



2017-18
STUDENT-ATHLETE
HANDBOOK



2017-2018 University of Virginia Student-Athlete Handbook

The University of Virginia does not discriminate in any of its programs, procedures or practices against any person on the basis of age, citizenship, color, handicap, national origin, political affiliation, race, religion, sex, sexual orientation, or status as a disabled veteran or veteran of the Vietnam era. The University operates equal opportunity and affirmative action programs for faculty, staff, and students. The University of Virginia is an Equal Opportunity/Affirmative Action Employer.

Table of Contents

INTRODUCTION	5
Athletics Department Mission	5
Athletics Department 10-Year Goals	5
Institutional Purpose	5
Traditions and Expectations	6
STUDENT-ATHLETE WELL BEING	7
ADVISORY COUNCILS	7
Athletics Advisory Council	7
Student-Athlete Advisory Committee (SAAC)	7
Student-Athlete Mentor Program (SAM)	8
GENERAL INFORMATION	8
Code of Ethics	8
Student-Athlete Responsibilities	9
Change of Address	9
Urgent Communication Policy	9
Resolving Issues Between Student-Athletes and Coaches	10
Team Meeting	11
Team Rules	12
Policy for the Announcement of Student-Athlete Suspensions	13
Exit Interviews	14
Student-Athlete Online Survey	14
Sport Psychology Services	14
Sports Nutrition	16
Strength Training and Conditioning	18
Equipment Rooms	20
Athletics Media Relations Office	21
Life Skills	23
Career Development	23
Personal Development	23
Community Service	24
Social Media, Networking, and Websites	24
Tickets to UVA Athletics Events	26
Amplified Music	26
Playing Schedules	26
Varsity Lettering	27
Special Athletic Awards	28
Post-Graduate Awards	29
VIRGINIA ATHLETICS FOUNDATION	31
Mission Statement	31
VAF Endowed Scholarships	32
VAF Thank-a-Thons	32
ACADEMICS	32
Athletics Academic Affairs	32

Academic Expectations	33
Academic Calendar	33
Academic Integrity	34
Add/Drop Period	34
Required Materials Policy	34
Computer Labs	35
Learning Specialist	35
Libraries	35
Academic Meetings	35
Study Hall and Tutoring	36
Team Travel	36
Summer Session	36
Degree Completion Program	37
Athletics Academic Affairs Staff Directory	38
DRUG AND ALCOHOL POLICY	39
Goals of the Policy	40
Drug and Alcohol Education Program	40
Substance Abuse Education Program	41
Substance Abuse Testing Program	41
The Alcohol Program	47
Tobacco Policy	48
COMPLIANCE	48
Atlantic Coast Conference (ACC)	48
National Collegiate Athletic Association (NCAA)	49
NCAA Rules	50
Academic Eligibility	51
Boosters and VAF Donors	51
Extra Benefits	52
Confidentiality of Student Records	52
Time Demands Overview	53
Countable Athletically-Related Activity Guidelines	56
Employment	56
Employment at Summer Camps	56
Gambling	57
Permissible Promotional Activities	57
Non-Permissible Promotional Activities	58
Amateurism	58
Permissions	59
Transfer Requests	60
Responsibility to Report Violations	62
Student Host Information	62
Awards Regulations	62
Outside Competition	62
FINANCIAL AID	63
Student Financial Services	63
Athletics-Related Financial Aid	63

Renewal, Non-Renewal and Reduction of Athletic Grant-in-Aid	65
Appeal of Non-Renewal or Reduction of Athletic Grant-in-Aid	66
Relevant NCAA Rules Regarding an Athletic Grant-in-Aid	69
Cancellation of Athletics Grant During the Period of Award	70
Non-Athletics Related Financial Aid	71
Student Assistance Fund (SAF)	71
Summer Session Grant-in-Aid	72
Fifth Year Eligibility for Participation and Grant-in-Aid	73
SPORTS MEDICINE	73
Student Health Center and Athletic Training Room	73
Responsibilities for Medical Care	74
Services and Procedures	75
Emergency Treatment	76
Eyeglasses and Contact Lenses	76
Hospitalization or Surgery	77
Insurance Coverage and Medical Expenses	77
Injury Prevention	78
Medical Care Referrals	79
Nutritional Supplements	80
Pre-Participation Physical Examination	81
Tryouts	82
ADHD Medication Usage	82
Rehabilitation Programs	82
Medical Expenses Payment Procedure	83
Co-Payment Guidelines	84
Consequences of Unsettled Medical Care Expenses	85
Athletic Training Rooms	86
UVA Athletics Policy on Pregnancy of Student-Athletes	87
Policy on Transgender Student-Athletes	88
UNIVERSITY LIFE	89
The Gordie Center for Alcohol and Substance Education	89
Sexual Harassment and Other Forms of Interpersonal Violence	89
Email Accounts	90
Hazing	91
Honor System	91
Housing	92
Intramural-Recreational Sports	93
Meal Plans and Dining Services	93
Parking and Transportation Services	94
University Transit System	95
University Facilities and Map	96
Athletics Department Staff Directory	97
INDEX	100

INTRODUCTION

ATHLETICS DEPARTMENT MISSION

The Department of Athletics is an integral part of the University of Virginia's commitment to educational excellence. Its mission is to enhance and support the intellectual purpose of the University and its exemplary academic standards and traditions.

Critical to the department's mission are high academic achievement; nationally competitive and successful teams; comprehensive integration of student-athletes within the University and local communities; a strict adherence to NCAA, ACC, and University rules and regulations; fiscal integrity, which is embodied through the generation and efficient use of resources; the attraction and retention of the highest quality student-athletes and staff which includes equitable opportunities for women and minorities.

The Department of Athletics pursues its mission by uniting the varied constituencies of the University community through its intercollegiate and intramural programs. These programs are designed to build support for and add value to the academic purposes of the institution while developing students with strong values of leadership, sportsmanship, equity, citizenship, physical fitness, teamwork, and a commitment to excellence.

The operating principles of the Athletics Department require that in pursuing its mission, the Department will consistently provide exemplary service to all of its internal and external constituencies.

ATHLETICS DEPARTMENT 10-YEAR GOALS

- Graduate 100% of our student-athletes.
- Win 12 national championships and 70 conference championships.
- Fully endow all of our scholarships and provide operational support required to meet our other stated goals.
- Fully comply with Title IX.
- Build and maintain the highest quality facilities in the country with the purpose of attracting and developing the best student-athletes to the University of Virginia.
- Based on how coaches rate their top prospects, attract our top prospective student-athletes to the University of Virginia annually.

INSTITUTIONAL PURPOSE

The central purpose of the University of Virginia is to enrich the mind by stimulating and sustaining a spirit of free inquiry directed to understanding the nature of the universe and the role of humankind in it. This purpose is served by activities designed to quicken, discipline, and enlarge the intellectual and creative capacities, as well as the aesthetic and ethical awareness of the

members of the University, and to record, preserve, and disseminate the results of intellectual discovery and creative endeavor. In fulfilling it, the University places the highest priority on achieving eminence as a center of higher learning.

TRADITIONS AND EXPECTATIONS

University of Virginia student-athletes belong to a proud tradition — they have consistently demonstrated that competition at the highest intercollegiate level can be combined with a successful and rewarding educational experience.

UVA has finished in the top 20 of the Director's Cup rankings in each of the last 10 years, including six finishes in the top 10. This remarkable athletic success was earned while academic integrity remained uncompromised.

As they have for decades, Virginia student-athletes continued to graduate at a rate of more than 87 percent. These achievements on the field, on the court and in the classroom will continue because Virginia student-athletes and coaches share in the commitment that the tradition be maintained. An extremely important part of that commitment is the understanding that Virginia varsity student-athletes are, first and foremost, students. As such, each student-athlete has the responsibility to fulfill clear expectations.

These include:

- Understanding that earning a degree is the primary goal of the student.
- Meeting regularly with faculty advisors and deans of the respective undergraduate colleges.
- Meeting all academic responsibilities, including regular class attendance and the completion of all assignments in a timely manner.
- Complying with all rules and regulations of the NCAA, the Atlantic Coast Conference and the University; understanding that it is each student-athlete's responsibility to be fully aware of the rules and regulations.
- Striving to be involved as a full-fledged member of the University community and making a strong effort to derive as much as possible from the educational experience. This includes establishing open and mature relationships with faculty and the student body at large.
- Understanding the support resources that are available in the Athletics Department's Academic Affairs Office and the University; assuming the responsibility to seek help when it is needed.
- Understanding that the assumption of personal responsibility is at the heart of the educational experience. All student-athletes should constantly be aware that they represent the University, the Athletics Department and their team. Upperclass student-athletes should consciously strive to serve as exemplary role models for new student-athletes.
- Making a complete commitment to academic integrity. It is absolutely essential that every student-athlete be thoroughly familiar with the Honor

System and that all aspects of University life be conducted in accordance with the Honor System.

STUDENT-ATHLETE WELL BEING

The Athletics Department is committed to the principles of Student-Athlete Well Being as adopted at the NCAA Convention in January 1995. To that end, the Department will demonstrate in the operation of its intercollegiate sports programs that the following qualities exist:

- A quality overall educational experience for student-athletes is promoted, and the involvement of student-athletes in matters impacting their lives is encouraged.
- Fairness, openness, and honesty are practiced by coaches and administrators with student-athletes and positive student-athlete/coaching staff relationships are supported.
- Gender and cultural diversity is exhibited.
- Health and safety issues are addressed.

ADVISORY COUNCILS

ATHLETICS ADVISORY COUNCIL

The Athletics Advisory Council advises the Director of Athletics on all major decisions affecting the administration of the Department. The Council (comprised of faculty and administrative staff, students and alumni) is appointed by the President of the University in the fall of each academic year.

The Council meets once in each calendar quarter and at additional times when necessary. For information on appointees contact the Director of Athletics' office at 982-5100.

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

The Student-Athlete Advisory Committee (SAAC) is made up of two representatives from each team and is the student-athletes' liaison organization to the Athletics Department, the University's Administration, the ACC and the NCAA. It meets monthly during the school year and is charged with the responsibility of serving the student-athlete community as a resource for the consideration of matters of interest and concern to them, regarding their well-being. The SAAC will take up these matters with the appropriate Athletics Department administrators for consultation and guidance. The SAAC will also establish and manage events and projects to meet the needs and interests of student-athletes as are appropriate. Some of the events and projects the SAAC has worked on are:

- The Santa Fund – a fund-raiser for local children who need winter clothing and shoes
- Annual Welcome Dinner
- Majors exploration opportunities
- Evaluation of proposed NCAA legislation and ACC Rules Changes

STUDENT-ATHLETE MENTOR PROGRAM (SAM)

As part of the Drug and Alcohol Education Program, the Student-Athlete Mentor (SAM) Program was designed by the Office of the Dean of Students' Gordie Center for Alcohol and Substance Education and the Athletics Department to establish a network of peers trained in substance abuse prevention and other healthy life decisions within varsity athletic teams.

Teams select "natural helpers" who participate in alcohol and other drug education training. These SAMs, in turn, work with their peers in prevention efforts and provide programming on issues pertinent to their teams.

The training provides student-athletes with information about alcohol and other drugs, "red flags" or "behaviors of concern" that might indicate warning signs, and a listing of available resources.

Some of the events and projects SAM has worked on are:

- Game Night – an informal evening of socializing, fun and games for all student-athletes
- Annual Shootout for Cancer Event

For more information call the Gordie Center for Alcohol and Substance Education at (434) 924-5276 or the Associate Athletics Director for Student Services (434) 982-5300.

GENERAL INFORMATION

CODE OF ETHICS

As a student-athlete, you are expected to conduct yourself at all times with integrity, sportsmanship, honesty, pride, and humility.

The purpose of intercollegiate athletics is to provide an opportunity for you to develop your potential as a skilled athlete in an educational setting. The University of Virginia has a highly visible and successful Division I NCAA and ACC intercollegiate athletics program. Your public exposure in the competitive arena and the media places you among the most visible groups in the University community, the City of Charlottesville, the County of Albemarle, and the Commonwealth of Virginia. What you do and how you do it are often highlighted, putting you in a public position which requires exemplary behavior.

As a University of Virginia student-athlete, you are totally responsible for your own behavior. You are expected to obey the laws, rules and regulations of all these “communities.” If you violate their laws, be prepared for the penalties that may be imposed.

Your behavior has a definite impact on the reputation of the Athletics Department and on the attitude the surrounding communities have toward you and your fellow student-athletes.

Your conduct will be closely scrutinized as you sit in the classroom, as you compete on Grounds, as you travel, and as you compete off Grounds. You will be looked upon as a role model, particularly by young children, and it is important that your personal conduct be above reproach at all times.

STUDENT-ATHLETE RESPONSIBILITIES

Student-athletes are subject to NCAA, Atlantic Coast Conference, University of Virginia, Athletics Department, and team policies during their tenure at Virginia.

Student-athletes are responsible for acquainting themselves with the rules and regulations of each unit. Those who have concerns or questions must take the initiative to get the answers they need.

The University and the Athletics Department schedule orientation sessions to inform student-athletes about major policies and procedures during the fall of each academic year. Student-athletes are expected to attend all scheduled meetings.

CHANGE OF ADDRESS

You are expected to notify the University Registrar within 24 hours of any changes in your home (permanent) and local (present) mailing address and phone numbers.

Changes may be made in your dean’s office, at the Newcomb Hall Information Desk, at the Registrar’s Office in Carruthers Hall, or through SIS (434-296-4747).

You are also expected to notify your head coach of any change in your address or telephone number.

Consequences resulting from misdirected or unreceived University communications are the student-athlete’s responsibility.

URGENT COMMUNICATION POLICY

You are required to provide the Athletics Department with one or more telephone numbers or other means for reliable contact where you can be reached with emergency or other urgent communications. The Athletics Department uses a variety of means and modes of communication. The official communication tool used by the Athletics Department is Teamworks. Each

team has a designated Teamworks Superuser who will collect your telephone information and enter it into the Teamworks system for you to receive communications from the coaching staff, compliance office, sports medicine, etc.

During the academic year, the Athletics Department should have the ability to relay critical information to any student-athlete within six hours.

Examples of urgent communications include personal or family emergency situations and random drug screenings. Failure to report for a drug screening can result in your being declared ineligible since, under NCAA rules, a “no show” constitutes a positive drug test.

You are responsible for informing your coaching staff when your phone number is changed or disconnected and when you plan to be away from the Charlottesville/University community.

RESOLVING ISSUES BETWEEN STUDENT-ATHLETES AND COACHES

A goal of the Athletics Department is to create an environment where student-athletes have positive overall experiences at the University as well as clear avenues of communication with coaching and athletic administrative staffs. From time to time, however, issues may develop between student-athletes and coaches. The following guidelines are in place to help clarify and resolve such issues:

1. Matters related to individual and team performance– such as playing time, position or role on the team, amount of athletic grant-in-aid, and traveling squad– are the province of the coaching staff. Coaching staff decisions are final.
2. Matters related to your participation in intercollegiate athletics as affected by team or department rules should be handled using the following options:
 - a. You can discuss the matter with your team captain(s), your team SAAC representative, or your team SAM representative when it pertains to team rules.
 - b. You should discuss the matter with a member of your team’s coaching staff, preferably your head coach.
 - c. You may appeal the decision of the Coach to the Sport Supervisor. You should notify the Sport Supervisor and the Coach in writing of your appeal within 10 days of receiving the Coach’s decision. Such notification shall include a statement of the specific portion(s) of the Coach’s decision with which you disagree, any arguments to support your position and your proposed alternative(s) to the portion(s) of the decision in question. You may appeal the Coach’s decision only for the following reasons: Good cause and/or new evidence and/or because the sanction is substantially disproportionate with the infraction.

The Sport Supervisor may deny the appeal or he/she may allow you and your Coach the opportunity to present arguments in support of your respective positions on the appeal. The Sport Supervisor may specify whether such arguments shall be made verbally and/or through written statements, and may impose any reasonable time and length limitations. If a meeting is held, you and the Coach shall be entitled to be present during all such proceedings. The Sport Supervisor will inform you and the Coach of his/her decision.

d. A final appeal on the same grounds as above may be made to the Director of Athletics. The decision following that appeal shall be final.

3. Matters regarding the cancellation or reduction of your grant-in-aid may be appealed through the University Financial Aid Committee. (Please refer to pages 65-71.)

TEAM MEETING

Before participation in intercollegiate competition, the Athletics Department will hold a team meeting to discuss NCAA rules affecting your eligibility for practice and competition. Prior to being eligible for practice/competition:

- Submit information relating to your eligibility to compete by signing Part 1 of the "Student-Athlete Statement."
- Give your written consent to disclose your education and some medical records to an authorized representative by signing parts of the "Student-Athlete Statement."
- Give your permission to be tested for drugs in any NCAA championship or post-season football game certified by the NCAA by signing the NCAA Drug-Testing Consent Form.
- Complete information pertaining to Summer 2017 employment and your automobile.
- Provide information about all financial aid you are receiving during the 2017-2018 academic year.

Failure to complete and sign these documents will make you ineligible for participation in all intercollegiate practices and competition.

The staff of the Athletics Compliance Office will be available during the team meeting and at any time of the year if you have questions or concerns regarding your eligibility. The office is located on the 3rd Floor of the McCue Center. For more information call (434) 982-5018.

NCAA and ACC manuals are available from the Athletics Compliance Office for your reference.

TEAM RULES

Along with NCAA, ACC, University of Virginia and Athletics Department rules below, you are responsible for complying with any additional team rules of your sport.

Team rules may present specific applications of more general University or Department guidelines.

Copies of your team rules are available from your coaching staff. Violations of team rules may affect your status as a student-athlete at Virginia and the status of your athletics scholarship.

Virginia Athletics Rules for All Student-Athletes:

1. Class attendance is mandatory.
2. The legal drinking age is 21. You must abide by all team, local, state, federal, University and Athletics Department rules and policies regarding alcohol. These can be found in the Student-Athlete Handbook, the Undergraduate Record and these team rules.
3. No hazing or initiations. No Rookie Night. (Please refer to page 91 and <http://odos.virginia.edu/hazing-prevention-education>.)
4. You must notify your coach within 24 hours of an arrest or criminal conviction. Understand that you also have a separate duty to notify the Dean of Students (434-924-7133) within seventy-two (72) hours, of any arrest for violations of law, excluding minor traffic violations that do not result in injury to others, regardless of where the arrest occurred and regardless of whether the University is in session at the time of the arrest. An arrest includes the issuance of a written citation and summons regardless of whether you are taken into custody by law enforcement.
5. You must return with the team following away contests unless there is prior written approval.
6. Use of tobacco is prohibited.
7. All drugs are prohibited unless prescribed by a physician.
8. Lying, cheating and stealing are acts not tolerated by the University, the Athletics Department or coaching staff. Refer to p.91-92 of the Student-Athlete Handbook and to the Honor Code in the Undergraduate Record (recors.ureg.virginia.edu).
9. Gambling is prohibited and is a violation of NCAA Rules.
10. No offensive behavior will be tolerated; respect and tolerance for differences (e.g., race, gender, religion, sexual orientation) is expected.
11. All rules contained in the Student-Athlete Handbook apply. Please read carefully.

12. Obey all ACC and NCAA rules. If you have any questions, please contact your Head Coach or the Compliance Office immediately.
13. Make sure you understand all rules and regulations as they pertain to official and unofficial visits for recruits whether you are the official host or not. Ask questions before engaging in any activity that might be inappropriate or against NCAA, ACC and the University of Virginia rules and regulations. In particular, the use of money other than the host money to entertain prospect is against NCAA regulations. Hiring entertainers or going to establishments that provide adult entertainment is specifically against team rules and department expectations. The use of host money to purchase alcohol is strictly prohibited.
14. You cannot sell, exchange, assign for another item of value any awards (rings, jackets, blankets, etc.), equipment (helmets, bats, clubs, sticks, etc.) or apparel (jersey shirts, gloves, etc.) you may receive for your athletics participation. It is a violation of NCAA rules to do so.
15. Abide by any additional team rules distributed by the Head Coach.

Failure to abide by these team rules could result in suspension from practice, suspension from competition, loss of all or part of any scholarship, and /or dismissal from the team.

POLICY FOR THE ANNOUNCEMENT OF STUDENT-ATHLETE SUSPENSIONS

If a student-athlete is going to miss an athletics contest as the result of a suspension, a release will be distributed to the media and posted to the athletics department's website and the social media channels of the sports program to proactively deal with the issue. This action eliminates the need for coaches and student-athletes to address the issue with the media after the event.

A sample release is listed below.

The suspension of a coach for an athletics contest will be handled similarly.

Sample Release

Date

<Student-Athlete/Coach Name> Suspended from <Date or Season Opener> vs. <Opponent>

Suspension a result of a violation of athletics department policy

CHARLOTTESVILLE, Va. – <Year, position, name> (hometown) has been suspended from the Virginia <insert program> program for UVA's game vs. <opponent> for a violation of athletic department policy, head coach <coach's name> announced today.

<Last name> has averaged <insert statistics> in <insert number of games played> games for the Cavaliers this season.

EXIT INTERVIEWS

The Athletics Department uses exit interviews to obtain information on how student-athletes feel the Department is doing its job and fulfilling its mission. Participation is voluntary and anonymous. Each interview also includes a confidential evaluation of your coaching staff. Exit interviews are traditionally given to those in their final year of athletics eligibility. Selection is based on a random sample, but any student-athlete can request an exit interview.

Following are some of the types of questions that may be asked. As a way of assessing your experience as a student-athlete, you could ask yourself these questions anytime.

- What kinds of interactions do you have with your Deans and faculty?
- What was your major? Would it have been different if you were not a student-athlete? What would that have been?
- Describe any issues of discrimination related to religion, ethnicity, or gender among student-athletes?
- Describe the quality of academic resources such as your academic coordinator, tutors, computer lab, etc.

STUDENT-ATHLETE ONLINE SURVEY

The Athletics Department conducts an annual online survey of all student-athletes to gather feedback about their experiences with their coaching staff and various athletics support areas (i.e. Academic Affairs and Nutrition). This survey is typically conducted in the spring and is administered by the UVA Office of Institutional Assessment and Studies, so as to keep all feedback anonymous.

SPORT PSYCHOLOGY SERVICES

Sport Psychology's mission is to promote mental well being, safety, and optimal performance in all aspects of student-athlete life. We respect and sustain our student-athletes' autonomy, resiliency, and confidentiality. We provide confidential one-to-one meetings for members of all 25 sports to

optimize their experience in their roles as students, as athletes, and as community members.

