any such substance that student-athletes would like to utilize on their own. However, student-athletes should be aware that a number of

Keep In Mind

During the academic year the Fitness Center maintains specific hours for use by all students. Special arrangements should be made with the Strength and Conditioning Coach if student-athletes wish to workout earlier.

Monday-Thursday
9:00 a.m. - 1:00 a.m.

Friday
9:00 a.m. - Midnight

Saturday
10:00 a.m. - 9:00 p.m.

Sunday
10:00 a.m. - Midnight

Most teams will have set designated lifting times set up by the head coach and Strength and Conditioning Coach.

supplements, including over-the-counter, do contain NCAA banned substances, and therefore, the staff should be consulted prior to any such use.

It is the position of the Marist College Department of Athletics and its Strength and Conditioning Department that the misuse and abuse of nutritional supplements is potentially dangerous and is not in the best interest of an individual interested in developing functional muscle strength. As a result the Department of Athletics does not condone the use of supplementation as a training adjunct.

STRENGTH AND CONDITIONING PHILOSOPHY

The philosophy of the Strength and Conditioning program covers many avenues. They include:

1. An athlete cannot and will not be expected to participate in any Strength and Conditioning activity in direct conflict with academics.
2. Safety is a main priority. Safety is paramount.

A student-athlete will never be asked to perform a strength and/or conditioning activity when the Head Strength and Conditioning Coach feels it is beyond the scope of his/her capabilities to safely execute.

Student-athletes at Marist must compete at an elite level to be successful. To be competitive, the Head Strength and Conditioning Coach must train the student-athletes at an intensity that surpasses their competition.

3. The Strength and Conditioning program must motivate student-athletes to reach unbelievable levels. Proper instruction and informative demonstrations defer ruling.

Immediate feedback and attention is a must. An athlete must constantly be reminded of the positive aspects of their training and the Head Strength and Conditioning Coach, with the power of attitude, must project positive feedback. Student-athletes are considered adults and are held accountable for their actions. At times, the student-athletes will be positively exposed to the consequences of their actions. At no time will the student-athlete ever be berated.

4. Marist athletes are not trained to be anything except elite Division I-Athletes. They are not bodybuilders, power lifters and should not be trained as such. Athletes need to be trained to develop the components of athleticism: strength, power, speed, agility, endurance, flexibility and motivation.

The principle of specificity is utilized and therefore strength training with free weights will be incorporated. Free weights allow the user to train in an athletic motion and not in a fixed pattern like most machines. Student-athletes are trained through various movements and their muscles are developed as a result of those movements. At times, machines are utilized to assist in the muscular development of student-athletes.

Explosive athletes, in part, dominate athletics. Power movements such as plyometrics and Olympic lifting are utilized for developing explosiveness. A student-athlete with the greatest power and explosiveness will dominate his/her opponent. A proper sequential and tailored program of progression must be followed to maximize safety and optimize success.

Aim For This

MARKETING AND PROMOTIONS/ SPORTS INFORMATION DEPARTMENT

BUCKLEY AMENDMENT (FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT OF 1974) FORM

The completion of this waiver form allows Marist College to release information about student-athletes to third parties (e.g., media, honors programs) for public relations purposes.

Varsity Awards

Each year the Department of Athletics recognizes the time and commitment of each of our varsity student-athletes. These awards are given each year to those student-athletes designated by their coaches as meeting the requirements of a varsity student-athlete. The awards are as follows:

First-Year
Bronze Medal

Second Year
Silver Medal

Third Year
Gold Medal

Fourth Year
Framed Varsity "M"

Each coach annually presents a **Coaches Award** to a major letter winner of their program. Criteria for this award is specific to each sport. This award does not have to be presented to a senior.

INTERVIEW TECHNIQUES

The Sports Information Office will coordinate and organize all interviews for Marist student-athletes. The purpose of setting up interviews through Sports Information is so that student-athletes are informed and prepared for questions and concerns that may arise during the interview process and to ensure that all reporters have the correct statistical information about you. Below are tips that can be used to aid you while meeting with a member of the media.