Competitive athletes face unique challenges that differ from those who are not involved in competitive sport. Collegiate student-athletes must juggle and balance several full time responsibilities, including those related to sport, to the classroom, and to complex social and family lives in and out of sport. Performance standards and expectations increase every year and at every level of sport. Sport psychologists assist you by enhancing your performance in sport, the classroom, and life by applying a variety of practical psychological principles in the context of sport.

Sport psychologists have provided human performance services to professional athletes, Olympic athletes and military special forces units for years. Every year more colleges and universities realize the need for, and value of, providing these same services to college student-athletes. UVA is fortunate to have two licensed sport psychologists “in-house” reflecting the commitment of the UVA Department of Athletics to supporting the whole student-athlete.

Strength and Resilience vs. Stereotyping

While stereotypes and stigma remain, UVA Athletics has been a pioneer in incorporating sport psychology to enhance student-athlete performance and well-being. Student-athletes have been collaborated to actively challenge stereotypes such as: “Seeing a sport psychologist is a sign of weakness and I should just be tough” or “Only people that have something wrong with them see the sport psychologist.” Our student-athletes now see this resource as beneficial to their sport and life performance. They have embraced the use of sport psychology as an indication of strength and resilience, reflecting the courage to overcome adversity and reach further in all they do. We invite and encourage you to use sport psychology as a resource to get the most of your experience.

What Great Athletes Do:

In fact, “great athletes” and “those who aspire to be great” have found that using the services of a qualified sport psychologist helps them solve sport and non-sport related issues, and learn more about how to maximize their ability to connect their mind with their body when they train and when they compete. In the business of sport and with the growing expectations to “perform on demand”, it is necessary to develop and regularly utilize tactics and strategies that help you do that! Sport psychology will help you develop your “neck up” tactics, mindset, and strategies to help you and your team. You need both your mental and your physical skills to be highly developed and always improving to be at your best, and your sport psychologists are effective resources at helping you get the most out of both skill sets.

Performance Enhancement and Mental Well Being:

To support the complete student-athlete experience, Sport Psychology provides performance skills training and services to promote mental well-being. Each

serves the other in most cases. Though not exhaustive, here is a list of frequent uses of our service:

For athletic performance:	For mental health and well-being:
<ul style="list-style-type: none"> • Performing under pressure • Sleep • Managing negative thoughts/poor performance • Use of visualization/imagery • Mindfulness • Focus and Goal Setting • Recovery from athletic injury 	<ul style="list-style-type: none"> • Anxiety • Depression • Relationship distress (of any/all types) • Strategies for coping with stress • Changes in eating behavior • Substance use • Transition from sport

How do I Make an Appointment with the Sport Psychologist?

The sport psychology offices are located on the third floor of the McCue Center. Appointments can be made directly with Dr. Jason Freeman or Dr. Karen Egan by any of the following methods:

1. Texting Dr. Freeman at 434-242-7472 or Dr. Egan at 434-270-1677
2. Emailing at jf4z@virginia.edu or kpe4q@virginia.edu and/or
3. By stopping by their offices on the third floor of McCue.

If you text or email, as part of your message, please provide the best days and times that you have available to meet. Leaving more than one option will ensure a faster process for setting up an appointment time. Be sure to schedule around your academic and athletic commitments. Once we have that information, we will check our schedules for a match and text/email you to confirm an appointment day and time.

SPORTS NUTRITION

Nutrition is a critical component of athletic development. Taking care of yourself nutritionally on a daily basis is directly related to your performance.

Proper nutrition and hydration will give you:

1. More energy to train and compete
2. Faster recovery from training and competition
3. Less down time due to illness and injury

Therefore, focusing on daily nutrition allows you to see maximal results from the hard work you put in all year.

As a student-athlete, you have the opportunity to meet with one of three Sports Dietitians to maximize your performance.

Services provided are:

1. Body composition testing
2. Meal plans to improve energy for workouts or recovery from workouts
3. Meal plans for muscle gain

4. Meal plans for fat loss
5. Provision of vitamins
6. Nutrition supplement evaluation
7. Grocery store tours to assist in choosing the right foods on a budget
8. Cooking demonstrations

UVA student-athletes are not to take **any** nutrition supplement* other than those provided by UVA Athletics without written approval of Randy Bird, Director of Sports Nutrition.

An increased number of banned substances that can harm you and impact your eligibility have been found in nutritional supplements.

**Nutrition supplement:* any product (pill, tablet, powder, liquid, beverage, etc.) designed to supplement the diet and including one or more of the following ingredients: vitamins, minerals, herbs or botanicals, amino acids, calorie boosters, or a concentrate, metabolite, constituent, extract, or combination of these ingredients.

Athletic Dining Rules:

1. You must have an athletic meal plan to eat at JPJ.
2. You may not use another student-athlete's ID.
3. Guest Swipes are not permitted for Athletic Dining.
4. If you don't have your ID, the university allows you to type in your student ID number six times. After that, you will need to pay cash.
5. No clothing representing colleges or universities other than the University of Virginia may be worn while eating at JPJ.
6. Cleanliness is essential for the dining room. When finished eating, please take trays, plates, glasses, etc. to the dishroom window.

Fueling Stations:

Snacks are located in locker rooms and the McCue Weight Room Nutrition Station.

1. Please don't take food that you can't reasonably expect to consume within 24 hours.
2. This food is intended for your personal use only.
3. Usage will be monitored and recorded daily as the stations are restocked.
4. Be respectful of University faculty, staff, and your peers and don't eat while class is in session.
5. Please keep these areas clean.
6. Provide feedback to improve on the plan using the online portal that's part of the sports nutrition website.

<https://www.athletic.virginia.edu/nutrition/meal-feedback/>

To schedule an appointment or to just ask a question, you can email, call, or send a text message.

Randy Bird

Director of Sports Nutrition
Email: rbird@virginia.edu

Kelly Rossi

Associate Director of Sports Nutrition
Email: kellyrossi@virginia.edu

Office: 434-243-1148
Cell: 434-466-7324

Office: 434-982-5691
Cell: 484-894-0412

Brooke Pearson

Assistant Director of Sports Nutrition

Email: bhh5s@virginia.edu

Office: 434-924-8268

Cell: 317-650-8877

Connect with us electronically as well:

<https://www.athletic.virginia.edu/nutrition/>

Facebook: <http://www.facebook.com/UVASportsRD>

Twitter: <http://twitter.com/UVASportsRD>

STRENGTH TRAINING AND CONDITIONING

Strength training and conditioning is a crucial element in the development of the student-athlete. Scientific research and empirical testing has shown that a properly conducted strength training program will increase an athlete's physical capabilities as well as decrease the incidence of injury

The University of Virginia has some of the finest strength training facilities in the country to provide athletes with year round training. There are four student-athlete weight rooms on Grounds: on the lower level of University Hall, one in the McCue Center, in the John Paul Jones Arena (Men's and Women's Basketball teams and Staff only), and at Davenport Field (Baseball, Softball and Staff only). These facilities have a variety of free weights, selectorized machines and aerobic equipment.

Year-round sport specific training programs are designed for all UVA student-athletes, as well as instruction on safe and proper implementation of these programs.

Student-athletes are expected to adhere to their specific training programs with any problems or questions directed to a member of the strength staff or their head coach.

For more information concerning any of the training facilities, call the Director of Strength and Conditioning at 982-5194.

Weight Room Rules

Facility hours will be posted by the Director of Strength and Conditioning and will be adjusted at his discretion to meet the needs of the varsity teams that train in any particular weight room. Alumni student-athletes and staff may be allowed use of designated facilities as appropriate in conjunction with varsity team schedules and after meeting with the Director and signing a waiver.

Due to the nature of strength training and its demands and to ensure that all participants are able to make maximum use of the facilities, all participants are expected to comply with the following rules:

- Proper workout attire is mandatory (i.e. No hats, street attire, sports bras, bare midriff shirts or provocative and excessively exhibiting clothing is permitted).
- Shirts and **TIED** athletic shoes must be worn at all times during workouts. Shoes must be tied tight, not just knotted at the top. If you are an “outdoor” sport (i.e. soccer, cross country, softball etc.) make sure that your shoes are clean before entering the weight room.
- Clothing representing colleges or universities other than the University of Virginia is not permitted.
- Towels and germicide are provided for all facility users. Please clean off aerobic equipment after use.
- Following your workout, all dirty towels must be returned to a laundry bin or other designated location.
- No food or drinks are permitted on the platforms or workout areas of the facility, with the exception of water or other workout-related drinks (i.e. Gatorade).
- If you make a mess of any kind, clean it up properly and immediately (i.e. spilled water at the cooler).
- Replace all equipment used during a workout back where it belongs, immediately upon finishing an exercise.
- The weight room is for the use of University of Virginia athletes and athletic staff. All others wanting to use the weight room must see the Director of Strength and Conditioning.
- Headphones/ear buds are permitted on aerobic equipment ONLY.
- ***Athletes are not permitted to use cell phones for calls or texting in the weight room.*** Leave them in your car, locker or bag. If they are in your bag in the weight room, make sure they are turned off.
- The stereo is not to be touched by anyone other than a member of the strength staff.
- If you do not know how to perform a particular exercise, use a piece of equipment, or require a spot for any exercise - ask a member of the strength staff for assistance.

- No student-athlete is permitted to be in a weight room without a member of the strength staff present.

The weight room rules are subject to revision as equipment and procedures change.

EQUIPMENT ROOMS

The equipment rooms, located on the lower levels of University Hall, John Paul Jones Arena and the McCue Center, are centers of activity year-round. The equipment room staffs provide proper, clean, safe and functional athletic equipment and clothing to more than 600 student-athletes and 90 members of the staff and administration.

Following these basic rules will help you get what you need when you need it:

- Obtain equipment or clothing at the Equipment Room service window. Do not enter the Equipment Room.
- Ask Equipment Room managers for equipment or clothing. Do not take equipment.
- Return all loaned equipment and clothing for proper repairing and laundering.

Clearance to Draw Equipment

You must be cleared to draw equipment by the Head Trainer and the Athletics Compliance Office. To be cleared you must have:

- Completed a number of documents, including: General Information Sheet; Pre-Participation Physical Examination form; Athletics Department Drug Testing Consent form; Student-Athlete Insurance Coverage Information form; NCAA Drug-Testing Consent form, NCAA Student-Athlete Statement, ACC Summer Employment information form, ACC Vehicle Use information form.
- Taken and passed an initial drug-screening test.
- Received medical clearance through the Training Room procedures.

Clearances for you to receive equipment are monitored by the Athletics Compliance Office.

Responsibilities

Equipment Room personnel are responsible for issuing, laundering, repairing, and packing equipment for all events.

Head Coaches are responsible for providing the Equipment Room Manager with a list of the following:

- Team members

- Date for equipment to be issued
- All equipment and clothing to be issued

Student-athletes are responsible for drawing their own equipment, returning the clothes promptly for laundering, and returning all equipment at the conclusion of competition or the season.

Student-athletes are expected to care for all the items issued to them. Athletic equipment should be worn only for practice and competition. Game and practice gear need regular laundering. If you forget to return your gear for cleaning, you'll be wearing the clothing as is.

It will be solely your responsibility to return all equipment (regardless of condition) to the Equipment Room immediately following the final competitive event of the season. You will not be charged for worn-out or broken equipment, but all issued equipment must be returned to the Equipment Room. You will be charged for any equipment lost or not returned.

If all items are not returned to the Equipment Room, a list of missing equipment is forwarded to the Athletic Compliance Office to be processed with the University's Student Financial Services Office. The student-athlete will be required to pay for the missing equipment. A block will be placed on your University student account.

A block will prevent:

- Registration for the next semester.
- A University transcript to be forwarded upon request.
- Your UVA diploma from being issued.

Selling Athletic Equipment is Prohibited:

All equipment and apparel issued to student-athletes is the property of the University. Student-athletes may NOT trade, sell, exchange or give away the equipment or apparel issued to them. It is a violation of NCAA rules and affects your eligibility. Student-athletes are financially responsible for any equipment lost or not returned.

Retention of Athletics Apparel and Equipment: NCAA rules permit a student-athlete to retain athletics apparel items (not equipment) at the end of the individual's collegiate participation. The ability to do so must be approved by the coach.

ATHLETICS MEDIA RELATIONS OFFICE

The Athletics Media Relations Office, located in the John Paul Jones Arena, offers the news media assistance in covering the University's intercollegiate athletics program. The department also coordinates content on the UVA

athletics website, publishes game programs, assists with social media platforms and oversees photography for each athletic program. The staff makes every effort to work cooperatively with state, regional and national media outlets as well as with student-athletes. A complete listing of the staff can be found under the “Athletics” tab at the top of the VirginiaSports.com website.

Each sports program has a contact in the Athletics Media Relations Office. Student-athletes should get to know that individual and understand their role supporting your team. Student-athlete interviews with newspapers, television, radio and other media outlets are coordinated through the Athletics Media Relations Office. Virginia fans are interested in you, and during your athletic career you may be called upon to interact with the media. This is an opportunity to develop and refine your communication skills which can be beneficial in the classroom, with your fellow student-athletes, and in future business and professional careers.

You have a responsibility to the University, your coaches, your teammates and your sport to have a positive relationship with the media. Since this is a learning experience for some of you, the following guidelines may help develop a successful relationship:

- Members of the Athletics Media Relations Office will always check with you concerning day, time, and location of an interview (in person or via telephone) before it is scheduled. NCAA rules prohibit UVA from scheduling media activities and interviews on a student-athlete’s day off.
- Be on time for scheduled interviews. If you have a problem with a scheduled appointment, notify the Athletics Media Relations Office so appropriate action can be taken.
- Be courteous with the media. They are professional journalists who have been assigned to cover Virginia Athletics. They should also treat you with professional courtesy.
- During an interview, avoid negative comments and criticism of any type, particularly of opponents.
- Do not respond to a question if you do not wish to respond. Simply say, “I’d rather not discuss the subject.” If you don’t want to read, see, or hear it in the media, don’t say it.
- Do not reply to media questionnaires that have not been approved by the Athletics Media Relations Office.
- When you appear on camera, wear team-issued apparel (unless it is a professional attire setting) to help promote and support UVA Athletics. The media relations staff has UVA polos you can borrow during interviews.

If you feel uncomfortable with the questions, answers, or general tone of the interview, politely end the interview and contact the Assistant Athletics Director for Media Relations, at (434) 982-5500.

If you are pleased with the results of an interview, take time to let the reporter know by dropping a note or saying hello the next time you meet.

Any questions concerning interview requests or media coverage should be directed to a representative of the Athletics Media Relations Office at (434) 982-5500.

LIFE SKILLS

Through its Life Skills program the NCAA challenges its member institutions to commit to excelling in five areas: athletics, community service, career development, personal development and academics.

At Virginia, Life Skills programming is coordinated by the Athletics Academic Affairs Office to assist student-athletes with choices related to community service, career development and personal growth. Athletics Academic Affairs also supports leadership development in advising the Student-Athlete Advisory Committee (SAAC), and the Student-Athlete Mentor (SAM) program.

NCAA rules prohibit an individual team life skill activity from being conducted on a student-athlete's day off. However, if more than one team participates in a life skill activity, it may occur on a scheduled day off.

For more information on the program's services please contact the Associate Athletics Director for Student Services at (434) 982-5300, or ah4nb@virginia.edu.

CAREER DEVELOPMENT

To help student-athletes identify career opportunities that fit their diverse interests and develop the skills necessary to support attainment of their life goals, the Life Skills program serves as a liaison to the University Career Center (UCC). In collaboration with UCC, the Athletics Academic Affairs Office also provides assistance in such areas as major exploration, resume writing, interviewing skills and contacts with corporate placement firms.

The University Career Center (UCC) mission is to help all students prepare for and obtain employment after graduation. UCC services and resources are also available for student-athletes whose plans include graduate or professional school. The UCC Office is located in Bryant Hall. The website address for UCS is: <http://www.career.virginia.edu/>. UCC services are available to graduates for six months following graduation. Those students enrolled in non-degree seeking programs, such as the professional development program, will need to coordinate with Academic Affairs staff and UCC to access UCC services beyond this six-month mark.

PERSONAL DEVELOPMENT

The Life Skills program assists student-athletes in such areas as work habits and personal concerns, with an emphasis on ethical decision-making and the

development of practical skills. Athletics Academic Affairs and the Gordie Center for Alcohol and Substance work together to integrate and facilitate personal development programs through the SAM student group. Athletics Academic Affairs also provides workshops and programs concerning issues such as substance abuse, gambling, sexual violence prevention, and financial wellness.

The Athletics Department is committed to providing student-athletes with an avenue to embrace honor and strength of character, to learn the importance of making ethical decisions, to become role models who contribute meaningfully to society, and to graduate successfully from the University.

COMMUNITY SERVICE

Opportunities abound for student-athletes to engage in their community. Athletics Academic Affairs help teams, groups, and individuals identify and arrange for participation in appropriate projects, both one-time and on going. In addition, each spring the SAM and SAAC representatives collaborate in organizing the Shoot Out for Cancer to raise awareness in the fight against pediatric cancer.

Our signature community service program is **Athletes Committed to Education (ACE)**. The mission of ACE is to promote classroom success and achievement through implementation of a partnership between Cavalier athletes and local schools, provide positive role models and actively participate in building the school's climate and community. Student-athletes "adopt" a class on a weekly or bi-weekly basis and work on targeted skills as determined by the instructional staff. Sessions will be determined per semester based upon both the student athlete's academic and athletic schedule. Student-athletes follow and maintain all confidentiality and discipline procedures as established at each school.

In addition, various programs are available throughout the year for student-athletes to volunteer through Madison House (<http://scs.student.virginia.edu/~madison/>) as mentors to area elementary and secondary school students, (e.g., the "A Day in the Life Program" or "Big Sibling") and with senior citizens (i.e., "Adopt A Grandparent") and others. Opportunities are available at www.virginia.edu/publicservice/.

NCAA rules prohibit an individual team life skill activity from being conducted on a student-athlete's day off. However, if more than one team participates in a life skill activity, it may occur on a scheduled day off.

SOCIAL MEDIA, NETWORKING, AND WEBSITES

The Athletics Department recognizes and supports student-athletes' freedoms of speech, expression, and association including the responsible use of social media, networking and web sites. As a student-athlete, you represent the University of Virginia, the Athletics Department, your team and yourself and are expected to do so in a positive manner at all times. Playing and competing

for the University of Virginia is a privilege, not a right, and any on-line activity that is inconsistent with federal or state laws, or the rules, regulations, or policies of the NCAA, ACC, University of Virginia, Athletics Department or your team may have serious consequences.

There are both positive and negative aspects of using social media, networking, and web sites. You therefore should use caution when posting information or photographs on the Internet. The following guidance is intended to help you navigate the Internet more safely:

Guidance

- ***Everything you post (pictures, videos, comments, etc.) is or may become public.*** Anything you put on the Internet is out of your control and can be accessed even after you remove it. Your posts and pictures may be viewed by coaches, parents, faculty, investigators, and future employers. You must be careful about what you post.
- ***Posts can affect your present and your future.*** Violations of law or regulations may affect your eligibility to compete and your future. The NCAA investigates information found online. Similarly, the Athletics Department ***must*** follow-up on any information that comes to its attention regarding unlawful conduct or potential rules violations. Future employers and graduate schools also routinely look at your online identity. Do not put your future at risk by careless posts.
- ***Limit access to your information.*** Use caution in adding “friends” or granting access to your accounts. Unfortunately, there are many people who take advantage of student-athletes.
- ***Protect your privacy and safety.*** Do not post information about your residence, your daily schedule, or specific information about planned trips. Posting too much personal information puts you at risk of being stalked or improperly contacted by runners or agents. You also may be at greater risk of identity theft.
- ***Use good judgment.*** There are aspects of responsible social media use that are not specifically covered by this guidance; you must exercise good judgment in creating and adding to your online identity and reputation.

The use of Social Media viewable by the general public will be monitored by the Compliance Office and inappropriate activity will be forwarded to your Head Coach for review.

Any suspected violation of law, or of NCAA, ACC, University, Athletics Department, or team rules, regulations, or policies on your online content

(including posts, photographs or videos) is subject to investigation and may result in sanctions applicable to the prohibited conduct.

TICKETS TO UVA ATHLETICS EVENTS

Note: “Tickets” refers to admission to events by presentation of student ID or identification on a pass list. “Hard tickets” are not provided to student-athletes.

Student-athletes can be admitted to regular-season UVA athletic events held at the University, in which they are not a participant and for which there is an admission charge.

For home events for which there is an admission charge, student-athletes are admitted by presenting their current, valid UVA student ID at the student gate.

For men’s basketball home games, student-athletes must sign up via the SHOTS online ticketing system. Using SHOTS, student-athletes register for tickets for each home game and are selected to receive tickets via a lottery if necessary. If the student-athlete is awarded a ticket, they must bring their mobile device with access to the electronic ticket and UVA student ID to the Student Entrance at the John Paul Jones Arena.

For UVA regular-season athletic events for which there is an admission charge, student-athletes participating in these sports are entitled to a limited number of complimentary admissions for guests. The number of admissions is based on NCAA, ACC and University regulations. Student-athletes are not permitted to sell or exchange complimentary admissions for money or anything of tangible value to a person or persons, inside or outside of the athletics department. If a student-athlete sells or exchanges their complimentary admissions, it would be a violation of NCAA rules and could result in a loss of eligibility.

This policy applies for both home and away events. Specific policy and procedures for those sports affected are either put in writing and given to you or communicated verbally by the respective coaching staff.

Complimentary admissions are not always available for student-athletes’ guests for postseason events held on or off Grounds. Departmental decisions dictate to what extent the purchase of tickets for student-athletes’ guests will be made available. For more information contact your head coach.

AMPLIFIED MUSIC

Music with lyrics that are offensive, sexually explicit or deemed to be inappropriate will not be played in any Athletics Department facility.

PLAYING SCHEDULES

Head coaches are responsible for determining playing or competition schedules in their respective sports. These schedules must adhere to NCAA and ACC requirements (minimums and maximums) for Division I classification.

An individual student-athlete's eligibility for additional competition opportunities is contingent on budget considerations and the head coach's recommendation of the student-athlete's participation in such activities.

VARSITY LETTERING

The following standards apply to the awarding of varsity letters:

Student-Athlete: To receive a letter and service certificate, you must be in good academic and athletic standing at the end of the season and must meet the criteria for sports lettering as set by the head coach.

Cheerleader: To receive a letter and service certificate, you must appear in 75% of season schedule, must be in good academic and athletic standing at the end of the academic year, and must be recommended by the cheerleader coach.

Manager: To receive a letter and service certificate, you must have a major responsibility for a sport, must be in good academic and athletic standing at the end of the academic year, and must be recommended by a head equipment manager.

Trainer: To receive a letter and service certificate, you must have a major responsibility for a sport, must be in good academic and athletic standing at the end of the academic year, and must have been recommended by the head trainer.

The head coach's discretion is also used to decide whether a student-athlete deserves a letter and certificate without meeting the criteria for sports lettering.

Procedures for Student-Athletes and Managers: At the end of the season, the Compliance Office will send the head coach a participation report. On the report, the head coach will indicate which student-athletes have completed the requirements to earn a varsity letter. These requirements are set by the head coach and approved by the sport supervisor. The sport secretary will notify the student-athletes via email when they may pick up their awards at the Equipment Room on the bottom floor of University Hall. The sport secretary will prepare and distribute the participation certificates.

Procedures for Trainers and Cheerleaders: In the spring, the head athletic trainer and the cheerleading coach provide their lists of eligible student-trainers and cheerleaders to the Executive Associate Athletics Director and the Senior Associate Athletics Director for External Affairs respectively for processing. Lettered lists are posted in their respective offices.

Material Awards for Student-Athletes, Managers, Trainers and Cheerleaders (varsity teams):

The awards include the following:

- First Varsity Letter: V-Sabre Blanket
- Second Varsity Letter: Letter Jacket
- Third Varsity Letter: Duffel Bag
- Fourth Varsity Letter: UVA Watch

For more information on the following awards, consult with your head coach.

As a reminder, NCAA rules prohibit a student-athlete from selling, trading, exchanging, etc., any award or item received during the student-athletes enrollment at UVA.

SPECIAL ATHLETIC AWARDS

ACC Top VI Award — presented to the six student-athletes who have given the most in terms of service to the University and Charlottesville Communities.

ACC Scholar Awards — based on academic excellence and performance with distinction as a member of a varsity team.

UVA Athletics Department Distinguished Student-Athlete Scholarship Award — given to a rising fourth year student-athlete who has distinguished himself/herself as a dedicated and committed student-athlete during his/her athletic career at the University of Virginia.

Craig Fielder Memorial Award — based on qualities of leadership in character and sportsmanship, unwavering competitive spirit and untiring determination in overcoming adversity.

Ernest H. Ern, Jr. Award — in recognition of the intercollegiate student-athlete who has made outstanding contributions to student life during the current academic year.

IMP Outstanding Female Student-Athlete Award — based on total contribution to team effort.

Jettie Hill Memorial Award — awarded to the fourth-year female athlete with the highest scholastic average through four years.

Gus Tebell Memorial Award — awarded to the fourth-year male athlete with the highest scholastic average throughout his four years.

Life Skills Scholarship Award — based on contributions to the University, SAM program, community service, team and/or athletics department.

Ralph Sampson Award — awarded to the student-athlete who exemplifies outstanding academics, leadership, and athletic ability.

Susan J. Grossman Memorial Award of the Year Award — in recognition of the student-athlete mentor who has contributed the most to the SAM program and its sponsored activities.

Tim Abbott Memorial Award — awarded to the assistant trainer most dedicated to and possessing empathy for the student-athletes.

WINA Outstanding Male Student-Athlete Award — based on total contribution to team effort.

Male and Female Rookie of the Year - awarded to the freshman or redshirt freshman who had the greatest impact on their team in their first season of competition.

Play of the Year - best single play with consideration for the impact of the play on the event.

Comeback of the Year - awarded to the team who completed the best single game comeback.

Wahoowa Award - Awarded to the individual who best displayed selflessness, commitment, school pride, and leadership, all while contributing to the betterment of the team.

POST-GRADUATE AWARDS

Following is a partial list of awards and scholarships available to qualifying student-athletes. Eligibility criteria is subject to change. For more information on applying for postgraduate awards and scholarships contact your head coach or the Academic Affairs Office (982-5300).

All-ACC Academic Football Team — sponsored by the Atlantic Coast Conference. Based on academic achievement, 3.0 current or cumulative GPA. Deadline: January.

Award of Courage — Sponsored by Division IA Athletic Directors to recognize outstanding character off the field and outside the classroom (i.e., personal sacrifice, heroic deeds, medical come-backs, etc.) Criteria: no scholastic or athletic criteria. Deadline: June.

Award of Valor — Sponsored by NCAA, is a special award, not presented annually. Deadline: calendar year prior to NCAA honors dinner in January.

NCAA Top 10 — Sponsored by the NCAA. Honors ten outstanding senior student-athletes of the preceding calendar year. Criteria: varsity letter winner; athletic ability and achievement; academic achievement; character, leadership and activities. Deadline: August 7 for previous year's Winter/Spring sports and November 7 for current year's Fall sports.

Verizon Academic All-America Football Team — Sponsored by Verizon. Criteria: must be a starter or important reserve with legitimate athletic credentials; 3.2 cumulative GPA or better; sophomore athletic and academic standing at institution (true freshmen, red-shirt freshmen, and ineligible athletic transfers are not eligible); must have completed at least one full academic year at institution; must have participated in 50% of team's games at position listed on nomination form. Deadline: contact Academic Affairs Office.

NCAA Postgraduate Scholarship Program — Sponsored by the NCAA. Criteria: 3.0 minimum cum. GPA; enrolled in final year of eligibility season; performed with distinction on varsity team; academic and athletic achievement weighed equally; intend to be full-time graduate student; behaved on and off the field in a manner that has brought credit to student-athlete, institution, and intercollegiate athletics. Deadlines: Fall sports - October; Winter sports - February; Spring sports - April.

NCAA Postgraduate Awards for Ethnic Minorities and Women — \$6,000 for 10 ethnic minorities and 10 women enrolled in graduate programs in sports administration or related field. Criteria: must be accepted into a NCAA member

institution's sports administration program or related program for career in athletics and entering first semester or term; distinguished record as student-body member; full-time attendance. Deadline: March.

NCAA Walter Byers Postgraduate Scholarship — \$10,000 awarded to one male and one female student-athlete in recognition of outstanding academic achievement and potential for success in postgraduate study. Criteria: minimum 3.5 cum. GPA; graduating senior or graduate student while completing final eligibility year; accepted for admission into graduate degree program; personal and intellectual development positively influenced by athletics participation. Deadline: February.

NCAA Woman of the Year Award — Sponsored by the NCAA to recognize excellence in athletics, academics, and dedication to community service. Female student-athletes from all sports are eligible and are nominated by their institutions to their conference offices. Upon receiving nominations from its member institutions, each conference will be responsible for assessing each nominee's eligibility and subsequently selecting a conference nominee based on collective achievements in service, leadership, athletics and academics. Conferences may recognize two nominees if at least one of the nominees is a woman of color or international student-athlete. Deadline: Late May.

NCAA Silver Anniversary Award — Recognizes six distinguished former student-athletes on their 25th Anniversary as college graduates. Criteria: prominent collegiate athlete; athletic achievement; campus activities; career achievement; professional accomplishment; contributions to professional organizations, charitable and civic activities. Deadline: contact Academic Affairs Office.

ACC Postgraduate Awards (Scholarships and Honorary) (Weaver-James Corrigan, Thacker and others)

Sponsored by the Atlantic Coast Conference. Each institution may nominate four candidates representing any sports competition which is recognized by the ACC. Criteria: distinguished himself/herself academically with an overall minimum cumulative grade point average of 3.000 (based on a maximum 4.000) or its equivalent; records of student-athletes evaluated after seven semesters of academic study. Up to three scholarships may be awarded while a fourth non-scholarship award may be made to a student-athlete going on to a professional sports or national team career. Students engaged in undergraduate programs requiring more than four years for a baccalaureate degree shall be considered during their final year of intercollegiate athletic competition. Students who compete as graduate students may only be awarded a scholarship after their final year of intercollegiate athletic competition. Nominees must have performed with distinction as a member of a varsity team; conduct himself/herself, both on and off the field in a manner which has brought credit to himself/herself, his/her institution, intercollegiate athletics, and the ideals and objectives of American higher education. Consideration will be given to a nominee's participation in campus activities other than academic and athletics. Deadline: varies: November/December.

Scholar-Athlete of the Year Awards — sponsored by the Atlantic Coast Conference. A Scholar-Athlete of the Year is recognized in each of the conference's 25 sponsored sports. Criteria: must be in third or fourth year of athletic competition; must have maintained a 3.0 grade point average for their career as well as 3.0 during the last two semesters. The award will be based on 60 percent academic achievement and 40 percent athletic achievement. Each school may nominate one student-athlete per sport. The selection of each scholar-athlete is based on a committee headed by the Associate Commissioner of Media Relations.

VIRGINIA ATHLETICS FOUNDATION



MISSION STATEMENT

The Virginia Athletics Foundation, through its fund-raising efforts, strives to support a preeminent intercollegiate athletics program at the University of Virginia by providing student-athletes the opportunity to achieve academic and athletic excellence.

Each year more than 9,600 individuals make the commitment to be members of the Virginia Athletics Foundation (VAF). The financial investment of VAF members helps position our teams to compete for ACC and NCAA championships.

How does this funding affect your experience? Donors provided funds to support:

- All scholarships allowed by the NCAA (316.6 full scholarships), which includes full cost of attendance
- Build and renovate athletics facilities
- The annual budget of the Athletics Academic Affairs program
- A portion of the operational budget support for each of the University's 13 women's and 12 men's sports
- Summer school expenses

In 2016, donors contributed over \$35 million in annual fund gifts, endowed scholarships, operational budget contributions and facility commitments.

You can learn more about our efforts on your behalf by visiting www.VirginiaAthleticsFoundation.com or plan a visit to our offices in at Bryant Hall at Scott Stadium

VAF ENDOWED SCHOLARSHIPS

Sixty named endowed athletics scholarships are awarded annually at the Hoos Choice Awards Ceremony. Endowed scholarships exist in perpetuity and have been established by donors making generous contributions to the athletics program. While the criterion for each varies, recipients are recognized for their leadership, scholarship, sportsmanship, hard work and dedication.

Being named as a recipient of an endowed scholarship does not change the value of the scholarship the student-athlete receives, as these scholarships are awarded in name only. Student-athletes will be asked to write thank you letters to the donors who established the scholarship.

VAF THANK-A-THONS

Each year teams are scheduled to participate in thank-a-thons at the offices of the Virginia Athletics Foundation. These evenings are designed for student-athletes to call and/or write to alumni and fans who make contributions to support Virginia Athletics. This is an important component of the fundraising process and critical to the ongoing fundraising efforts to support the overall student-athlete experience.

ACADEMICS

ATHLETICS ACADEMIC AFFAIRS

Athletics Academic Affairs provides assistance to student-athletes through a wide variety of services, which include:

- Assistance with course selection and major declaration
- Career development
- Study Hall
- STAR Program
- Tutoring
- Monitoring University Requirements and Procedures
- Monitor NCAA Eligibility and Satisfactory Progress towards Degree
- Referrals for Learning Disabilities/ADHD/Counseling

In addition, the Athletics Academic Affairs Office works collaboratively with the Faculty Athletics Representative (FAR), Association Deans and Faculty to address academic issues that are unique to student-athletes. All student-athletes

are encouraged to meet with their Association Dean, Faculty/Major Advisor, within their respective school.

ACADEMIC EXPECTATIONS

Student-athletes are expected to take responsibility for their own academic success while utilizing the supports available from the university and Athletics Academic Affairs. Minimum expectations of all student-athletes include attendance at all classes that are not conflict with competition, attending professor's office hours regularly, communicating with all parties when concerns or conflicts arise, confirming degree and eligibility requirements with their academic coordinator and faculty advisor or association dean and completing their work in a timely manner with integrity. Athletics Academic Affairs staff makes recommendations to student-athletes about academic programs but all ownership is placed on the student for course enrollment and completion.

ACADEMIC CALENDAR

The University academic calendar changes from year to year. Current academic calendars are available online at <http://www.virginia.edu/registrar/calendar.html>.

Fall Term 2017

Orientation	Saturday, August 19 - Monday, August 21
Courses begin	Tuesday, August 22
Add/Drop/Withdrawal	Vary by school
Reading Days	Saturday, September 30 - Tuesday, October 3
Cornerstone Bicentennial	Thursday, October 5 - Saturday, October 7
Family Weekend	Friday, November 3 - Saturday, November 5
Thanksgiving	Wednesday, November 22-Sunday, November 26
Courses end	Tuesday, December 5
Reading Day	Wednesday, December 6
Examinations	Thursday, December 7 - Friday, December 15
Reading Days	Sunday, December 10; Wednesday, December 13
Fall degrees conferred	Friday, December 29 (no ceremony)

January Term 2017

Courses begin	Tuesday, January 2
(with class on Saturday, January 6)	
Courses end	Friday, January 12

Spring Term 2018

Courses begin	Wednesday, January 17
Add/Drop/Withdrawal	Vary by school
Spring recess	Saturday, March 3 - Sunday, March 11
Courses end	Tuesday, May 1
Reading Day	Wednesday, May 2

Examinations	Thursday, May 3 - Friday, May 11
Reading Days	Sunday, May 6; Wednesday, May 9
Final Exercises	Saturday, May 19 and Sunday, May 20

ACADEMIC INTEGRITY

Failure to abide by the Honor System may result in dismissal from the University, cancellation of scholarship and/or affect NCAA eligibility.

It is your responsibility to understand and act in accordance with the Honor System. If you have any questions about what is and what is not permissible, contact a member of the Honor Committee at (434) 924-7602 or view the website at <http://www.virginia.edu/honor/>.

ADD/DROP PERIOD

The NCAA allows student-athletes a five-day add/drop period beginning with the first day of courses. During this five-day period, you may practice, but NOT compete or travel if you are registered for fewer than 12 credit hours. This NCAA add/drop period is NOT the same as the University's add/drop schedule.

Unless a student-athlete is granted part-time status, student-athletes who drop below 12 credit hours at any time during this period may continue to practice, but may not complete or travel with their teams. **Student-athletes not enrolled in 12 hours by the end of the University's add/drop period may not practice, compete or travel with their team. You must see your Athletics Academic Coordinator and your Academic Dean prior to dropping a course.**

REQUIRED MATERIALS POLICY

Required materials are provided for full scholarship student-athletes or student-athletes receiving tuition, fees, room, board and books in all sports. The following is the procedure for obtaining books:

- Student-athletes may only receive required materials for courses in which they are actually enrolled and can only obtain books in person. Student-athletes must present a copy of their current schedule and syllabus for each course that is not listed on the University Bookstore's textbook listing, complete a Book Policy Form, complete a Book Request Form and have it approved by a coordinator in Academic Affairs prior to going to the UVA Bookstore for books.
- Student-athletes may only receive materials that are **required** for the course as listed on either the syllabus or the Bookstore textbook list. Recommended books are not included in the scholarship.
- For the purchase of **non-required** class material, student-athletes may access the Student Assistance Fund as described in the Compliance section of the Student-Athlete Handbook.

- **Student-athletes have two days after the drop date to return books to the bookstore.** Charges for any books not returned within the two-day period will be posted to the student-athlete's account at the full charge.
- At the end of the semester, **all student-athletes on book scholarship must return all books to the Athletics Academic Affairs Office.** All books are due on or before the last day of finals. Any books not returned by the last day of finals will be charged to the student-athlete's account at the "fair market value."

COMPUTER LABS

Computer labs for student-athlete use are available in three venues: McCue Center, University Hall and John Paul Jones Arena. In addition, there are wireless laptops available to check out for team travel.

LEARNING SPECIALIST

The Learning Specialist can assist you in the following ways:

- Discuss any learning difficulties you are encountering.
- Review previous comprehensive testing for learning disabilities or ADHD.
- Explore available resources and solutions to address your concerns.
- Discuss the option of comprehensive psycho-educational testing and the role of the Student Disability Access Center (SDAC).
- Assist eligible students with obtaining academic accommodations for their coursework.

LIBRARIES

There are numerous libraries on Grounds. For information on locations and hours, visit the libraries' website at: <http://www.lib.virginia.edu/map.html>.

ACADEMIC MEETINGS

Academic meetings are regular appointments between the athletic academic coordinator and the student-athlete. These meetings allow the academic coordinator to track the student-athlete's progress and assess the student-athlete's need for academic resources. The student-athlete and coordinator will discuss course progress by utilizing communication with the professor, analysis of the course syllabus and student self-reporting. The information that is gathered from the meeting is reported to the head coach in a timely manner. The student-athletes required to participate in Academic meetings are those on Academic Warning or Suspension in Abeyance, in their first year at the University, and identified by the coach and/or Athletics Academic Coordinator.

STUDY HALL AND TUTORING

Study Hall officially includes the physical Athletics Academic Affairs space and participation in the task-based study hall system. Study hall space is provided to all student-athletes fall, spring and summer. All student-athletes are encouraged to use study hall and the tutoring resources. First-year student-athletes and all student-athletes on academic warning will be required to participate in either/both study hall hours and/or tasks as determined by their respective Athletics Academic Coordinator and coach.

Tutoring services are available for all student-athletes and are provided by a staff of trained UVA graduate and undergraduate students. To arrange a tutoring appointment, contact your Athletics Academic Coordinator.

TEAM TRAVEL

Team travel letters are produced by the Athletics Academic Coordinators each semester. The initial letter details the entire list of classes that student-athletes may miss due to official athletic competition.

Student-athletes are responsible for obtaining all travel letters from their Athletics Academic Coordinator and submitting the travel letters to their professors on the first day of class each semester.

Student-athletes are also expected to make arrangements with professors at the beginning of the semester to complete all missed assignments, notes, and exams within a reasonable timeframe. It is the professor's discretion if competition absences will be excused or unexcused. If a professor does not excuse competitions and absences that will greatly affect the final grade, student-athletes should communicate with their Athletics Academic Coordinator immediately. It is important to submit the travel letters to professors on the first day of class in order to have enough time to switch courses if necessary. Absence for participation in outside athletic events, training or competition need to be approved by the Faculty Athletics Representative (FAR) and communication should be initiated with the team's academic coordinator as soon as participation is a possibility.

SUMMER SESSION

Terms and Conditions for Summer Athletics Financial Aid

1. The primary concern of the Athletic Department is the graduation of student-athletes within eight semesters. Department resources will be allocated as available and according to the following priorities:
 - a. **Graduation:** Additional hours are required to fulfill degree requirements after the completion of eight semesters.
 - b. **Eligibility:** Additional credits or grade points are required to maintain eligibility.

- c. **Prerequisites:** A specific course(s) is required as a prerequisite for declaration of a major (prior to the 5th semester of enrollment)
 - d. **Other:** The staff of Athletics Academic Affairs will review and evaluate requests made by student-athletes who have other legitimate reasons for attending Summer Session.
- 2. Maximum room and board for off-Grounds housing will be limited to 8 weeks.
- 3. All Summer Session students are expected to attend every class.
- 4. The University of Virginia Athletics Department expects you to maintain a high level of academic effort in order to continue receiving aid throughout the summer session. It is expected that you will not only complete each class in which you are enrolled, but also earn a satisfactory grade.
- 5. Failure to put forth a reasonable effort during summer session may impact future consideration for summer athletic aid.
- 6. If, at anytime during summer school, your Coach submits a non-renewal of athletics aid, or you decide to quit your sport, your summer school aid may be terminated.
- 7. After signing the initial agreement, all schedule changes must be approved by the Athletics Academic Coordinator of your specific sport.
- 8. Student-athletes must adhere to all drop, add, and withdrawal policies for summer school.
- 9. In extenuating circumstances, a student-athlete may request an "Incomplete" in a course, but must seek permission from his/her course instructor. Incompletes may affect your athletic eligibility and future summer athletic aid.
- 10. Stipend checks will be distributed on a set schedule. Under special circumstances, your stipend check may be distributed on a weekly basis.
- 11. As determined by Athletics Academic Affairs, student-athletes may be required to participate in academic meetings, study hall, tutoring and/or meetings with a Dean.

DEGREE COMPLETION PROGRAM

University of Virginia's Department of Athletics Degree Completion Program is designed to provide financial assistance to former University of Virginia student-athletes, who leave in good academic standing, seeking to complete their **undergraduate degree**. In exchange for financial assistance, the student-athlete will work within a respective department within athletics, which will allow them to gain practical experience in a formal work environment. To be

considered for the Degree Completion Programs, please follow the below procedures:

1. Prior to enrolling in a course(s) at UVA to complete your degree, contact University of Virginia Athletics Department's Office of Academic Affairs to request Degree Completion Program application.
2. Complete Part A of application.
3. Obtain a degree audit from the University of Virginia registrar's office. Call 434/924-4122.
4. Contact the Dean of the college in which you intend to graduate from to complete Part B of the Application.
5. Complete the readmission application required by the specific college from which you intend to graduate.
(http://artsandsciences.virginia.edu/college/forms/readmission_and_bio.pdf)
6. Attach personal statement.
7. Attach recommendation letters(s) from: (Current Head Coach, Past Head Coach, Employer, etc.).

If you have any questions about this application or need assistance, please contact Adrien Harraway at 434/982-5056 or Harraway@virginia.edu

****Please note: Incomplete applications or applications submitted after student has enrolled in course(s) will not be considered.***

ATHLETICS ACADEMIC AFFAIRS STAFF DIRECTORY

atd-aff@virginia.edu

John Paul Jones Arena (434) 982-5300 (Voice)
Charlottesville, VA 22904 (434) 243-3578 (Fax)

Name	Title/Responsibilities	Phone (434)	Email
Brooks, Adam	Assistant Director: Football, M. Tennis	243-1061-o 996-1697-c	ajb8t@virginia.edu
Downs, Heather	Director of Academics, Olympic Sports: M. Lacrosse, W. Soccer and Softball	982-5332-o 981-1793-c	hld8m@virginia.edu

Fitzgerald, Natalie	Director of Academics, Football	982-4941-o 981-8684-c	ncf7m@virginia.edu
Gibson, Chase	Learning Specialist./Coordinator: Football	243-5246-o 803-487-0097-c	wcg4b@virginia.edu
Grams, T.J.	Director of Academics: M. Basketball	982-6980-o 962-1513-c	tjg3y@virginia.edu
Harraway, Adrien	Associate Athletics Director for Student Services/Coordinator: WBB & Women's Golf	982-5056-o 981-0324-c	ah4nb@virginia.edu
Jacobs, Dan	Coordinator: W.Tennis; M.Soccer, M. Golf; M/W Track & Field/CC	982-5330-o 860-307-5462-c	dj9v@virginia.edu
Lovelace, Shelly	Director of Learning Services	243-3597-o 203-0503-c 243-3576-f	srp6b@virginia.edu
Maddox, Megan	Coordinator: Field Hockey; M&W Swimming; Wrestling	982-5331-o 841-8199-c	mam6fb@virginia.edu
Meek, Sheila	Education Support Spec. II	982-5300	ssm2b@virginia.edu
Stephensen, Kate	Coordinator: Baseball, W.Lacrosse, Volleyball and Rowing	243-3596-0 530-574-4498-c	kas5by@virginia.edu
Webb, Alexa	Coordinator: Football	243-5149-o 302-377-1347-c	aw7pt@virginia.edu
Wilson, Carley	Learning Specialist/Tutor Coordinator	243-1059-o 571-214-8307-c	cmw9hs@virginia.edu

DRUG AND ALCOHOL POLICY

The Athletics Department strongly believes that the illicit use of drugs and abuse of alcohol is detrimental to the physical and mental well being of its student-athletes. Use or abuse of drugs or alcohol seriously interferes with the performance of individuals as students and as athletes and can be extremely injurious to student-athletes and their teammates, particularly when participating in athletic competition or practice.