DURING AN INTERVIEW

- Do be prepared.
- Do be on time.
- Do dress appropriately.
- Do be positive.
- Do praise your teammates.
- Do be concise and clear.
- Do be enthusiastic.
- Do be personable.
- Do be available and cooperative.
- Do be polite in difficult situations.
- Do form bridges from negative questions to positive answers.
- Do thank the interviewer.

BUT

- Don't say "no comment".
- Don't be negative.
- Don't hide.
- Don't lose your cool.
- Don't be sarcastic.
- Don't use fillers (well, um you know).
- Don't use slang.
- Don't forget you are always "on".
- Don't comment on the officiating.

Please remember to arrive ten minutes prior to the scheduled start of an interview. Proper dress is also essential for interviews, and at no time should a student-athlete wear apparel other than Marist College apparel, to an interview.

Ask Questions

The Department of Athletics and College staff members are here to help you make the most of your college experience.

If you have a question or problem, see or contact your coach, an athletic administrator, faculty member, or other staff member on campus.

ATHLETIC DEPARTMENT DIRECTORY

LAST	FIRST	TITLE	EXT
Bolstad	Melanie	Head Men's and Women's Diving Coach	2415
Colaizzo '86	Pete	Director of Men's/Women's XC/Track	2050
Davis	Janet	Athletic Secretary - Director of Athletics	2304
Donohue	Elizabeth	Assistant Athletic Director/SWA	2463
Ferraro '01	Mike	Sports Information Director	3321
Gates	Alyssa	Director of Academic Advisement for S-A's	2325
Gebbia	Megan	Associate Women's Basketball Coach	2320
Giorgis	Brian	Head Women's Basketball Coach	2138
Hanna '91	Tom	Head Volleyball Coach	2445
Healy	Dennis	Head Baseball Coach	2570
Jacobs	Ashleigh	Head Water Polo Coach	2143
Kara	Karen	Athletic Secretary - Internal Affairs	2553
Kersten	Jeremy	Business Manager	2616
Kotowitz	Tanya	Head Women's Lacrosse Coach	2672
Layton	Erin	Head Softball Coach	2326
Lee	Paul	Assistant Men's Basketball Coach	2239
Leger '06	Erin	Assistant Women's Basketball Coach	2089
Marinelli	Glenn	Coordinator of Sports Medicine	2319
Martin	Chuck	Head Men's Basketball Coach	2513
McCormack	Darren	Facility Coordinator	2305
Murray	Tim	Director of Athletics	3304
Nesbitt	Roge	Head Women's Tennis Coach	2018
Parady	Jim	Head Football Coach	2046
Ritschdorff '68	John	Faculty Athletics Representative	3629
Roper	Elizabeth	Head Women's Soccer Coach	2697
Rumsey '91	Scott	Assistant Football Coach	2455
Sanford	Tom	Director of Rowing	3828
Simpson	James	Head Men's Lacrosse Coach/ Director of Clubs/Intramurals	2698 2698
Smith	Tim	Head Men's Tennis Coach	2223
Smith	Tim	Assistant Athletic Trainer	2066
Southern	Cheryl	Athletic Secretary - Men's/Women's Basketball	2324
Sullivan	Colin	Sr. Associate Athletic Director/Internal Affairs	2594
Tellitocci '04	Travis	Assistant Athletic Director/External Affairs	2321
Van Wagner	Larry	Director of Aquatics/M & W Swimming Coach	2321
Viggiano '99	Matt	Head Men's Soccer Coach	2529
Weeks	Tyrone	Assistant Men's Basketball Coach	2327
White	Craig	Strength and Conditioning Coach	2096
Whittington	Keila	Assistant Women's Basketball Coach	2499
Williams '99	Chuck	Associate Head Coach - Women's XC/Track	2578
TBA		Academic Fellow	2723