Various forms of drugs and alcohol have worked their way into the fabric of modern society, and athletics is not immune to this phenomenon. This may include, but is not limited to performance enhancing drugs, recreational drug use, abuse of prescription or non-prescription medications, and illegal use and abuse of alcohol. Because student-athletes are often in the public eye, drug use and alcohol abuse can draw negative attention to themselves, their team, the Athletics Department and the University.

In light of health, safety and social concerns, the Athletics Department at the University of Virginia has put in place a mandatory Drug and Alcohol Policy to assist and benefit its student-athletes. The student-athlete and his or her parents or legal guardians will receive a copy of the Drug and Alcohol Policy prior to the beginning of practice or competition.

GOALS OF THE POLICY

1. To educate University of Virginia student-athletes and prospective student-athletes about the problems associated with drug and alcohol use and abuse.
2. To discourage drug use and alcohol abuse by student-athletes.
3. To identify student-athletes who may be using drugs or abusing alcohol; to identify the drugs being used; and to provide substance abuse education to the identified student-athlete(s).
4. To educate student-athletes about the impact of their substance abuse problem on their team and teammates.
5. To see that any dependency is treated and addressed properly.
6. To put in place safeguards that ensure every student-athlete is medically competent to participate in athletic practice and competition.
7. To encourage discussion with student-athletes on the use and abuse of drugs and alcohol.
8. To demonstrate the commitment of the Athletics Department to a proactive effort in substance abuse education, prevention, and detection.

DRUG AND ALCOHOL EDUCATION PROGRAM

Purpose of the Program

The purpose of the University of Virginia Intercollegiate Athletics Drug and Alcohol Education Program ("Program") is to inform and help student-athletes at the University in matters of substance abuse. This Program is based on the Athletics Department's belief that drug use and alcohol abuse are detrimental to the student-athlete and therefore violations of the Drug and Alcohol Policy ("Policy") and of team rules. It is hoped that University of Virginia student-athletes will not have problems with drug use or alcohol abuse; however, drugs and alcohol negatively affect many facets of society. Drug and alcohol testing should enhance the feeling of trust and camaraderie among student-athletes as it demonstrates a commitment to substance-free competition.

Implementation of the Program

The Coordinator of Drug Testing is charged with implementing the substance abuse testing program and serving as liaison to the Dean of Students office regarding substance abuse violations when necessary.

At the beginning of the academic year, a presentation will be made to all student-athletes at the University of Virginia that will outline and review the Policy, its purposes, and its plan for implementation. Each student-athlete shall sign a form that acknowledges receipt of the information and an understanding of the Program; provides consent for urinalysis testing, and permits the release of substance abuse testing information to a limited, defined group of individuals as described in the substance abuse testing section of this Policy. In addition each athletic team shall participate in one substance abuse education program each semester. A program specific to team needs may be substituted for the latter of these programs during the spring semester. The failure of a student-athlete to comply with the provisions of the Policy could result in sanctions as described in this Policy including loss of his/her grant in aid and termination from the team.

SUBSTANCE ABUSE EDUCATION PROGRAM

The Athletics Department's Substance Abuse Education Program prohibits the use of certain drugs and limits the use of alcohol by student-athletes. The program includes mandatory drug testing and sanctions for violations of the program's requirements.

The NCAA prohibits student-athlete use of the following classes of drugs: alcohol; amphetamines; barbiturates; clenbuterol; cocaine; codeine; diuretics; masking agents; methaqualude; morphine; opiates; PCP (angel dust) and analogues; steroids; tetrahydrocannabinol (THC or marijuana); synthetic cannabinoids.

The NCAA banned-drug list is subject to change. Current information is available on the NCAA web site (www.ncaa.org).

Some nutritional supplements that are legally available over-the-counter contain substances banned by the NCAA. Using these products will result in a positive drug test.

The use of tobacco by student-athletes is generally discouraged even where it is not specifically prohibited by state or local laws. Team rules may explicitly prohibit the use of tobacco in connection with any intercollegiate team function (meetings, practices, games, or workouts). The NCAA also has specific prohibitions against the use of tobacco.

SUBSTANCE ABUSE TESTING PROGRAM

The Protocol for Testing

All incoming student athletes will undergo a urine toxicology screen during the first year of their participation with the Athletics Department. Student-athletes also will be subject to testing, throughout the calendar year for banned or prohibited substances, which may include but are not necessarily limited to the following:

Alcohol

Amphetamines

Anabolic Agents
Barbiturates
Cocaine
Codeine
Designer or club drugs (Any illegal substance)
Diuretics
Drugs banned by the NCAA - see www.drugfreesport.com
Masking agents
Methaqualude
Morphine
Opiates
PCP (Angel Dust) and analogues
Tetrahydrocannabinol (THC or Marijuana)
Synthetic Cannabinoids

Random selections for substance abuse testing are generated by the Director of Compliance from a random sample table. Random testing may be performed on an individual or team at any time. In addition, the Coordinator of Drug Testing may require a student-athlete to be tested independent of the random sample because of a reasonable suspicion of substance abuse based on a history of substance abuse, behavioral changes in a student-athlete, or other sources including but not limited to Athletics Department coaches, administrators or Sports Medicine personnel, the Office of the Dean of Students, the Judiciary Committee, the residence staff, and the community. Any student-athlete who tests positive at any time may expect screening on a more frequent basis. For the student-athlete's and his or her teammates' safety, every student-athlete who tests positive must be retested, show a serial decline in the urine toxicology screen levels and be medically cleared for participation in any team activity by the designated Medical Director. All members of teams participating in NCAA sanctioned post-season competition or individual team members participating in such competition will be tested before that competition. Student-athletes will be notified of their selection for substance abuse testing by e-mail and text message from an Athletics Department Administrative Assistant. The substance abuse test shall consist of a urine specimen the student-athlete will provide under the supervision of the athletic training staff. Each urine sample shall be analyzed for the presence of drugs/alcohol by the Clinical Chemistry Lab. Each student-athlete's sample will be identified by code rather than by name. The code and all records related to testing will be kept in a secure and confidential manner. All student-athletes that are receiving a grant in aid and have not graduated from their respective degree program are required to continue to drug test regardless of eligibility status. Student-athletes on a behavioral contract that are required to submit to drug testing, will continue testing if they are still receiving a grant in aid.

Self-Disclosure

The Athletics Department encourages its student-athletes to voluntarily seek help if they feel that they have a problem with substance abuse. Self-disclosure before substance abuse testing notification will be treated as a request for help. If self-disclosure occurs before student-athlete substance

abuse testing notification, sanctions will not apply only for the banned substance(s) disclosed and the student-athlete may continue as a member of the team after he or she provides a negative test and meets all other conditions of treatment. At the discretion of the Athletics Director, Medical Director and Coordinator of Drug Testing, the student-athlete may be allowed to rejoin his/her team as long as urine toxicology screen levels continue to decline with subsequent drug testing and the student-athlete meets all other conditions of treatment. The student-athlete also shall attend assessment or counseling as determined by the Athletics Department Sport Psychologist and must be cleared to return to competition by the Medical Director before rejoining his/her team. In addition to participation in the random testing program, the student-athlete will be tested periodically to insure that he or she remains substance free. The student-athlete must remain substance free to avoid sanctions described in this Policy. If the student-athlete tests positive for a prohibited substance other than the disclosed substance, the positive result will be treated in accordance with this Policy for a positive test.

Failure to Test

Student-athletes will be notified in advance of the time and place for substance abuse testing. It is the responsibility of every student athlete to check their email and text messages every evening to look for the Drug Test Notification. A conflict in testing time may be rescheduled with the Coordinator of Drug Testing or Head Athletics Trainer before the scheduled testing time. Failure to report at the specified testing time will result in a minimum 7-day suspension from team activities after being tested, beginning immediately after the student-athlete tests or when team activities are next held if the team is not currently practicing or competing. If the student athlete does not report to the Coordinator of Drug Testing within 24 hours of missing the designated testing time, this will result in a violation of the drug testing policy and the respective violation steps will be followed. Failure to report for a substance abuse test after a positive test could result in additional sanctions including loss of grant in aid and termination from the team. The Coordinator of Drug Testing will notify the student-athlete and head coach of consequences for any failure to report at the assigned testing time. The student-athlete must test negative before participating in team activities. See the Appeals Section on p.49. If an appeal is requested for the suspension due to failure to show at the designated time and communication with the Coordinator of Drug Testing has occurred within 24 hours of the designated testing time.

Urine Toxicology Screening

Samples will be analyzed by gas spectrometry/mass chromatography and all test results will be reported to the Coordinator of Drug Testing and positive drug test results will be reported to the Director of Athletics. A positive test only will result after an initial screen and confirmation of a banned substance (as listed in the Policy). For purposes of this Program, a positive result is one that indicates, in the opinion of the Clinical Chemistry Lab, the presence of one or more banned drugs or alcohol in the student-athlete's urine. Accuracy

and confidentiality of the test results are a priority and include maintaining a documented chain of specimen custody that establishes the identity of the sample throughout the collection and testing process.

Outcomes of Positive Test Results

If a student-athlete tests positive with a national or international sports governing body he or she will be required to notify the NCAA and the University of Virginia Athletics Department Coordinator of Drug Testing. A student-athlete under a drug-testing suspension from a national or international sports governing body that has adopted the World Anti-Doping Agency (WADA) code cannot participate in NCAA intercollegiate competitions. At the point the student-athlete is cleared by the NCAA, he or she will be required to test negative before returning to team activities (e.g., meetings, conditioning, practice, and competition). A positive test by an agency other than the NCAA will not trigger consequences under this Policy. A positive drug test is a violation of Athletics Department rules. The duration of the suspension is contingent on the completion of all steps included in the respective violation number. The amount of time it will take to complete each step will vary based on the availability of the staff member required to assist with the completion of the required step. . Suspension will be maintained until all steps have been completed and the student-athlete is given clearance by the Coordinator of Drug Testing to resume participation. The positive test will have the following consequences: (See Alcohol Program for alcohol)

I. First Positive during the Student-Athlete's NCAA Eligibility:

1. When a positive test occurs, the Clinical Chemistry Lab will report the positive test result to the Coordinator of Drug Testing and to the Athletics Director.
2. The student-athlete and his/her Head Coach will be notified by the Coordinator of Drug Testing.
3. The Coordinator of Drug Testing will notify the student-athlete of a positive result and his or her immediate suspension (or when team functions are next held if the team is not currently practicing or competing) from all team activities (e.g., meetings, conditioning, weight training, practice and competition).
4. The student-athlete must attend a mandatory psychological assessment with the Athletics Department Sport Psychologist. The Sport Psychologist will determine the intervention (i.e., type and number of sessions) best suited to the student-athlete. The student-athlete must be cleared by the Athletics Department Sport Psychologist, Medical Director and Coordinator of Drug Testing before returning to team activities.
5. The student-athlete will participate in a conference telephone call between the student-athlete, the student-athlete's parent(s) or legal guardian(s), the Coordinator of Drug Testing, the Head Coach and the Athletics Director if necessary. The parent(s) or legal guardian(s) will be advised of the first positive test result and its consequences.
6. The student-athlete may be allowed to rejoin the team only after he or she has completed the above and has retested negative for all banned substances. At the discretion of the Coordinator of Drug Testing, the student-athlete may be

allowed to rejoin the team as long as urine toxicology screen levels continue to decline with subsequent drug testing.

7. The above are minimum standards and the student-athlete's Head Coach, the Athletics Department's Medical Director or the Athletics Director may impose additional requirements at their discretion of the student-athlete as a condition for return to team activities.

II. Second Positive During NCAA Eligibility:

On a student-athlete's second positive test, the same procedure as in a first positive test will be implemented. In addition to the notifications above, the Coordinator of Drug Testing will notify the Executive Associate Athletics Director of any second positive tests and the student-athlete will meet with the Executive Associate Athletics Director. The Executive Associate Athletics Director will consult with the Sport Supervisor, the Head Coach, the Coordinator of Drug Testing, and the Athletics Department Sport Psychologist, to determine the appropriateness of continued athletic participation. The student-athlete will be required to enter into a behavioral contract that will specify the conditions for continued participation and consequences for failure to abide by the conditions of the contract. The student-athlete cannot resume team activities until the contract is fully executed.

III. Third Positive During NCAA Eligibility:

If a student-athlete has a third positive test, it will be assumed that the student-athlete has a significant problem or has made a conscious decision to use drugs and therefore will incur even more serious consequences. The results of a third positive test will be shared with the Coordinator of Drug Testing, the Medical Director, the student-athlete, the Athletics Department Sport Psychologist, the student-athlete's Head Coach, the Athletics Director, the Executive Associate Athletics Director, and the student-athlete's parents. The third positive test will result in the immediate and indefinite suspension of the student-athlete from all team activities. The student-athlete will be asked to return for frequent testing. Whether he or she will be allowed to re-enter the athletic program will depend on recommendations of the Athletics Department Sport Psychologist and others involved. The student-athlete will have the opportunity to discuss the matter with the Athletics Director and to present evidence of any mitigating circumstances. The Head Coach and Athletics Director may recommend the termination of the student-athlete's grant in aid to the financial aid committee. A failure to report for a substance abuse test (as described above – "Failure to Test") after the second positive test will be deemed to be a third positive test and treated accordingly under this section.

Criminal Penalties for Drug Possession

Student-athletes also should be aware that state and federal laws prohibit possessing, selling, or distributing certain drugs such as anabolic steroids, ephedrine sulfate, or prescription medications. It is unlawful for any person to knowingly manufacture, sell, give, distribute or possess with the intent to distribute, any drug such as anabolic steroids. A violation is punishable by incarceration and substantial fines.

It also is unlawful for any person to knowingly sell or distribute any pill, capsule or tablet containing any combination of caffeine and ephedrine sulfate to a minor without a prescription. For further information regarding potential criminal consequences of drug possession or use, contact the University Police Department or the Office of the Commonwealth's Attorney for the City of Charlottesville or County of Albemarle.

Additional Information

To the extent any disclosure of a suspension or other action under this policy is required, the reason for such action will be described only as a "violation of team rules" unless made public or otherwise disclosed by the student-athlete. (Please refer to the Policy on the Announcement of Student-Athlete Suspensions on p.13) The student-athlete will not be subject to University student disciplinary action as a result of a positive substance abuse test. The Athletics Department will not supply personally identifiable test data or results of a test to any law enforcement agency unless required by law. Information concerning test results will be destroyed 7 years after the student-athlete's NCAA athletic eligibility expires.

The Coordinator of Drug Testing will consult with the Athletics Department Sport Psychologist to determine the status of a student-athlete's counseling and or treatment compliance. Failure by the student-athlete to comply with recommended counseling or treatment will result in suspension from or delayed return to team activities. The return of the student-athlete to team activities will be determined by the Athletics Department Sport Psychologist, the Coordinator of Drug Testing and the Head Coach. If the student-athlete has not met with the Athletics Department Sport Psychologist within 7 days after notification by the Coordinator of Drug Testing, he or she will remain suspended until this meeting takes place. If a positive test is the result of a prescribed medication, or of questionable nature, the Coordinator of Drug Testing and Medical Director will determine if the presence of the prescribed medication or of another substance constitutes a positive test. A positive marijuana (THC) confirmation below 5 ng/ml will require the student-athlete to meet with the Athletics Department Sport Psychologist for an assessment of cause. Recommendations by the Athletics Department Sport Psychologist in regard to this assessment will be followed by the Athletics Department.

NCAA Testing/Sanctions

The NCAA will test at championship events and in some cases on a random basis throughout the calendar year. Positive tests for THC will result in a six month suspension from NCAA competition per NCAA policy. Positive tests for performance enhancing drugs will result in a one year suspension from NCAA competition per NCAA policy. See the NCAA web site for further information (www.drugfreesport.com). A positive test by the NCAA will be considered a positive test under this Policy.

THE ALCOHOL PROGRAM

Introduction

The University of Virginia does not condone the illegal or otherwise irresponsible use of alcohol. Alcohol dependence is a progressive disorder in which both psychological and physical dependency can develop. The negative physical and mental effects of the abuse of alcohol are well documented. Even low doses of alcohol impair brain function, judgment, alertness, coordination, and reflexes. Very high doses cause suppression of respiration and death. Chronic and abusive use of alcohol can produce alcohol dependency, dementia, sexual impotence, cirrhosis of the liver, heart disease, and other health problems. There is a high correlation between alcohol abuse and academic failure. Sudden withdrawal can produce severe anxiety, tremors, hallucinations, and life threatening convulsions. It is the responsibility of every member of the University community to know the risks associated with alcohol use and abuse. This responsibility obligates students and employees to know relevant University policies and federal, state, and local laws and to conduct themselves in accordance with these laws and policies. Violation of state alcohol laws is a criminal offense that may be punishable by suspension of driver's license, imprisonment, and fines. Any member of the University community who violates state alcohol laws is subject to prosecution. Whether or not criminal charges are brought, all students are subject to University discipline for any violation of state alcohol laws that occurs (i) on University owned or leased property, (ii) at University sponsored or supervised functions, or (iii) under other circumstances involving a direct and substantial connection to the University. Any student found to have engaged in such conduct is subject to the entire range of University sanctions described in the University Standards of Conduct, including suspension and expulsion.

Alcohol Policy and Sanctions

In addition to student-athletes being subject to state law and university policy, the consumption of alcohol by student-athletes is prohibited in connection with any official intercollegiate team activity. An official team activity for purposes of this policy is defined as any activity which is held at the direction of or under the supervision of the team's coaching staff (e.g., practice, competition, team meals, recruiting, and road trips). A student-athlete who consumes alcohol will be accountable for any alcohol related incident in which he or she is involved. In such cases, the student-athlete is subject to state law, University, Athletics Department and team disciplinary action.

Underage consumption or possession of alcohol will be handled in a manner consistent with a positive drug or alcohol test. If a student-athlete is involved in an alcohol-related incident that can be harmful to himself or herself or others or to property, or has legal charges filed against him or her, the incident will be handled in a manner consistent with a positive drug or alcohol test.

Finally, the Athletics Department prohibits the use of any University or Athletics Department funds to be used toward the purchase of alcoholic beverages for student-athlete consumption. This prohibition includes the

purchase of alcohol for prospective student-athletes by current student-athlete hosts, and the consumption of alcohol by prospective student-athletes while visiting the University. Regardless of whether a student-athlete host has reached the legal drinking age, purchasing alcohol for consumption by a person under the legal drinking age (i.e., a teammate or a prospective student-athlete) is a violation of state law and this Policy.

TOBACCO POLICY

The University of Virginia does not condone the use of any form of tobacco products. Tobacco use often results in a physical dependency in the form of nicotine addiction. The negative effects of tobacco abuse are well documented by the high incidents of mouth, throat, lung, and other forms of cancer in those who use tobacco. Even casual users may become addicted. Smokeless tobacco is included in this Policy. The University of Virginia strongly encourages its student-athletes to abstain from the use of tobacco products. The NCAA prohibits the use of all forms of tobacco products by student-athletes, coaches and staff in all practices and competition. Violations of Policy will be reported to the NCAA. Use of tobacco at a team activity (i.e., meeting, practice, or competition) shall result in the suspension of the student-athlete, coach, or staff member for the remainder of the day of use. In addition, further sanctions may be imposed for serious or repeated violations.

Appeals Process

A suspension or other sanction imposed under this Policy may be appealed to the Athletics Director or his or her designee. The decision of the Athletics Director or designee will be final. All appeals can be directed via email to the Athletics Director explaining the circumstances of the suspension and reasons for reconsideration of the suspension. The Athletics Director will consult with the appropriate individuals, to determine the outcome of the appeal. Any loss of a grant in aid is subject to the financial aid appeal process.

Conclusion

The implementation of this Policy will benefit all connected with intercollegiate athletics at the University. Further, participation in this Program will aid student-athletes in becoming better students and better athletes. Student-athletes will be better able to make individual, informed, and intelligent decisions regarding alcohol, drug, and tobacco usage, both now and in the future.

COMPLIANCE

ATLANTIC COAST CONFERENCE (ACC)

The Athletics Compliance Office is the major point of contact between UVA athletics and the ACC. For more information call the Compliance Office at (434) 982-5018.

The Atlantic Coast Conference was organized in 1953 to promote intercollegiate athletics but also to “keep athletics in proper bounds by making it an incidental and not the principal feature of college and university life.”

The ACC seeks to regulate athletics programs at its member institutions to “improve the physical condition and strengthen the moral fiber of students, and form a constituent part of that education for which universities and colleges were established and are maintained.”

Member institutions have agreed to conduct similar athletics programs and to operate under rules more stringent than those of the NCAA to ensure the development of quality athletics programs for bona fide student-athletes.

The ACC sponsors the following sports in which Virginia participates: Baseball, Men’s and Women’s Basketball, Men’s and Women’s Cross Country, Field Hockey, Football, Men’s and Women’s Golf, Men’s and Women’s Lacrosse, Rowing, Men’s and Women’s Soccer, Softball, Men’s and Women’s Swimming and Diving, Men’s and Women’s Tennis, Men’s and Women’s Indoor and Outdoor Track and Field, Volleyball and Wrestling.

The ACC maintains an extensive news and information web site (theacc.com).

Contact Information:

Atlantic Coast Conference Commissioner John D. Swofford 4512 Weybridge Lane Greensboro, NC 27407

Atlantic Coast Conference PO Drawer ACC Greensboro, NC 27417-6724
Telephone 336-854-8787

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA)

The Athletics Compliance Office, 3rd Floor of the McCue Center, is the major point of contact between UVA Athletics and the NCAA. For more information call the Compliance Office at (434) 982-5018.

The National Collegiate Athletic Association is the major national governing association for intercollegiate athletics. The University of Virginia is one of the more than 1,200 members of the NCAA.

The purposes of the NCAA are to:

- Initiate, stimulate, and improve intercollegiate athletics programs for student-athletes and to promote and develop educational leadership, physical fitness, athletics excellence, and athletics participation as a recreational pursuit.
- Uphold the principle of institutional control of, and responsibility for, all intercollegiate sports in conformity with the constitution and bylaws of the Association.
- Encourage its members to adopt eligibility rules to comply with satisfactory standards of scholarship, sportsmanship, and amateurism.
- Formulate, copyright, and publish rules of play governing intercollegiate athletics.

- Preserve intercollegiate athletics records.
- Supervise the conduct of, and to establish eligibility standards for, regional and national athletics events under the auspices of the Association.
- Legislate, through bylaws or by resolutions of a Convention, on any subject of general concern to the members related to the administration of intercollegiate athletics.
- Study in general all phases of competitive intercollegiate athletics and establish standards whereby the colleges and universities of the United States can maintain their athletics programs on a high level.

The NCAA has three competitive divisions:

- Division I, of which the University of Virginia is a member, is the most highly competitive. Traditionally, members of this division are the major universities and larger collegiate institutions with million-dollar annual budgets for athletics. They award the maximum allowable scholarships permitted by the NCAA, employ full-time coaches and administrators, and in general place a high degree of importance on their athletic programs.
- Division II is comprised of institutions that do not place as large an emphasis on football or basketball, have smaller budgets, and award less scholarship aid.
- Division III is comprised of small colleges that do not award athletic scholarships.

The NCAA maintains an extensive news and information web site (www.ncaa.org). The NCAA can be contacted at: NCAA PO Box 6222 Indianapolis, IN 46207-6222 or telephone 317-917-6222.

NCAA RULES

A “Summary of NCAA Regulations” for Division I student-athletes will be provided. The summary covers a number of areas, including student-athlete ethical conduct, amateurism, financial aid, academic standards and other considerations for eligibility, drug use, and recruitment.

NCAA rules (as well as Atlantic Coast Conference, University of Virginia, University of Virginia Athletics Department, and individual team rules) have evolved over a period of years. They are often complex and interwoven. Properly applying a specific rule to a student-athlete’s unique situation is not always clear or easy.

Since penalties for violations can be serious, student-athletes and their coaches are urged to contact the Athletics Compliance Office for more information whenever they have questions about NCAA rules.

NCAA Eligibility

Division I student-athletes must complete their four seasons of eligibility within their first five calendar years of collegiate enrollment. Please note: if you participate on a club team and the school has a varsity program of the same

sport, you will have used one season of competition for each year you participated on the club team.

ACADEMIC ELIGIBILITY

Never permit an academic assignment to be done or submitted by others on your behalf.

For all student-athletes, the following are the key academic eligibility rules:

- You must be enrolled in at least 12 hours during competition. Never drop below 12 hours without consulting with an academic coordinator in the Academic Affairs Office.
- You must earn at least six credits during the preceding full-time semester.
- Football Student-Athletes must earn at least nine semester hours during the fall term and earn the Academic Progress Rate eligibility point to be eligible the following fall semester. If not, the individual will not be eligible to compete in the first four contests.
- You must earn at least 18 credits during the preceding academic year.
- You must earn at least 24 credits prior to your third full-time term.
- You must earn at least 54 credit hours by the beginning of your third year.
- You must earn at least 84 credit hours by the beginning of your fourth year.
- You must declare your major by the beginning of your third year.
- You are ineligible unless you have a cumulative grade point average of at least 1.80 entering your second year and a 1.90 grade-point average entering your third year and a 2.0 entering your fourth year. You must keep your grade-point average above the minimum during the entire academic year in order to maintain your eligibility.

For more information contact the Academic Affairs Office at (434) 982-5300 or the Compliance Office at (434) 982-5018.

BOOSTERS AND VAF DONORS

Contacts and relationships between student-athletes and athletic program boosters are restricted by a number of NCAA rules.

In NCAA legislative language, a booster is a “representative of an institution’s athletics interests.” Boosters may be alumni, season ticket holders, those who have made financial contributions to the Virginia Athletics Foundation, or those who have made personal contributions of time and other resources to athletic programs. Individuals identified as athletics representatives retain that identity forever and are governed by the same NCAA, ACC and University rules and regulations as athletics department staff members.

Neither athletics representatives nor institutional staff members are permitted to provide student-athletes with extra benefits.

The term “extra benefit” refers to any special arrangement by an institutional employee or athletic representative to provide you or your relatives with a benefit not expressly authorized by NCAA legislation.

EXTRA BENEFITS

Student-athletes or their immediate family members are not permitted to receive any benefits that are not available to all students.

You must not accept “extra benefits” from staff members, boosters, or individuals in the community. Examples of extra benefits include:

- Preferential treatment, benefits, or services (e.g., loans on a deferred payback basis) based on your athletic reputation or skill or payback potential as a future professional athlete
- Use of an automobile
- A loan of money
- A guarantee of bond
- Signing or co-signing a note with an outside agency to arrange a loan
- A special discount, payment arrangement, or credit on a purchase (e.g., airline ticket, clothing) or a service (e.g., dry cleaning, laundry)
- Free or reduced-cost services of any kind.
- Meals at restaurants
- Promotional prizes not available through a random drawing available to all individuals

If you have any questions about benefits, gifts or services that are offered to you, immediately contact your head coach and/or the Athletics Compliance Office at (434) 982-5018.

CONFIDENTIALITY OF STUDENT RECORDS

Records of current and former University students are protected under the Family Education Rights and Privacy Act of 1974, as amended (20 U.S.C. 1232g), and Rules of the Department of Education, formerly the Department of Health, Education, and Welfare (34 C.F.R. Part 99).

“Nondirectory Information” will be shared only with the faculty and staff who have a legitimate need to know. If you are a dependent, your parents or guardians have access to your official University records.

The following “Directory Information” can be released without your prior written consent:

- Student’s Name

- Degrees, honors, scholarships, and awards received
- School and home addresses
- Telephone numbers
- Previous educational agency or institution attended (most recent)
- Student's date and place of birth
- Student's age
- Height/Weight
- Major field of study
- Names of parents or guardian
- Participation in officially recognized activities and sports
- Parents' home addresses
- Parents' telephone numbers
- Dates of attendance
- Parents' occupations

Some exceptions for students are noted in the UVA Undergraduate Record. For more information refer to the UVA documents web site (www.virginia.edu/docs.html).

As a student-athlete, you may be required to disclose other personal, academic and athletic-related information.

TIME DEMANDS OVERVIEW

NCAA legislation adopted beginning August 1, 2018 requires each sport program to provide student-athletes with a time management plan for their team that encompasses all expected athletically related activities for the upcoming academic year. Prior to the start of each report date for fall sports or the start of the academic year for remaining sports, each head coach will meet with student-athletes from his/her team to create a time management plan (TMP). TMP activities will be finalized on a semester by semester basis given that class schedules are not selected for spring classes until the end of October/beginning of November. Teamworks will be the official system for teams to input and maintain their TMP's.

The plan will include:

- The team's playing and practice declaration, (including practice days, competition days and days off), out-of-season practice days (including practice days, strength/conditioning and days off);
- The team's Flex-21 days (additional 14-days off during the academic year and seven days immediately following the end of the team's season);
- Any required athletically related activity (RARA) in which the
 - RARA includes: Team Entertainment, Team Building, Hosting Duties, Community Service, Media Interviews, Compliance Meetings, Fundraising activities, Marketing

and Promotional Activities, Reporting before Competition, Life Skills Events, etc.

- Any new activity added to the plan must be provided once-week in advance.
 - One exception to the one-week notice is for student-athletes to serve as a student host for official or unofficial visits. Generally speaking, one-week notification is required; however, if a coaching staff is notified less than a week that a PSA will engage in an official or unofficial visit to UVA, the coach must notify the student-athlete host within 24-hours.
- Any change to an already listed activity, must require 24-hour notification to student-athletes.
 - One exception to the 24-hour notice is for weather related issues.
 - Other exceptions may be considered on a case-by-case for the betterment of the student-athletes well-being.

Student-Athlete Selection:

Each sport team will have at least a minimum of three student-athletes represented from their team to meet with their head coach to create the time management plan. For the 2017-18 academic year and TMP process, student-athletes will be selected according to the following procedure:

The compliance office will meet with the SAAC President to discuss the selection of student-athletes in June of each year to review the student-athlete selection process. The compliance office will contact each sports program and seek nominations from team members. The compliance office will also seek input from the SAAC liaison, academic coordinator and sport administrator for each sport to select the TMP representatives from each sports program that represent a mix of year in school and a diverse set of interests.

The student-athletes will work with the head coach in creating the plan, assist the head coach and compliance monitor the plan throughout the academic year and review the plan at the end of the year. Student-athletes should contact the compliance office if they have questions or concerns that the time management plans and policies are not being adhered to.

End of the Year Review:

At the conclusion of the academic year, members from the Athletics Advisory Committee will interview select student-athletes from each team to provide a report on how teams adhered to their time management plan. The end of year report will be provided to the head coach, selected student-athletes, compliance office, sport administrator, director of athletics and president for review.



TIME DEMANDS LEGISLATION



EFFECTIVE FALL 2017- WHAT'S NEW

FLEX 21

- 7 days off at end of season after conclusion of championships; exceptions for elite national and international events and sports with multiple seasons
- 14 extra days off throughout the regular academic year in addition to those already required

REQUIRED ATHLETICALLY RELATED ACTIVITIES (RARA)

- Extends the number of activities that **cannot** be held on any day off
- Includes: compliance meetings, organized team promotional activities, recruiting activities, media activities, fundraising events, community service events, team-building activities, travel
- Exceptions:
 - o Travel if return to campus occurs 12-5 AM and 24 hours off are provided beginning at time of return
 - o Any medical or athletic training room requirement
 - o Life skills activities involving multiple sports

TIME MANAGEMENT PLAN

- Head coaches must create a time management plan with student-athletes at the beginning of the year to decide when days off will be provided; will be evaluated by administration
- UVA Athletic Administration will decide how many athletes will be required for the collaboration and how far in advance new activity and changed activity notifications must be given

8 HOUR OVERNIGHT BLOCK

- An 8-hour block of off-time is required between 9 PM & 6 AM; if home competition or return to campus ends after 9 PM, the 8-hour block begins the moment student-athletes are released
- Ex: If return at 11 PM, cannot have a required activity until 7 AM the next day

REQUIRED DAY OFF IN VACATION PERIOD

- Must have 1 day off per week during a vacation period when classes are not in session (whether in or out of season, and only during times practice has previously been allowed)
- Exception: Teams preparing for ACC or NCAA tournament during a vacation period

REQUIRED DAYS OFF

- Out of season in academic year: 2 per week
- In season: 1 per week
- Vacation periods: 1 per week
- Shut down a week before finals if not in season
- 7 consecutive days at conclusion of season
- 14 additional days during regular academic year (details for vacation periods vary by sport)

NOT ALLOWED ON DAY OFF

- **CARA** (Countable Athletically Related Activities): Practice, competition, or strength and conditioning that is required or if a coach is present; limited to:
 - o 20/week and 4/day in season
 - o 8 hours/week out of season
- **RARA** (Required Athletically Related Activities) – See description above

Created by the UVA Student Athlete Advisory Committee (SAAC) Spring 2017

COUNTABLE ATHLETICALLY-RELATED ACTIVITY GUIDELINES

Countable athletically-related activities include any required activity with an athletics purpose involving student-athletes and at the direction of, or supervised by one or more of an institution's coaching staff (including strength and conditioning coaches).

SEASON	WEEKLY MAXIMUM HOURS	DAILY MAXIMUM HOURS	DAY/S-OFF
In-Season	20-Hours	4-Hours	1-Day
Out-Of-Season	8-Hours	4-Hours, but limited to 2-hours of skill instruction for the week. Football is limited to 2-hours of film review (skill instruction is not permitted).	2-Days

If your team is out of season at the end of a semester, NCAA rules specify that all countable activities are prohibited one week prior to the final exam period.

The Compliance Office will send a copy of the team's playing/practice log to team members for verification via email. The student-athlete who approves this form is required to know these rules and verify that the information on the form is correct.

EMPLOYMENT

If you choose to work during the academic year, you must first complete the appropriate paperwork, which is available in the Athletics Compliance Office.

Violations of NCAA legislation can result in the loss of your eligibility to compete, your athletics grant-in-aid, and possibly preclude your team from NCAA championships.

EMPLOYMENT AT SUMMER CAMPS

You can lose your eligibility to compete if the documentation covering your employment in any University of Virginia summer camp or sports clinic has not been appropriately filed with the Facilities Office.

Student-athletes who have obtained employment in UVA summer camps or clinics must accept equal responsibility in monitoring that the paperwork for their employment has been processed.

Check with the head coach and director of the camp to verify that the mandatory paperwork has been completed and turned into the Athletics Facilities and Operations Office.

GAMBLING

The NCAA opposes gambling and adamantly opposes all forms of sports gambling.

Any enrolled student-athlete found in violation of the following NCAA legislation shall be ineligible for further intercollegiate competition:

NCAA Bylaw 10.3: Staff members of a member conference, staff members of the athletics department of a member institution and student-athletes shall not knowingly:

- a. provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition
- b. solicit a bet on any intercollegiate team
- c. accept a bet on any team representing the institution
- d. solicit or accept a bet on any intercollegiate competition for any item(e.g., cash, shirt, dinner) that has tangible value;
- e. participate in any gambling activity that involves intercollegiate athletics or professional athletics through a bookmaker, a parlay card, or any other method employed by “organized gambling” or;
- f. participate in “fantasy leagues”.

Gambling is a crime. It is a federal offense to influence or attempt to influence in any way a sporting contest by bribery. It is also a federal offense to use inter-state facilities, including the telephone, internet or mail, to place illegal bets.

This statute covers the outright throwing of contests and point shaving. It applies to the maker of the bribe as well as the recipient of the bribe. Violations may result in substantial fines, imprisonment, or both.

PERMISSIBLE PROMOTIONAL ACTIVITIES

It is permissible for a student-athlete to allow his/her name, picture, or appearance to support a charitable or educational activity that is held by the member institution’s entity (i.e. fraternity, sorority, student government), or a non-institutional charitable, educational, or non-profit agency, as long as certain conditions are met, such as no classes are missed. You must contact the Compliance Office for written PRIOR approval to participating in any Promotional Activity.

Further, during the beginning of the year required completion of NCAA/ACC/UVA forms, you are asked to verify and permit the UVA Athletics Department to use your name, image or picture on your team’s poster,

schedule card, media guide, department website, etc. It is required that you select yes on the form in order for the UVA Media Relations and Marketing Departments to use your name, image, and picture to promote your sport.

NCAA rules prohibit a student-athlete from participating in a promotional activity on a student-athlete's day off.

NON-PERMISSIBLE PROMOTIONAL ACTIVITIES

After becoming a student-athlete, an individual shall not be eligible for participation in intercollegiate athletics if the individual:

- a. Accepts any remuneration for or permits the use of his or her name or picture to advertise, recommend or promote directly the sale or use of a commercial product or service of any kind, or
- b. Receives remuneration for endorsing a commercial product or service through the individual's use of such product or service.

AMATEURISM

Student-athletes with remaining playing eligibility in a sport may jeopardize their eligibility in that sport if they engage in any activities which would classify you as a professional athlete. Agreeing orally or in writing to sign with an agent or receive benefits from an agent (or an agent's "runner") are examples of ways to compromise your Amateur status. Something as simple as accepting a ride from an agent or "runner" could put your eligibility in jeopardy. As an amateur athlete, you may not receive preferential treatment for benefits or services of any kind. In order to protect the integrity of your Amateur status, you should be mindful of the following:

- One-time during your career, you may enter your name into a professional league's draft for your sport. You must see the Athletics Compliance Office before doing so to protect your eligibility.
- A coach or other member of our athletics staff may not, directly or indirectly, market your athletic ability or reputation to a professional sports team or organization. Exception: the head coach in your sport may assist you as indicated under the "Permissions" section.
- After initial full-time collegiate enrollment, a student-athlete who has eligibility remaining may try out with a professional athletics team (or participate in a combine including that team) at any time, provided the student-athlete does not miss class. The student-athlete may receive actual and necessary expenses in conjunction with one 48-hour tryout per professional team (or combine including that team). The 48-hour tryout period shall begin at the time the student-athlete arrives at the tryout location. At the completion of the 48-hour period, the student-athlete must depart the location of the tryout immediately in order to receive return transportation expenses. A tryout may extend beyond 48 hours if

the student-athlete self-finances additional expenses, including return transportation. A self-financed tryout may be for any length of time, provided the student-athlete does not miss class.

PERMISSIONS

Student-athletes with remaining eligibility may engage in the following activities without jeopardizing their eligibility in that sport:

- You may request information from a professional team or organization concerning your professional market value.
- You are permitted to use your head coach to contact agents, professional sports teams, or professional sports organizations on your behalf. Coaches are not permitted to receive any compensation for such services.
- You may secure advice from an attorney or other third party concerning a proposed professional contract, provided the attorney or other third party does not represent you in negotiations for that contract. An attorney may not be present during any discussions of a contract offer with a professional team nor may the attorney have direct contact (e.g., in person, by telephone, by mail) with the professional sports organization on your behalf. The presence of an attorney during these discussions is considered representation by an agent. **You also are required to pay such an individual at his or her normal rate.**
- You may compete professionally in one sport and be an amateur in another (e.g., you may sign a professional baseball contract and still play college basketball).
- You may borrow against your future earnings potential from an established and accredited commercial lending institution, exclusively for the purpose of purchasing insurance against a disabling injury or illness, provided a third party is not involved in arranging for the loan. You must provide a copy of the insurance policy and loan documents to the Athletics Compliance Office.

A. Definition for Disability Eligibility for UVA Student Athletes :

Student Athletes with remaining athletic eligibility at The University of Virginia in the sports of intercollegiate **Football, Men's Basketball, Women's Basketball or Baseball** who have demonstrated they have professional potential to be selected in the **first 4 rounds** of the upcoming National Football League, Major League Baseball, or the **first 2 rounds** of the upcoming draft of the National Basketball Association, or the Women's National Basketball Association, are eligible for participation in this program.

Note: This sets the parameters for eligibility for participation in the PTD and LOV program. This does not commit UVA to funding eligible participants.

Should the Student Athlete demonstrate the potential as defined above, the Student Athlete should complete the **Request for PTD / LOV Eligibility Form** in order to be considered for **PTD or LOV coverage**.

B. Application Process for Consideration :

Only inquiries received on a **Request for PTD / LOV Eligibility Form** directly from a Student Athlete, parents or legal guardians of a Student Athlete or institutional representatives will be processed for consideration by the **Compliance Office and the Institutional Appointed Consultant** under this program.

1. Once eligibility to participate is formally determined, request for formal proposals will be made by the **Institutional Appointed Consultant**. To obtain proposals for coverage the **Request for PTD / LOV Eligibility Form** must be completed in full and returned to the **Compliance Office** for documentation and review. Proposals will be obtained from no less than 2 Cover-holders (preferably 3) to review and communicate policy benefits with all parties involved.

2. Once it is determined through a formal inquiry process that the student athlete is indeed eligible to be considered for coverage, the **Institutional Appointed Consultant** will:

- a) Meet with the eligible Student Athlete, family members, family member representatives, Compliance Officials and when necessary, appointed insurance representatives;
- b) Assist in the completion of applications for coverage;
- c) Explain underwriting processes;
- d) Explain policy benefits;
- e) Explain policy exclusions;
- f) Explain taxation of policy benefits;
- g) Submit the application to underwriting on behalf of the Student Athlete. If approved for coverage, a formal underwriting decision will be prepared and returned, along with financing information and additional health-related questionnaire forms if necessary. In order to accept a final rate proposal and for coverage to become effective:
 - (1) The application and health forms must be fully completed and returned to the **Compliance Office and the Institutional Appointed Consultant**.
 - (2) **Premiums must be paid in-full within 30 days of the policy coverage effective date.**
 - (3) In the event that premium financing is necessary, **Compliance Representatives** and the **Institutional Appointed Consultant** will meet with

- If you otherwise qualify, you may be eligible for the NCAA's Exceptional Student-Athlete Disability Insurance Program. Contact the Athletics Compliance Office to see if you qualify.
- You are permitted to receive one on-campus medical examination during the academic year by a professional league's scouting bureau.

TRANSFER REQUESTS

Should you wish to transfer to another four-year NCAA or NAIA institution please be aware that the other institution must first obtain a written permission

to contact you from the UVA Director of Athletics (or designee). Once permission is granted, all applicable NCAA recruiting rules apply.

If you desire to transfer, the first step should be to contact your head coach, get his/her permission to do so along with the name of the institutions to which you would like your information sent. If your head coach grants your request to speak with other schools and transfer, the head coach will complete a Status Change Form, which is then submitted to the Compliance Office. The Compliance Office will fax or email the appropriate permission to contact information to the named institutions of your choice.

Services for Transfers:

Although a student-athlete may seek permission to transfer and ultimately may decide to transfer, the UVA Athletic Department will continue to provide services for the student-athlete through the end of the student-athlete's semester. The expectation of all student-athletes, including those student-athletes seeking to transfer, is that they continue to maintain the high standards of being a UVA student-athlete. Services provided by the Athletic Department to student-athletes include: academic support, sports medicine/training room, psychological services, weight room, training table, sports nutrition, SAF, Compliance, complimentary admissions in SA's sport, equipment room services, life skills. In general, these services will continue to be provided for a student-athlete seeking to transfer; however, the UVA Athletic Department and coaching staff may restrict these services on a case-by-case basis. The head coach will review with the student-athlete what services will continue to be provided and notify the Compliance Office, through a status change checklist, what services will/won't be provided.

If permission is not granted by your head coach during your meeting, NCAA legislation requires that you provide the request to speak with another institution or transfer in writing to the compliance office. The compliance office must grant or deny the request within seven business days. If you do not receive a response within seven business days, permission to speak with other schools will be granted by default.

If in consultation with your head coach your permission to speak with another school or transfer is denied, the compliance office will provide you with the opportunity for a hearing by a committee outside of athletics. If you request a hearing, the hearing would have to be conducted within 15 business days if you would like to appeal the decision. An appeal hearing policy would be provided to you in this instance outlining the procedure for such a hearing.

During this time, the second institution shall not encourage the transfer and the institution shall not provide athletically related financial assistance to the student-athlete until the student-athlete has attended the second institution for one academic year.

If you have any questions concerning transferring, please call the Compliance Office at (434) 982-5018.

RESPONSIBILITY TO REPORT VIOLATIONS

It is your responsibility to report any possible violation to the Compliance Office. If you refuse to provide this information to the compliance staff it will be a considered an act of unethical conduct.

STUDENT HOST INFORMATION

- When you are a student host, you may receive a maximum of \$40 for each day of the visit to cover all actual costs of entertaining the prospective student-athlete and his/her parents (not siblings or other guests); this does not include the cost of meals and admission to campus athletics events.
- This entertainment money may not be used for the purchase of souvenirs such as sweatshirts or other UVA mementos.
- You would be eligible for an additional \$20 per day for each additional prospective student-athlete that you entertain.
- You may receive a complimentary meal, as long as you are accompanying the prospective student-athlete during the official visit.
- You may not provide drugs or alcohol to the prospect or engage in drug or alcohol use while serving as a student-host.
- You would be eligible to receive a complimentary admission to a campus athletic event, provided you use the ticket to accompany a prospective student-athlete to that event during the official visit.
- Gas expenses that you incur while transporting a prospective student-athlete during an official visit should be taken out of the entertainment allowance that you are provided.

AWARDS REGULATIONS

- You may not receive any awards from anyone except the University of Virginia during the academic year. Any awards received during the summer must conform to the regulations of the recognized amateurism organization that governs the competition. Cash awards may not be permissible. Please contact the compliance office prior to accepting.

OUTSIDE COMPETITION

- You may not compete on an outside team during the academic year while classes are in session. Contact the UVA Compliance Office prior to competing on countries national team to confirm permissibility.
- If you are an individual sport participant and are interested in competing during the academic year, you will need to speak with the compliance office prior to any competition. Further, you must receive prior approval from the UVA faculty athletics representative prior to competing.

Student-athletes should work with their head coach and academic affairs coordinator.

- If you plan on competing in any athletic event or on any athletic team during the summer you must first meet with the compliance office prior to any competition.

FINANCIAL AID

STUDENT FINANCIAL SERVICES

Student-athlete financial aid arrangements can be complex. A number of University and Athletics Department offices and Foundations are involved. The University must apply the rules of the NCAA and ACC and comply with demands of other organizations, such as the NCAA, which administers the National Letter of Intent Program.

Where so many rules and considerations are present, where institutional traditions may clash with accountability concerns of athletic governing associations, a student-athlete receiving grant-in-aid simply cannot assume “everything has been taken care of” behind the scenes.

There are limits to the amount of grant-in-aid a student-athlete may receive.

If you exceed the limit, you may be declared ineligible for competition as well as required to pay back or make other remuneration for the excess. Review your individual situation carefully.

Whenever you have a question or concern about your athletic grant or other financial aid, immediately consult with your head coach, Valerie Dunlap, Nita Graves or Sharlene Sajonas in Student Financial Services (434-924-2154), or the Athletics Compliance Office (434-982-5018).

The following entries present some general considerations in what can be unique personal situations regarding the award and renewal of athletic grants-in-aid.

ATHLETICS-RELATED FINANCIAL AID

A financial award that is given to a student-athlete based upon athletics ability or sports performance is considered an athletics grant. The funds for these grants are donations made to the Virginia Athletics Foundation.

NCAA regulations limit athletic grants to bona fide educational expenses including tuition, fees, room, board, course-related books and expenses related to attendance at UVA. An athletics grant is awarded for a maximum period of one academic year (fall and spring semesters).

A full GIA covers up to a student-athlete’s *Cost of Attendance or COA*. The new definition of a full grant-in-aid is defined as financial aid that consists of

tuition and fees, room and board, books, and other expenses related to attendance at the institution up to the cost of attendance.

Each varsity sport is provided a grant-in-aid budget within the guidelines of the NCAA, ACC, and Athletic Department budget. Grants are allocated at the recommendation of the head coach. After your head coach recommends you for an athletic grant and the Athletics Programs Office approves the recommendation, a letter of recommendation is sent by the Athletics Compliance Office to Student Financial Services for processing.

During the term of the award (including all years of a multiyear agreement) it is only permissible to reduce or cancel the aid for the legislated conditions (Bylaw 15.3.4.2) and other non-athletically related conditions that are included in the financial aid agreement (Bylaw 15.3.4.2.2).

Your Athletic Grant-in-Aid is awarded to you for one academic year and is disbursed one-half each semester unless specified otherwise. You must sign your GIA Agreement through your SIS account for your Grant-in-Aid stipend checks to be issued; starting on the first day of class for both the fall and spring semesters. After final registration, you will receive your Grant-in-Aid funds in the following manner:

Partial Grant-In-Aid (GIA)

Partial GIA is automatically credited to your University student account for use in payment of your charges for tuition, fees, dorm rent, and meal plan.

You are responsible for any charges still due after your partial athletic GIA has been applied to your University student account.

If your partial athletic GIA creates a credit balance to your University student account, this money will be available to you in a lump sum refund check two weeks after the start of each semester. This check will be mailed to your local address unless you have opted for direct deposit.

Full Grant-In-Aid (GIA)

Full GIA is automatically credited to your University student account for use in payment of your charges for tuition, fees, room rent, and contract meal plan.

The GIA is disbursed in the following manner:

Tuition and Fees

Your full athletic GIA will automatically pay all your tuition and required fee charges.

Room and Board

Room allowances are provided to grant-in-aid student-athletes living off-Grounds. The room allowance is equal to the average cost of on-Grounds housing.

Other Expenses Related to Attendance

The SFS Office has defined these expenses as local living expenses, supplies and travel to a student's home based on region.

Stipends may be direct-deposited or mailed by the Scholarship/Fellowship Office. For more information, contact Valerie Dunlap, Nita Graves or Sharlene Sajonas from Student Financial Services Office at (434) 924-2154 (sfs-ath@virginia.edu).

Room allowances and other expenses related to attendance are distributed at the beginning of the month during the Fall semester in September, October, November and December, and during the Spring semester in January, February, March, April and May. **Plan your budget accordingly.**

Policies and procedures regarding athletic grant stipends are monitored for compliance with University, NCAA and ACC rules and regulations.

If you are receiving an athletic grant that covers board, you are expected to be on a meal plan during your regular playing season. A board stipend check may be issued in the following circumstances:

- If you are on full athletic grant-in-aid, the amount of the stipend will depend on the athletic meal plan.
- You have completed your four years of eligibility and live off-Grounds. In addition, you must provide a meal plan cancellation approval from Dining Services to the Compliance Office. You must cancel your meal plan within the cancellation period allowed by Dining Services. There is a cancellation fee that is **not covered** by your athletic grant.
- You are not in-season and have special needs. You must submit a written request specifying your circumstances to the Executive Associate Director of Athletics. A decision will be made whether to allow a stipend check based on your situation.

For more information, contact Randy Bird at (434) 243-1148 or Sharlene Sajonas at (434) 924-2154.

Books

If you receive books as part of your athletic scholarship, you must visit the Athletics Academics Office in JPJ to make arrangements to obtain your books. Only books for a course may be purchased on the book form.

RENEWAL, NON-RENEWAL AND REDUCTION OF ATHLETIC GRANT-IN-AID

An athletic grant-in-aid is a financial commitment by the Department of Athletics and the applicable sport program to pay the educational expenses for a student-athlete in accordance with NCAA rules and regulations, in return it is expected that the recipient be a contributing member of the applicable sport program.

Per NCAA rules, the athletic scholarship can be awarded as a one-year scholarship or a multi year scholarship and student-athletes will be notified in writing regarding the renewal, reduction or cancellation of their athletic

scholarship no later than July 1 each year.

Student-athletes in jeopardy of their athletic grant-in-aid being reduced or cancelled will receive periodic assessments addressing how he or she is not meeting the expectations set forth by the Head Coach and/or the Department of Athletics. In the event a student-athlete's athletic scholarship is reduced or cancelled, he or she will be given a ten (10) business day period from the time of the notice to submit in writing a request to appeal that decision to the Student Financial Services office.

A copy of the University appeal policy and procedure is included below for your reference:

APPEAL OF NON-RENEWAL OR REDUCTION OF ATHLETIC GRANT-IN-AID

The University of Virginia has an independent Grant-in-aid Appeal Committee composed of members of the University Financial Aid Committee, which serves as the institution's financial aid authority. No members of the Athletic Department sit on this Appeals Committee as voting members. The Appeal Committee's charge is limited to appeals concerning athletic grant-in-aid status. It is important to note that this process is not a legal proceeding so attorneys or other legal counsel for either side shall not be present. Student-athletes will be provided with an advocate to assist in the navigation of the appeal.

The purpose of the appeal hearing is not a forum for each side to ask questions of the other, but rather for the Committee to solicit information from both parties and render an informed decision. Documentation, statements and rebuttals should be limited to material relevant to the non-renewal and to a reasonable amount of time. The committee may request additional information from either party prior to the hearing or seek additional information after the hearing and in order to render a decision.

The Committee will inform both parties of its decision in writing within ten (10) business days of the hearing to the local and permanent addresses (student-athletes). This decision is final as there is no further appeal beyond this Committee.

Responsibilities of the Grant-in-Aid Appeal Committee

The Appeals Committee shall review all information provided by the student-athlete and the Athletic Department and shall determine if the reduction or non-renewal of the athletic grant-in-aid is a fair, equitable and reasonable action and that process has been conducted in accordance with the guidelines set forth in the University of Virginia Student-Athlete Handbook and in accordance with NCAA guidelines and requirements found here:

15.3.2.3 Hearing Opportunity. [A] The institution's regular financial aid authority shall notify the student-athlete in writing of the opportunity for a

hearing when institutional financial aid based in any degree on athletics ability is to be reduced or canceled during the period of the award, or is reduced or not renewed for the following academic year or multiple academic years within the student-athlete's five-year period of eligibility. The institution shall have established reasonable procedures for promptly hearing such a request and shall not delegate the responsibility for conducting the hearing to the university's athletics department or its faculty athletics committee. The written notification of the opportunity for a hearing shall include a copy of the institution's established policies and procedures for conducting the required hearing, including the deadline by which a student-athlete must request such a hearing. (Revised: 1/9/06 effective 8/1/06, 4/3/07, 4/23/08, 8/7/14)

Composition of the Committee:

- The Chair of the University Financial Aid Committee will appoint at least three and not more than five members of the University Financial Aid Committee to the Appeals Committee.
- The Chair of the University Financial Aid Committee will Chair the Appeals Committee.
- Non-voting members will include the Director of Financial Aid, and the Director of Compliance from the Athletics Department. These members will offer advice on financial aid compliance or NCAA compliance. Both members will be present during all presentations and subsequent discussions of the Appeals Committee in order to answer questions posed by the Committee.

Responsibilities of the Student-Athlete

To appeal the non-renewal or reduction of a grant-in-aid award to the Appeal Committee, the student-athlete should:

1. Notify the Director of Financial Aid in writing within ten (10) business days of receipt of the notice of non-renewal or reduction in the athletic grant-in-aid that you wish to appeal. The Director will contact you to set up a meeting to discuss the reason for your appeal, how the appeal process will work, and how your advocate will be selected.
2. The Director of Financial Aid will contact the Chair of the Financial Aid Committee, who will set the date and notify all parties of the date arranged for the appeal hearing.
3. Submit to the Chair at least five (5) business days before the hearing date a statement detailing the reasons for the appeal. You may include any letters or supporting documentation relevant to the appeal. Copies of these documents will be shared with the Athletics Department and the Appeals Committee.
4. Plan to attend the hearing in person, accompanied by your advocate and one other individual. Student-athletes will have an advocate appointed for them as arranged through the Vice President for Student Affairs to ensure the student-athlete is aware of all resources available to him or her. The student-athlete may bring one other

individual with them to the hearing. Student-athletes should submit to the Chair a list of their attendees (advocate and one other person) at least five (5) business days prior to the hearing.

5. The student-athlete should prepare to present his or her case to the Committee. The student -athlete should take the lead, but he/she has the option to defer to an individual to speak on their behalf.

Responsibilities of the Athletics Department

In order to respond to a student-athlete's appeal to the Committee of non-renewal or reduction of a grant-in-aid award, the Athletics Department should:

1. Submit to the Chair at least five (5) business days before the hearing date all documentation to be presented at the hearing detailing the reasons for the non-renewal or reduction in the grant-in-aid. Copies of these documents will be shared with the student-athlete and the Appeals Committee.
2. Submit to the Chair at least five (5) business days before the hearing date a list of all their attendees. The head coach or his/her designate and two additional people may attend the hearing.

The Hearing Process

Each side will have the opportunity to present its case to the Committee. Both parties will be given the opportunity for rebuttal by adhering to the following guidelines:

1. Athletics Department presents their documentation and statements to the Committee (15 min)
2. Student-athlete presents his/her documentation and statements to the Committee (15 min)
3. Break at the discretion of the Chair
4. Athletic Department rebuttal (10 min)
5. Student-athlete rebuttal (10 min)
6. Break at the discretion of the Chair
7. Athletic Department closing statement (10 min)
8. Student-athlete closing statement (10 min)

Upon conclusion of the hearing, the Committee will deliberate and communicate the decision in writing within ten (10) business days of the hearing. Notification will be mailed to the student-athlete's local and permanent addresses as found in the Student Information System (SIS) and to the Athletic Department.

RELEVANT NCAA RULES REGARDING AN ATHLETIC GRANT-IN-AID

15.02.7

The period of award begins when the student-athlete receives any benefits as a part of the student's grant-in-aid on the first day of classes for a particular academic term, or the first day of practice, whichever is earlier, until the conclusion of the period set forth in the financial aid agreement. An athletics grant-in-aid shall not be awarded in excess of one academic year.

15.3.3.1

If a student's athletics ability is considered in any degree in awarding financial aid, such aid may be awarded for more than one academic year but not less than one academic year (see Bylaw 15.01.5). *(Revised: 4/27/06 effective 8/1/06)*
There are a couple of exceptions that the NCAA permits, please contact the Compliance Office with any questions.

15.3.2.4

The institution's regular financial aid authority shall notify the student-athlete in writing of the opportunity for a hearing when institutional financial aid based in any degree on athletics ability is to be reduced or canceled during the period of the award, or is reduced or not renewed for the following academic year. The institution shall have established reasonable procedures for promptly hearing such a request and shall not delegate the responsibility for conducting the hearing to the university's athletics department or its faculty athletics committee. The written notification of the opportunity for a hearing shall include a copy of the institution's established policies and procedures for conducting the required hearing, including the deadline by which a student-athlete must request such a hearing. *(Revised: 1/9/06 effective 8/1/06, 4/3/07, 4/23/08)*

15.3.4.2

Institutional financial aid based in any degree on athletics ability may be reduced or canceled during the period of the award if the recipient: *(Revised: 1/11/94, 1/10/95)*

- (a) Renders himself or herself ineligible for intercollegiate competition;
- (b) Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement (see Bylaw 15.3.4.2.3);
- (c) Engages in serious misconduct warranting substantial disciplinary penalty (see Bylaw 15.3.4.2.4); or
- (d) Voluntarily (on his or her own initiative) withdraws from a sport at any time for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the academic term in which the aid was reduced or canceled. A student-athlete's request for written permission to contact another

four-year collegiate institution regarding a possible transfer does not constitute a voluntary withdrawal. *(Revised: 1/10/92, 1/11/94, 1/10/95, 1/9/96, 12/13/05, 9/11/07)*

15.3.5.1

The renewal of institutional financial aid based in any degree on athletics ability shall be made on or before July 1 prior to the academic year in which it is to be effective. The institution shall promptly notify in writing each student-athlete who received an award the previous academic year and who has eligibility remaining in the sport in which financial aid was awarded the previous academic year (under Bylaw 14.2) whether the grant has been renewed or not renewed for the ensuing academic year. Notification of financial aid renewals and non-renewals must come from the institution's regular financial aid authority and not from the institution's athletics department. *(Revised: 1/10/95)*

CANCELLATION OF ATHLETICS GRANT DURING THE PERIOD OF AWARD

The following conditions CANNOT reduce or cancel your athletic grant **during the academic year** for which it was awarded:

- Illness or injury that prevents participation.
- Athletic ability, performance, or contribution to a team's success.

The following situations MAY cause your athletic grant to be reduced or canceled. If you:

- Render yourself ineligible for intercollegiate competition (e.g. failing to make satisfactory academic progress in the course of study, falling below 12 credit hours, by using illegal drugs, by failing to pay University financial obligations, or by violating written team rules as defined by the Head Coach).
- Misrepresent any information on the admission application, financial aid agreement, Letter of Intent, or NCAA Student-Athlete Statement.
- Engage in misconduct and are placed on probation by the regular student disciplinary authority that prohibits participation in athletics.
- Voluntarily withdraw from your sport. This will result in your athletics grant-in-aid being prorated (cancelled) for the balance of the academic year.
- Discontinue your participation in required activities (practice, strength training) of your sport.

At the end of the academic year, NCAA rules permit a coach to reduce or not renew a student-athlete's athletics scholarship for any non-athletic reason (e.g. violation of department or team policies, academic reasons). If a coach reduces or does not renew the athletics scholarship of a student-athlete, NCAA rules require the University of Virginia to provide that student-athlete the

opportunity for a hearing regarding the reduction or non-renewal of his or her scholarship. The student-athlete will be sent written notification of their opportunity to a hearing by the Office of Student Financial Services.

NON-ATHLETICS RELATED FINANCIAL AID

If you are awarded athletics-related financial aid, the amount of other forms of financial aid that you may receive is limited. Student Financial Services is responsible for monitoring financial aid records and will make the necessary adjustments to assure your compliance with NCAA individual financial aid limitations.

Receiving excessive aid may result in your being declared ineligible for competition. Repayment of excessive aid may be required.

All student-athletes are encouraged to apply for non-athletic aid, including the Federal Pell Grant, as well as other financial assistance. Student-athletes may take advantage of the Student Assistance Fund (SAF) by completing the SAF application from the Compliance Office.

Consult with your head coach or Student Financial Services regarding the Pell Grant application. Pell Grants are awarded on the basis of your family's financial situation. The amount of the Pell Grant stipend varies for different academic years. You may receive half of your eligible award each semester.

For more information on other non-athletic aid call Student Financial Services at (434) 982-6000 or Valerie Dunlap, Nita Graves or Sharlene Sajonas at (434) 924-2154.

***It is crucial to notify SFS or Compliance Services if you receive aid/scholarship from an entity other than UVA Athletics or your parents.**

STUDENT ASSISTANCE FUND (SAF)

The Student Assistance Fund for Student-Athletes has been established from monies provided by the NCAA. The Atlantic Coast Conference administers the fund.

Details about the application process and disbursement of money from the Student Assistance Fund will be provided at your team meeting at the beginning of the academic year. Additional information is available from the Athletics Compliance Office.

Policy for SAF:

- 1) If a student-athlete is on a full scholarship and would like to receive SAF monies, the student-athlete must complete the FAFSA to determine if the student-athlete has any unmet need. This is a result of the new COA limits for scholarships.
- 2) If a student-athlete is receiving institutional aid (i.e., Access), the SFS office will have to review and approve the student-athletes SAF

request. A SFS/SAF application will be available for submission/review.

- 3) If a student-athlete is not receiving any athletics aid or institutional aid or receiving a partial athletics grant-in-aid, the student-athlete will be eligible for SAF by completing the Compliance Office SAF reimbursement request form.

You must complete a Special Assistance Fund Reimbursement Form each time you use the fund. Applications are available in the Athletics Compliance Office, 3rd Floor of the McCue Center.

The fund may not be used for books, food, housing or anything else that an athletic grant-in-aid may cover. Permissible uses of the fund are limited to:

- Medical expenses not covered by your personal insurance and not subject to co-payment benefits by the Athletics Department
- Travel expenses for parents or student-athletes related to family emergencies (prior approval required)
- Purchase of expendable academic course supplies (such as notebooks and pens) or rental of nonexpendable supplies (such as computer equipment or cameras) that are required for all students enrolled in the course
- Articles of clothing and essential items.

For more information contact the Athletics Compliance Office at (434) 982-5018.

SUMMER SESSION GRANT-IN-AID

Receiving an athletics grant-in-aid for summer school depends upon the following:

- You must have received an athletics grant-in-aid during your prior academic year in residence or if you will receive athletics aid for the first time the next academic year, you may receive the amount proportionate to what you will receive.
- You must be approved for summer school by the staff of the Academic Affairs Office. To request this approval, complete a summer school information sheet and the "Responsible Use Petition" form available in the Academic Affairs Office. You will be notified if you have not been approved for summer school athletics financial aid.
- Funding availability

Once you are approved for summer school, the following rules apply:

- A summer grant-in-aid may be awarded in proportion to the amount of athletically related financial aid you received during your previous or upcoming academic year.

- A summer grant-in-aid can be used only to attend UVA's summer term; it cannot be applied toward enrollment in a class at any other domestic or foreign institution. Summer abroad offered by the University is considered part of UVA's summer term.

For more information, contact the Academic Affairs Office at (434) 982-5300 or the Athletics Compliance Office at (434) 982-5018.

FIFTH YEAR ELIGIBILITY FOR PARTICIPATION AND GRANT-IN-AID

There are situations in which a student-athlete's eligibility for participation extends into the fifth year in residence. Circumstances which may bring this about include athletic redshirting and medical hardship situations. Although the student-athlete has eligibility remaining, athletic participation is not guaranteed in the fifth year. Furthermore, the renewal of the athletic grant-in-aid is not automatic for the fifth year.

Any fifth-year candidate must have a conversation with his or her Head Coach during which they will determine the student-athlete's participation and grant-in-aid opportunity for the fifth year. This meeting will occur prior to the notification the student-athlete receives from Student Financial Services regarding the grant-in-aid.

SPORTS MEDICINE

Student-athletes are expected to be aware of and comply with the requirements described below. Student-athletes should contact the Head Athletic Trainer or team athletic trainer if they have questions.

The Athletics Medical Director along with the Head Athletic Trainer is responsible for determining the scope of the Athletics Department's medical services.

STUDENT HEALTH CENTER AND ATHLETIC TRAINING ROOM

The Sports Medicine Department, also known as the "Athletic Training Room," has several facilities and are located: between University Hall and Onesty Hall; on the lower floor of the McCue Center; in the John Paul Jones Arena and in various other sports venues. The Athletic Training Room assists with the special medical needs of student-athletes during their team activities and competitive seasons. Certified athletic trainers provide student-athletes with basic health care services and direct them to the head athletic trainer and team physicians when necessary.

The Athletic Training Room provides a number of related services, including pre-participation physical examinations, drug testing, emergency and follow-up

treatment for injuries sustained during practice or competition, and rehabilitation programs for athletic-related injuries or conditions. The phone numbers are: University Hall 434-243-2423; McCue Center 434-982-5450; JPJ 434-243-1742.

The Elson Student Health Center, located on Jefferson Park Avenue near the University Hospital complex, is another source of medical attention during the day for students during the school year. It provides outpatient health services and health education to regularly enrolled University students. This resource is available if the Sports Medicine Department is not available or if you cannot reach the Athletic Training staff. The phone number is 434-924-5362.

Whenever you seek medical care outside of the Athletics Department, you should always tell the health care provider that you authorize communication with the Sports Medicine Department regarding the medical issue at hand as it may impact your performance or clearance to participate. You will be required to provide documentation of this care prior to being cleared for participation.

RESPONSIBILITIES FOR MEDICAL CARE

Responsibilities for student-athlete medical care services are shared by the Athletics Department and the student-athlete. It is important that the student-athlete and the student-athlete's family understand that participation in athletics presents a high risk for injury. It is expected that student-athletes will take all measures necessary to prevent and minimize injuries to themselves and others. Student-athletes are also responsible for obtaining and maintaining personal health insurance coverage. See "Injury Prevention" later.

It also must be understood by the student-athlete and the student-athlete's family that medical expenses are not "automatically taken care of" by the Athletics Department or the University. Paying athletic-related medical expenses requires cooperation and coordination between various offices and departments of the University of Virginia, the UVA Athletics Department, the Commonwealth of Virginia, the NCAA, the Atlantic Coast Conference as well as other agencies. Compliance is subject to review at all levels of administration, and the ongoing cooperation of the student-athlete is both necessary and expected.

The Athletics Department is responsible for medical services administered to student-athletes who sustain an injury in a practice or game, which was under the coaches' supervision. "Injury" specifically refers to those ailments caused by the student-athlete's participation in a supervised practice or a game.

The UVA Athletics Department, through its Sports Medicine Department, is thus limited to administering medical aid only for illnesses and injuries related to supervised practice or during designated contests and only for athletics-related conditions that may result from such injuries.

The Athletics Department is similarly limited to making co-payment financial aid available to student-athletes only for medical services rendered for athletics-related injuries or conditions. For example, the surgical removal of tonsils or appendix is a medical situation for which the Athletics Department

cannot assume responsibility since these conditions do not result from participation in sports. Additionally, the Athletics Department does not provide medical coverage for pre-existing conditions. Examples of pre-existing conditions include orthopedic injuries, cardiac issues, diabetes, asthma, ADHD, allergies, or vision problems requiring contact lens correction.

The Athletics Department also cannot assume responsibility for expenses incurred as a result of doctor visits, tests and medication for general illnesses such as colds, gynecological problems, injury resulting from participation in intramurals, etc. While it is the Athletics Department's position that there should be no direct cost to a student-athlete or a student-athlete's family for injuries sustained while competing as a member of a University of Virginia team, the following conditions must be met:

- The student-athlete must be referred to appropriate medical care by the Athletics Medical Director or the Head Athletic Trainer. For more information see "Medical Care Referrals" later.
- The student-athlete must acquire, maintain and make use of personal health insurance coverage. For more information see "Medical Expenses Payment Procedure" later.

Other conditions on the administration and payment of student-athlete medical care are described in the following sections.

SERVICES AND PROCEDURES

Throughout the season, records are maintained on each student-athlete. These records include initial injury evaluations and progress reports. Medical reports are prepared and communicated to the coaches by the athletic training staff. Activity restriction and recommendations as to when full activity may be resumed are emphasized.

Athletic Training Room rules and procedures are formulated to serve all student-athletes in the best possible manner. We encourage you to ask questions so that you have a clear understanding of the important role the athletic training staff has in your athletic career at the University.

Please assist each other and our Athletic Training Room staff in complying with the following rules and procedures:

- If you sustain any injury (including dental injuries) while participating in a supervised practice or contest, **report immediately** to the athletic training staff so that a thorough evaluation can be made.
- If you sustain an athletic injury but do not notice its effects until after the practice or competition ends, report to the Athletic Training Room for injury evaluation between 8:00 a.m.-2:00 p.m. Monday through Friday. If you do not report an injury to the Athletic Training Room within seven days, you will be held responsible for any expenses incurred as a result of treating the injury.

- A student-athlete with an injury should report to the Athletic Training Room for treatment twice daily — once in the morning and at least once in the afternoon. The student-athlete is required to check in with one of the Athletic Training Staff. Failure to check in with a staff member will be recorded as an absence from the treatment requirement.
- With regard to confidentiality, head coaches will be informed if a student-athlete presents a medical condition of which they should be aware for the purposes of student-athlete safety or for competition preparations.
- With respect to hygiene and safety concerns, all student-athletes must shower prior to treatment. No athletic equipment may be brought into the Athletic Training Room.
- If medical care is obtained outside the UVA Health Care System, written information must be provided by the outside medical service provider that explains the status of your condition, and includes an explanation of activity restriction and the medical clearance to resume activities. Once cleared by the outside medical source, the medical clearance to resume athletic activities at UVA will be determined by the UVA Athletics Department Medical Director. See also “Medical Care Referrals” later.

EMERGENCY TREATMENT

If a life-threatening situation arises, the student-athlete should be taken directly to the emergency room at the University of Virginia Hospital.

If a student-athlete needs medical treatment but the Athletic Training Room is closed, call either the head athletic trainer or the team athletic trainer at home.

In extreme emergencies, and only after failing to reach the head athletic trainer or the team athletic trainer at home, report to the emergency room at the University of Virginia Hospital or call 911.

Expenses for medical care resulting from emergency situations may be approved at the discretion of the Athletics Medical Director or the Head Athletic Trainer. Student-athletes must present personal health insurance information at the time of medical care. However, if emergency care is not reported to a staff athletic trainer within 24 hours, the resulting expenses are not suitable for co-payment benefits by the Athletics Department.

EYEGASSES AND CONTACT LENSES

All athletic eyeglasses must be safety glasses with shatter-proof lenses and frames. The purchase of contact lenses will be the responsibility of the student-athlete. Replacement of lost or damaged lenses and glasses will be coordinated by the athletic training staff. The loss or damage must occur during practice or a game and the student-athlete must report the loss or damage during the event.

HOSPITALIZATION OR SURGERY

If a student-athlete requires hospitalization or surgery, the Athletics Medical Director or the Head Athletic Trainer will coordinate the details.

INSURANCE COVERAGE AND MEDICAL EXPENSES

The University requires all students, including student-athletes, to have health insurance. All UVA student-athletes must meet the University's health insurance [hard waiver requirements](#). Any variation from this policy must be approved by the Athletic Director, or his surrogate.

Because unexpected medical situations can happen throughout the year, UVA requires students to carry adequate health insurance. In the event an injury or illness occurs outside of the Athletics Department's coverage guidelines, an effective insurance policy is essential to prevent significant financial impact on one's family.

Under the health insurance hard waiver program, UVA requires students to:

1. **Carry health insurance** that meets specific coverage requirements (i.e., *comparable coverage*); and
2. **Provide proof of this insurance** on an annual basis.

If proof of comparable coverage is not submitted (whether a student fails to submit any documentation or because [a student's health plan is determined not to provide adequate comparable coverage](#)), the student will be responsible for the full cost for single coverage under the University-endorsed Aetna [Student Health Insurance plan](#). Once an insurance policy has been issued and the bill has been placed on the student athlete's account, the charge cannot be removed.

Athletics does not cover the expense for your personal health insurance coverage. Do not ignore the prompts to submit the insurance hard waiver application that you will be emailed from the University!

For questions regarding the status of a waiver application, the online waiver site, online waiver process, or online enrollment process, please contact Aetna Student Health at 1-800-466-3027. For all other questions, contact UVA Student Health at hardwaiver@virginia.edu or call (434) 243-2702.

Student-athlete medical care is coordinated through the Sports Medicine Department (also called the Athletic Training Room).

Authorization: Whenever you seek medical care, always present personal health insurance information, and tell the health care provider that you authorize communication with the Sports Medicine Department regarding the medical issue at hand as it may impact your athletic performance or clearance to participate.

Payment Requirements: Your medical expenses are not “automatically taken care of” by the Athletics Department or the University. Athletic scholarships do not cover medical expenses. Your medical expenses are “real world” debts and you are personally responsible for ensuring their settlement.

If your University account is blocked through the bursar’s office, you will not be permitted to register for the next semester, your University transcript will not be forwarded upon request and the University diploma will not be issued. If you do not follow these procedures, your University account may be blocked and legal debt collection action may be taken against you and/or your parents:

- You must acquire, maintain and use personal health insurance coverage for all athletic-related medical expenses. Some insurance companies require that the policy-holder submit verification of student status for each semester you are away at school. Other companies require you to apply for out-of-network coverage while at school. Please check with your insurer to see if they require this information. If you have the option of establishing an out-of-network Primary Care Provider (PCP), please select our internal medicine team physician, John MacKnight, MD, Siobhan Statuta, MD or Jeremy Kent, MD, 434-924-5348.
- You must disclose all necessary information about your personal insurance coverage to medical care providers and to the Athletics Department.
- You must present all athletic-related bills and correspondence to the Athletic Training Room immediately upon receipt. Payment for bills provided to the Sports Medicine Department past 30 days of the issued statement will only be approved at the discretion of the Head Athletic Trainer.

The Athletics Department does not endorse any specific insurance providers. However, UVA students may obtain policies through a local provider. For more information contact Mike Quillon at 434-243-2422 or Savannah Conley at 434-982-5391.

INJURY PREVENTION

All student-athletes are expected to take all measures necessary to prevent and minimize injuries to themselves and others. There are several things the student-athlete can do to prevent needless injuries:

- Remove all dentures and jewelry items during practice or games.
- Regarding jewelry and body piercing, the NCAA Committee on Competitive Safeguards adheres to the following guidelines: “Any jewelry or ornamentation that could cause an injury to the wearer or other participants should be prohibited from use in all practices and competitions.” The Athletics Department supports this prohibition. Prohibited items include, but are not limited to: tongue barbells, eyebrow rings, ear hoops, necklaces, bracelets, watches. Jewelry will be restricted

during conditioning, practice and competition. This restriction will be enforced by administrators, coaches and sports medicine staff.

- Due to potential airway compromise, use of chewing gum, sunflower seeds and chewing tobacco is prohibited during practice or competition. Use of tobacco may be further restricted by state and local laws, University regulations, team rules, and NCAA rules.
- After practices and contests, wash all wounds thoroughly with soap and water prior to reporting to the Athletic Training Room.
- For acute aches and pains use only ice and elevation.
- Do not use any medication or preparations for decreasing the symptoms associated with an injury or illness other than those indicated by a doctor or an athletic trainer. In other words, do not self-medicate.
- It is a federal offense to share medications or take prescription medications when they are not prescribed to you.

MEDICAL CARE REFERRALS

The University of Virginia Health System should be considered the main source of medical attention for student-athletes during the school year. The special medical care necessary for student-athletes should be coordinated through the Sports Medicine Department.

The Athletics Department recognizes the importance of a student-athlete's comfort when dealing with a health care specialist. However, if a student-athlete chooses to seek medical care without approval from the Athletics Medical Director or Head Athletic Trainer, the following restrictions will apply:

- The University of Virginia will not assume financial responsibility for any expenses incurred unless authorized in advance by the Athletics Medical Director or Head Athletic Trainer.
- The University of Virginia will not render any follow-up medical care unless authorized in advance by the Athletics Medical Director or Head Athletic Trainer.

Medical Clearance when Soliciting Outside Medical Care

The University of Virginia will not permit the student-athlete to participate until:

- (1) the Head Athletic Trainer receives a detailed written report from the outside health care provider that includes all of the appropriate medical reports, surgical reports, and medical clearance to resume activities. This information can be faxed to the Athletic Training Room at 434-982-5470 (See "Services and Procedures" entry above);
- (2) the student-athlete passes a follow-up physical examination for return to sport coordinated by a team Physician and athletic training staff;

- (3) the student-athlete demonstrates full skills and other physical capabilities necessary for full participation in the particular sport as approved by the athletic training staff; and
- (4) the student-athlete is medically cleared by the University of Virginia's Athletics Medical Director or Team Physician.

NUTRITIONAL SUPPLEMENTS

Some dietary supplements that are legally available over-the-counter may contain substances banned by the NCAA. Using these products will result in a positive drug test.

In recent years the NCAA has recorded a significant number of positive drug tests which student-athletes claim resulted solely from their use of over-the-counter dietary supplements.

An NCAA positive drug test resulting from the use of a dietary supplement is still a positive test and all penalties and sanctions will apply. Student-athletes who test positive are subject to a one-year suspension and loss of eligibility. Appeals based on unreliable information provided from store clerks or product distributors have not been successful.

Student-athletes who choose to use dietary supplements may be putting their eligibility at risk. No completely reliable list of specific brand-name products that may result in a positive drug test is currently available — nor is one likely to become available. Manufacture and sale of dietary supplements are not regulated by the Food and Drug Administration. Purity and safety are not guaranteed. Product claims and promotional information are not always accurately reported in advertisements.

Your best sources for information about dietary supplements are the Director of Sports Nutrition (434-243-1148), UVA Sports Medicine Department (434-982-5450), the NCAA (www.ncaa.org) and the Dietary Supplement Resource Exchange Center.

The Drug Free Sport AXIS (formerly the Resource Exchange Center/REC) subscribed to by the NCAA, provides a confidential resource for student-athletes and athletics staff who have questions or concerns about nutritional supplements. For more information call 816 474-8655. AXIS also maintains a website <https://dfsaxis.com/users/login> where you may request information about specific products.

If you are presently taking (or plan to start taking) a dietary supplement, it must be reported to the Director of Sports Nutrition. The Director of Sports Nutrition will investigate the dietary supplement to the best of his ability, but impurities may exist to cause a positive drug test. The responsibility remains with the student-athlete.

All medications not prescribed by the UVA Athletics team physicians must be reported to the team's Athletic Trainer. Any questions regarding medications being banned by NCAA must be directed to the Head Athletic Trainer.

PRE-PARTICIPATION PHYSICAL EXAMINATION

All entering student-athletes will have a physical examination administered under the direction of the Athletics Medical Director. The final decision on physical qualification for participation in athletics or the reason for rejection is the responsibility of the Athletics Medical Director.

New student-athletes must provide the following forms to the Sports Medicine Department prior to participation in athletics:

- Medical Identification Form
- UVA “Pre-Entrance Health Record,” including all immunization records. All incoming first-year student-athletes must submit this form upon initial entrance to the University of Virginia.
- A completed “New Student-Athlete Health History” form. All incoming first-year student-athletes and transferring student-athletes must submit this form upon initial entrance to the University of Virginia.
- Medical Insurance, Medical Expenses, ADD/ADHD Medication Usage Policies.
- A copy of the front and back of the student-athlete’s current, active insurance policy card. This must be updated annually or whenever there is a change in the student-athlete’s insurance coverage.
- Insurance Coverage Information Form.
- A “Health Insurance Portability and Accountability Act” (HIPAA) form.
- A Drug-Testing Consent Form
- A Media Release Form
- Parent’s Medical Treatment Authorization Form (for minors).
- Assumption of responsibility for reporting injury form and acknowledgement of concussion and sickle cell education.
- Sickle Cell Test Waiver (if testing is declined)

Returning Student-Athletes must provide the following forms to the Sports Medicine:

- A “Returning Student-Athlete Health History Questionnaire”.
- A copy of the front and back of the player’s current, active insurance policy card. This must be updated annually or whenever there is a change in the student-athlete’s insurance coverage.
- A Drug-Testing Consent Form
- A Media Release Form
- Assumption of responsibility for reporting injury form and acknowledgement of concussion and sickle cell education.
- NCAA Summer Address and Contact information.

These forms are distributed, collected and maintained on file by the Sports Medicine Department.

TRYOUTS

Individuals planning to try out for a team must have a physical examination by their personal or family doctor or by UVA Student Health. For an individual planning to tryout for a team, the following documents must be provided to the Head Coach prior to participation:

- Physician Affirmation of Fitness form, signed by the physician who gave you a physical examination within the previous six months and affirming you are physically fit to participate in intercollegiate athletics. Other informal “doctor’s notes” are not acceptable for tryout participation.
- Tryout Activity Participation understanding.
- Document proof of medical insurance (such as a legible copy of the front and back of your current, active insurance card.).
- Laboratory document proving sickle cell testing or signed waiver.
- Medical ID Form providing individual, parent/guardian, insurance and personal or family physician contact information.

The Head Coach or team tryout coordinator must provide the originals of these forms (or as close to the originals as possible) to the Sports Medicine Office before any tryout participation.

Costs for any tryout-related medical examinations, lab tests or other special tests that may be a part of the physical fitness determination are the responsibility of the student-athlete.

ADHD MEDICATION USAGE

The NCAA has a strict policy banning stimulant usage (i.e., Adderall, Ritalin) unless prescribed by a physician for a **well-documented medical condition**. The penalty for a failed NCAA drug test is an automatic one-year suspension with loss of eligibility. If a student-athlete takes medication for ADD or ADHD, the Sports Medicine Department must have a copy of the current prescription on file as well as supporting documentation which demonstrates how the diagnosis of ADD/ADHD was obtained. If this documentation is not sufficiently detailed, additional testing must be performed to validate the diagnosis of ADD/ADHD. The additional testing should be coordinated through the Learning Needs Specialist in the Athletics Academic Support Department. The cost of testing will be the responsibility of the student-athlete. The copy of the prescription must be updated monthly when the student-athlete obtains a refill of his/her medication.

REHABILITATION PROGRAMS

All rehabilitation activities are the responsibility of the athletic training staff under the supervision of the Athletics Medical Director and the Head Athletic Trainer. In order for a student-athlete to return from an injury as quickly as possible, it is necessary that student-athletes receive treatment twice a day.

Rehabilitation programs should be done between 8:00 a.m.-2:00 p.m., Monday through Friday, unless other arrangements are made.

The athletics training staff will provide information on a regular basis to the coaching staff regarding the progress of injured student-athletes.

Student-athletes who are undergoing treatment or rehabilitation must report to all practice and conditioning sessions on time unless released by both the head coach and the team's athletic trainer.

MEDICAL EXPENSES PAYMENT PROCEDURE

Payment of athletically-related medical expenses is coordinated by the Sports Medicine Department.

Per University and Athletics Department rules, every UVA student is required to have and maintain personal health insurance.

Per Athletics Department procedures, whenever a student-athlete receives any health care services related to an athletic injury or condition — including long-term physical therapy/rehabilitation services — the student-athlete's personal health insurance must be used as the primary financial coverage. Following this primary settlement, the Athletics Department will assume co-payment responsibility for the deductible or unpaid portion of the claim. Compliance with this procedure is subject to review by the University Auditor's Office. To help ensure compliance:

- Student-athletes must acquire and maintain for the entire year personal insurance coverage through an individual or family policy. The Athletic Department does not endorse any specific insurance providers. Some options may be available for insuring student-athletes with qualifying financial need. For more information contact the Athletic Training Room at 434-243-2422 or 434-982-5391.

Failure to maintain an active health insurance policy will negate any co-pay obligation by the Athletics Department, and may result in the student-athlete being held from play due to violation of both the University and Athletics Department policies of requiring personal health insurance.

Please be aware, new healthcare laws are in place that may affect your insurance coverage. It is important to have and maintain health insurance coverage. If there is a loss of coverage, you may not be able to obtain a new policy until the next open enrollment period. This will result in violation of federal law, as well as Athletics and University policies.

- Student-athletes must fulfill all the requirements of his or her individual policy. For example, most policies require preauthorization before agreeing to pay for medical services. Securing this preauthorization is the responsibility of the student-athlete. Some family insurance policies require periodic updates to continue coverage for a full-time student; the student-athlete will be responsible for ensuring this continuing coverage. Some policies require notification within a specific time period after

receiving emergency services; the student-athlete will be responsible for providing his or her insurance company with this notification.

- Student-athletes must provide all necessary information about their personal insurance coverage to health care providers and to the Athletics Department. Upon requesting health care services at any time, from any provider, for any reason, a student-athlete must disclose personal insurance information to the provider. Failure to do so may be taken as an indication that the expenses are not athletics-related and therefore are not suitable for Athletics Department co-payment benefits. Prior to each academic year, student-athletes must provide a copy of their health insurance card (front and back), and the document must be on file in the Athletics Department Sports Medicine Department. If a student-athlete fails to notify the Sports Medicine Department of a change in primary insurance coverage or fails to maintain an active insurance policy, that student-athlete will be held personally responsible for such balances and may be held from participation/team activity. It is essential that student-athletes maintain an active Health Insurance Policy at all times.
- All statements for athletically-related medical expenses must be presented to the Head Athletic Trainer or the team's Athletic Trainer as soon as possible after they are received by the student-athlete or the student-athlete's family. Undue delays in forwarding these bills for processing may be taken as an indication that the expenses are not for athletics-related services. The bill must be turned into the Sports Medicine Department within the month the statement is dated, mailed to UVA Sports Medicine Department, PO Box 400834, Charlottesville, VA 22904 or faxed to the UVA Sports Medicine Department at 434-243-2430.

For more information on these requirements see "Co-payment Guidelines" and "Consequences of Unsettled Medical Expenses" in the following sections.

CO-PAYMENT GUIDELINES

Expenses incurred in the diagnosis and treatment of athletic-related injuries are handled by a "coordination-of-benefits" process. At the discretion of the Athletics Medical Director or Head Athletic Trainer, approved expenses will be submitted to the athlete's health insurance policy and the Athletics Department will assume co-payment responsibility.

Designated staff members of the Sports Medicine Department review student-athlete medical expenses and either approve or reject them depending on whether they fall within the guidelines suitable for co-payment processing by the Athletics Department. The guidelines are the following:

- Expenses resulting from athletics-related injury/illness, as described in "Department and Individual Responsibilities" above, are suitable for co-payment benefits.
- Expenses resulting from a student-athlete's self-referral for consultation or treatment are not suitable for co-payment unless preapproved by the

Athletic Medical Director or Head Athletic Trainer. For more information see “Medical Care Referrals” later.

- Expenses for medical care resulting from emergency situations may be approved at the discretion of the Athletics Medical Director or Head Athletic Trainer. However, if emergency care is not reported to a staff athletic trainer within 24 hours, the resulting expenses are not suitable for co-payment benefits. The student-athlete is responsible for notifying his or her insurance company if this is required for payment.
- If a student-athlete does not report an injury to a staff athletic trainer within seven days of the injury, the resulting expenses are not suitable for co-payment.
- If appropriate University medical staff certify that an injured student-athlete has recovered sufficiently to reasonably permit him or her to compete, but the student-athlete voluntarily chooses not to participate in athletics, the obligation of the University to provide medical care and financial aid is simultaneously terminated.
- Subject to the provisions of the Athletics Department’s prevailing play or practice accident insurance policy, if an injured athlete withdraws or graduates from the University, provision of medical care and financial aid will be terminated.
- With due respect to varying health care provider billing cycles, statements for athletics-related medical expenses that are presented to the head athletic trainer 30 days or more after their issue date may not be suitable for co-payment consideration.
- Individuals who have an insurance policy that pays the policyholder directly for medical services rendered must either pay the medical bill directly or submit the insurance checks to the Athletics Sports Medicine department. To avoid a NCAA extra benefits violation, the Athletics Department cannot respond with any co-payments until all insurance checks have been submitted.

In some situations in which the Athletics Department is unable to provide co-payment benefits, financial aid from other sources may be available to help pay for a student-athlete’s medical expenses. However, these benefits are restricted to student-athletes with qualifying financial need, and a prior settlement by the student-athlete’s insurance company is necessary before such aid can be requested. For more information, contact the Athletics Compliance Office at (434) 982-5018.

CONSEQUENCES OF UNSETTLED MEDICAL CARE EXPENSES

Student-athlete medical expenses are not “automatically taken care of” by the Athletic Department or the University. Student-athletes who do not comply with the requirements described in the “Responsibilities for Medical Care,”

“Medical Expenses Payment Procedure” and “Co-payment Guidelines” sections put themselves and their families at serious financial risk and jeopardize their eligibility to compete.

The Athletics Department reserves the right to deny co-payment financial aid benefits for any situation in which a student-athlete’s actions or decisions (through inattention or design) prevent, evade or delay the settlement of athletics-related medical expenses.

Some student-athlete actions that may delay settlements include: failure to disclose personal insurance information to health care providers at registration for services; failure to provide all necessary insurance information at registration; failure to comply with individual policy requirements for preauthorization and notification; failure to adequately respond to requests for information from health care providers, insurance companies or the Athletics Department; failure to present athletics-related medical bills to the head athletic trainer in a timely manner.

With due respect to confidentiality, the student-athlete’s coach will be notified through the Athletics Sports Medicine Office of unresolved athletics-related medical care expense situations. This notification will include a request for the coach’s assistance in contacting the student-athlete and persuading the student-athlete to help resolve the issues. Legal actions initiated by the providing vendor may be taken against the student-athlete.

Situations that remain unresolved may result in a bursar’s block being placed on the student-athlete’s University account. Among other restrictions, this will preclude the student from registering for classes and thus will render the athlete ineligible to compete.

Student-athletes and their families should be aware that delays in settling medical expenses can result in their legitimate referral by the health care provider to a debt-collection agent with possible repercussions on the student-athlete’s personal or family credit history. Future state and federal tax returns have been withheld to correct outstanding medical debts that were not resolved.

ATHLETIC TRAINING ROOMS

McCue Center, Room 112

(434) 982-5450 (Voice) (434) 982-5470 (Fax)

University Hall (Annex between University Hall and Onesty Hall)

(434) 243-2423 (Voice) (434) 243-2430 (Fax)

Open weekdays 8 a.m. to 6 p.m. Weekends and other hours by appointment.

John Paul Jones Athletic Training Room

(434) 243-1743 (Voice) (434) 243-1090 (Fax)

** Cellular phone numbers are for emergency use only. **

Staff:

Dr. John M. MacKnight, Athletics Medical Director/Team Physician 434 964-1491 (Home) • 434 409-1765 (Cellular) • 924-2472 (Office)

Ethan Saliba, Head Athletic Trainer 434-981-6633 (Cellular)

Kelli Pugh, Associate Athletic Trainer 434-249-3952 (Cellular)

Bill Parente, Associate Athletic Trainer 434-825-9725 (Cellular)

Rebecca Vozzo, Assistant Athletic Trainer 919-412-5164 (Cellular)

Brian McGuire, Assistant Athletic Trainer 434-981-0701 (Cellular)

Jeff Boyer, Assistant Athletic Trainer 434-409-1916 (Cellular)

Shelley Blakey, Assistant Athletic Trainer 434-981-6566 (Cellular)

Blair Putnam Moore, Assistant Athletic Trainer 540-969-8460 (Cellular)

Keith Thomson, Assistant Athletic Trainer 434-981-6591 (Cellular)

Craig Oates, Assistant Athletic Trainer 434-326-2025 (Cellular)

Kelly Turney, Assistant Athletic Trainer 785-331-9756 (Cellular)

Savannah Conley, Billing Specialist 434-982-5391 (Office)

Michael Quillon, Billing Specialist 434-243-2422 (Office)

UVA ATHLETICS POLICY ON PREGNANCY OF STUDENT-ATHLETES

In the interest of the health and safety of both pregnant student-athletes and their unborn children:

- Pregnant student-athletes must transition formally to an Obstetrician for consistent pre-natal care immediately upon diagnosis. The student-athlete will be referred to the UVA Department of Obstetrics for care. In the event the student-athlete chooses an outside Obstetrician, a consistent line of communication will be established between the treating Obstetrician and the Athletics Department Medical Director. The student-athlete must provide consent for disclosure of the information Athletics needs to make appropriate Athletics Department/team decisions to the Athletics Medical Director.
- Pregnant student-athletes will be provided the full breadth of UVA counseling and support services as they may need during the stresses and transitions of pregnancy.
- In keeping with present activity guidelines for safety in pregnancy, all pregnant women will be removed from *competitive* activities after the 1st trimester, regardless of sport.

- To lessen the risk of injury to mother or fetus, all pregnant women in sports with high risk for abdominal trauma or falling will be removed from *competitive* activities at the time of diagnosis, regardless of fetal age.
- Activity goals will focus on maintenance of *basic fitness* levels without trying to reach peak fitness or train for athletic competition unless further restricted due to pregnancy.
- Pregnancy shall not otherwise jeopardize the student-athlete's academic or athletic scholarship/eligibility as dictated by institutional and NCAA regulation. The effect of a student-athlete's pregnancy on team standing will be considered on a case-by-case basis by the Head Coach in consultation with the Athletics Director.
- In keeping with present departmental policy, financial responsibility for non-athletic related medical conditions shall be the responsibility of the student-athlete.
- The Athletics Department Medical Director, in consultation with the treating Obstetrician, will establish the time frame for the student-athlete to resume participation with team activities.

The above guidelines may be modified at the discretion of the Athletics Department Medical Director in consultation with the treating Obstetrician and the Director of Athletics.

POLICY ON TRANSGENDER STUDENT-ATHLETES

NCAA Policy on Transgender Student-Athlete Participation

The following policies clarify participation of transgender student-athletes undergoing hormonal treatment for gender transition:

1. A trans male (FTM) student-athlete who has received a medical exception for treatment with testosterone for diagnosed Gender Identity Disorder or gender dysphoria and/or Transsexualism, for purposes of NCAA competition may compete on a men's team, but is no longer eligible to compete on a women's team without changing that team status to a mixed team.
2. A trans female (MTF) student-athlete being treated with testosterone suppression medication for Gender Identity Disorder or gender dysphoria and/or Transsexualism, for the purposes of NCAA competition may continue to compete on a men's team but may not compete on a women's team without changing it to a mixed team status until completing one calendar year of testosterone suppression treatment.

Any transgender student-athlete who is not taking hormone treatment related to gender transition may participate in sex-separated sports activities in

accordance with his or her assigned birth gender.

- A trans male (FTM) student-athlete who is not taking testosterone related to gender transition may participate on a men's or women's team.
- A trans female (MTF) transgender student-athlete who is not taking hormone treatments related to gender transition may not compete on a women's team.

UNIVERSITY LIFE

THE GORDIE CENTER FOR ALCOHOL AND SUBSTANCE EDUCATION

The Gordie Center for Alcohol and Substance Education is dedicated to providing the University community with educational activities and prevention programs related to substance abuse concerns. By providing outreach, consultation, individual meetings and group classes, the Gordie Center aims to increase knowledge and awareness of alcohol and other drug issues and to decrease the negative consequences associated with high-risk drinking and illegal drug use. In conjunction with the Athletics Department, the Gordie Center staff assists in implementing the Student-Athlete Mentor (SAM) program.

A website is available (<http://gordiecenter.studenthealth.virginia.edu/>).

SEXUAL HARASSMENT AND OTHER FORMS OF INTERPERSONAL VIOLENCE

The University of Virginia strives to provide a working and educational environment for all faculty, staff, and students that is free from unlawful discrimination and harassment. The University prohibits discrimination and harassment on the basis of age, color, disability, marital status, national or ethnic origin, political affiliation, race, religion, sex (including pregnancy), sexual orientation, veteran status, and family medical or genetic information. Sexual harassment or violence in any form is unacceptable behavior and will not be tolerated. These forms of misconduct undermine the institutional mission of the University. Sexual harassment may be described generally as unwelcome sexual behavior that a reasonable person would find offensive and that adversely affects the working or learning environment. Sexual harassment may involve behavior by a person of either gender against a person of the same or opposite gender.

Allegations of sexual harassment may be reported to the Office of Equal Opportunity Programs (434-924-3200), the Office of the Dean of Students (924-7133) or through the "Just Report It" website at <http://www.virginia.edu/justreportit/>. Sexual violence also may be reported to the University Police Department (434-924-7166).

For more information refer to the University's Policies in the Undergraduate Record:

Preventing and Addressing Discrimination and Harassment

<https://uvapolicy.virginia.edu/policy/HRM-009>

Policy on Sexual and Gender-Based Harassment and other forms of Interpersonal Violence

<https://uvapolicy.virginia.edu/policy/HRM-041>

Title IX coordination and enforcement

<http://www.virginia.edu/eop/titleix.html>

Sexual Violence Education and Resources

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

You also may contact the University's Title IX Coordinator or one of the Deputy Coordinators:

Emily Babb, Assistant Vice President for Title IX Compliance/Title IX Coordinator

Office Address: PO Box 400219

Phone: (434) 297-7643

Ecb6y@virginia.edu

Akia Haynes, Deputy Title IX Coordinator

Office Address: P.O. Box 400211

Phone: (434) 297-7988

Email: aah6n@virginia.edu ~ Web: www.virginia.edu/eop/titleix.html

Christopher Tate, Deputy Title IX Coordinator

Office Address: P.O. Box 400211

Phone: (434) 297-7988

Email: crt2b@virginia.edu ~ Web: www.virginia.edu/eop/titleix.html

EMAIL ACCOUNTS

The University provides free access to computers and free email accounts for students.

The Athletics Department maintains an electronic mailing list for student-athletes. You are responsible for knowing, being aware of, and appropriately acting on any information that is posted to the mailing list and specifically designated as being from the Athletics Compliance Office.

Activating your University email account and being a subscriber to the student-athlete mailing list is considered mandatory under the "Urgent Communication Policy." You may not remove yourself from the list without permission from the Compliance Office.

From time to time other University or Athletics Department offices or student organizations may use the list to make special announcements. Permission for this use must come from the Compliance Office.

For more information about activating your email account call the ITC Help Desk at 434-924-3731.

To search for individual email addresses go to the University of Virginia home page at www.virginia.edu.

University of Virginia: www.virginia.edu

UVA Athletics: www.virginiasports.com

UVA Athletics Department Offices and Staff:
athletic.virginia.edu/home/athletics_dept.html

HAZING

University policy, the University's Standards of Conduct, Athletics Department Team Rules and state law prohibits hazing. See the University of Virginia *Undergraduate Record* for the full policy.

HONOR SYSTEM

The University of Virginia Honor System exists to help maintain an environment of trust between faculty, students, University personnel and Charlottesville residents.

An Honor offense is an act of lying, cheating or stealing.

- Examples of cheating: allowing a tutor to prepare a homework assignment or write a paper for you; submitting the same paper for two different classes.
- Examples of lying: Using more than the designated amount of time for take-home tests; forging checks; using false identification.
- Examples of stealing: Taking athletic team equipment, such as practice balls and sweats; taking items from other schools during away games.

If you are charged with an Honor offense, the Athletics Department and its employees are prohibited from intervening on your behalf. Staff members are limited to supporting student-athletes by identifying available University resources for the students that are so charged. Student-athletes charged should endeavor to cooperate with Honor advisors and investigators.

The Athletics Department will work closely with Honor Educators to provide annual team information meetings. All student-athletes and all Department staff members are urged to become familiar with the workings and details of the University's Honor System.

If a case is initiated against you, you will be assigned an Honor advisor, a student who will guide you through the process. Two student investigators will contact you. It is imperative that you cooperate fully with them to ensure that all information surrounding an alleged event is brought to light.

If you are contacted by an Honor Committee member, or Dean of Students office staff, you are expected to respond immediately.

In addition to the following information, student-athletes are encouraged to refer to the UVA Undergraduate Record for specific rights, policies and procedures. The Honor Committee maintains a web site (www.student.virginia.edu/~honor/). Its telephone number is 434-982-4739.

Three criteria are used in determining guilt associated with an alleged Honor offense:

1. Act: Did the student commit an act of lying, cheating, or stealing?
2. Intent: Was the act committed intentionally or willfully?
3. Seriousness: Would open toleration of the dishonest act impact the community of trust?

Scope: A student is formally bound by the Honor System while in the Charlottesville-Albemarle County area, and at any time the student is representing himself or herself as a University of Virginia student.

Process: Anyone (in addition to students and faculty) can initiate an Honor case by contacting an Honor Advisor or an Honor committee representative.

Conscientious Retraction: A student is provided the opportunity to acknowledge having committed a dishonorable act, and accept the respective consequences without being required to leave the community of trust. This admission of guilt must be offered in good faith, occurring prior to the student's knowledge that someone might suspect there was an Honor offense. To file a conscientious retraction, contact an Honor advisor.

Informed Retraction (an "IR"): Allows a student who has been reported to the Honor Committee for an alleged Act of Lying, Cheating, or Stealing to take responsibility for the commission of the Honor Offense in question, and also to make amends for such Honor Offense, both by admitting such Offense to all affected parties and by taking a full two-semester Honor Leave of Absence from the University community.

Single Sanction: Students found guilty of an Honor offense are asked to leave the University of Virginia. There are no other sanctions except dismissal from the University.

HOUSING

All first-year students entering the University directly from secondary school are required to live in one of the residence houses during their first two regular semesters. Requests for exceptions must be made to the Associate Director for Housing Division.

After the first year, student-athletes may live in one of the residence houses if space is available. Residence hall accommodations are limited. To help ensure placement, you must comply with registration deadlines. The deadlines are published in an annual Housing Division mailing. The mailing will be delivered

to your current local SIS address. If you have not received a mailing by mid-November, contact the Housing Division at 434-924-6873.

UVA does not have athletic dorms, but encourages all student-athletes to live in University housing.

On Grounds Housing for Upperclass Undergraduates: Each spring semester, the Housing Division offers on-Grounds residence hall space for members of the upper class, including transfers, for the new academic year. To participate, you must submit your own housing application by the deadline prescribed in the Housing Division booklet. The booklet, sent to each student in November, details the room assignment process. Renewals are not automatic.

Off Grounds Housing: Upperclass student-athletes, including those with athletic grants, may live in University housing on Grounds, in fraternity houses and sorority houses, or in off Grounds housing. You are responsible for obtaining your own housing. Off Grounds housing must be approved by your coaching staff.

Early Arrivals: If you are required to arrive early for athletic participation and you live in University housing, your coaching staff will coordinate your arrival and residence hall assignment. Consult with your head coach during late June or early July for verification.

INTRAMURAL-RECREATIONAL SPORTS

The Intramural-Recreational Sports department offers a variety of programs in which student-athletes may participate including Outdoor Recreation, Recreation and Fitness Classes, Intramurals, Personal Training, Fitness Assessment and Poplar Ridge Challenge Course. For more information call 434-924-3791.

Your standing as a varsity student-athlete does not provide additional privileges for access to Intramural-Recreational facilities compared to other students. You must present a valid student ID to use these facilities. Indoor recreation facilities on Grounds include the Aquatic & Fitness Center (AFC), North Grounds Recreation Center, Slaughter Recreation Center, Memorial Gymnasium and the Outdoor Recreation Center. A valid student ID also provides access to the McArthur Squash Center located at the Boar's Head Sports Club.

Varsity student-athletes may not participate in intramurals in their own sport or in a related sport.

MEAL PLANS AND DINING SERVICES

University Dining Services offers various meal plans for student-athletes. All first year grant-in-aid student-athletes are required to have a meal plan for the full year.

Meal plans are based on the number of all-you-can-eat meals per week or semester that are taken in the main dining halls and an allowance of "Plus

Dollars” which may be used at a-la-carte locations for snacks and special offerings.

University Dining Services maintains an extensive website. For more information on student-athlete meal plans visit the website (www.Virginia.edu/dining). From the home page select “Meal Plans”, from the listing select “Athletic Meal Plans.”

The Athletics Department dining hall is located in the John Paul Jones Arena. It is only open for dinner (Sunday through Thursday). Other University dining halls are Observatory Hill, also called “O-Hill,” located near the Alderman Road first-year dorms; Newcomb Dining Hall, located on the second floor of Newcomb Hall; and Runk Dining Hall, located in the Hereford College complex.

Nutritional Consultations: The University of Virginia Department of Athletics has full-time sports nutritionists available for team talks, individual consults or any information on diet, food content or food allergies. The sports nutritionists helps plan menus at JPJ and is an active member of the Athletics Department staff. For more information or to schedule an appointment call 434-243-1148.

PARKING AND TRANSPORTATION SERVICES

If you are a student-athlete with a car registered with the University and Compliance Office, you may be reimbursed for a “Blue” parking permit for the academic year. In order for you to be reimbursed, you must bring a receipt of your parking payment to the Compliance office and complete the appropriate form.

In order for you to be part of the program, you must complete the following steps:

- Register your car with Parking and Transportation Services at the Millmont Street location.
- Register your car with the Compliance Office by completing the instructions in the link provided:
 1. Log into <https://webserver.athletic.virginia.edu/saforms/> using NetBadge credentials.
 2. Click on the ACC Automobile form.
 3. Update/Complete the form as necessary and press the save button.
 4. If no other form updates need to be made, press the “Submit My Forms to Compliance” button.
- Once you have completed the Compliance form online:
 - Bring your car registration or copy of your car registration to the Compliance Office.
 - Bring your receipt to the Compliance Office.
 - Complete the appropriate form provided in the Compliance Office.

Please note: Student-athletes must follow all UVA Parking and Transportation policies and procedures at all times and park in designated areas only. Any tickets received by a student-athlete not following Parking Services policies and procedures will be the sole responsibility of that student-athlete. Additionally, some John Paul Jones (JPJ) Arena events will require permit holders to vacate the lots surrounding University Hall and JPJ Arena by a posted time. Vehicles not able to vacate the lots by the posted time will be subject to ticketing and towing.

As an NCAA student-athlete, you may not sell, trade, or provide your parking pass to another individual or student-athlete. NOTE: Violations of the UVA parking program may affect your NCAA eligibility and will exclude you from the parking program.

Scooters, mopeds, bikes, and rollerblades are not allowed inside Athletics facilities. Parking areas are identified near the entrance of each building. Bikes must be attached to bike racks only. Mopeds that are 50cc and below, should be parked in the identified moped parking areas. Scooters that are above 50cc's are required to obtain a University parking permit. Mopeds are prohibited on all sidewalks.

The Virginia Department of Motor Vehicles (DMV) has mandated regulations regarding mopeds/scooters, resolving that all mopeds/scooters are now considered vehicles, and are required to be titled and registered through DMV. Once titled, DMV will issue a Virginia license plate that is required to be attached to the rear of the moped/scooter.

UVA Parking & Transportation requires all mopeds/scooters to display a valid UVA parking permit and be parked in either a designated moped/scooter parking space or in motorcycle spaces. If these options are unavailable, mopeds/scooters can park in any blue lot. Moped/scooter owners may stop by UVA's Parking & Transportation Office at their convenience to purchase a permit that will allow mopeds/scooters to be parked legally in the areas listed above. **Please note that mopeds/scooters are not permitted to park in bike racks, on sidewalks, in mulched areas, adjacent to/in buildings or be chained to railings.**

For more information on motor vehicle registration, please refer to the UVA Undergraduate Record (<http://records.ureg.virginia.edu/index.php>).

UNIVERSITY TRANSIT SYSTEM

The University Transit System provides safe, reliable, and courteous transportation to all students, employees, and visitors to the University of Virginia. UTS features 20 fixed routes and transports more than 3 million passengers annually. For routes, maps, and times, visit the UTS website at: <http://www.virginia.edu/parking/uts/index.html>

UNIVERSITY FACILITIES AND MAP

Shown below is a list of University of Virginia athletic facilities and fields along with a link where information can be found for each facility.

- Aquatic and Fitness Center
- Birdwood Golf Course
- Boyd Tinsley Tennis Courts at the Boar's Head Sports Club
- Davenport Field
- John Paul Jones Arena
- Klöckner Stadium
- Lake Monticello
- Lannigan Field
- Memorial Gymnasium
- McCue Center
- Onesty Hall/The Cage
- Panorama Farms
- Rivanna Reservoir Boathouse
- Scott Stadium
- Sheridan Snyder Tennis Center
- The Park at North Grounds
- University Hall Turf Field

Athletics Facilities Information:

<http://www.virginiasports.com/facilities/index.html>

University of Virginia Web Map: <http://www.virginia.edu/webmap/>

ATHLETICS DEPARTMENT STAFF DIRECTORY

Administration

Director of Athletics	Craig Littlepage	982-5100
Executive Associate Director of Athletics	Jon Oliver	982-5500
Senior Associate Director of Athletics/ Senior Woman Administrator	Jane Miller	982-5152
Senior Associate Director of Athletics	Valerie Richardson	243-1063
Senior Associate Director of Athletics & VAF Executive Director	Dirk Katstra	982-5555
Senior Associate Director of Athletics for Business Operations /CFO	Steve Pritzker	982-5200
Senior Associate Director of Athletics for External Affairs	Todd Goodale	982-5600

Academic Affairs

Associate Athletics Director for Student Services	Adrien Harraway	982-5300
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Cheerleading

Head Coach	Kelley Haney	982-5600
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Compliance

Associate Athletics Director for Compliance	Eric Baumgartner	982-5018
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Equipment Room

Director of Equipment Room	Matt Althoff	982-5181
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Facilities and Game Operations

Associate Athletics Director for Facilities and Game Operations	Jason Bauman	982-5022
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Intramural and Recreational Sports

	Office Phone	924-3791
Associate Athletics Director for Intramurals and Recreational Sports	Jill Krantz	924-9339

Media Relations		
Assistant Director of Athletics for Media Relations	Jim Daves	243-2467
Sports Medicine (Training Room)		
		982-5450
Associate Athletic Director/Head Athletic Trainer	Ethan Saliba	
Medical Director, Team Physician	John MacKnight	
Additional Primary Care Physicians	Siobhan Statuta Jeremy Kent	
Team Orthopedists	David Diduch Steve Brockmeier Winston Gwathmey Eric Carson Bobby Chhabra Joseph Park	
Team Cardiologist	Robert Battle	
Sports Nutrition		
Director of Sports Nutrition	Randy Bird	243-1148
Associate Director of Sports Nutrition	Kelly Rossi	982-5691
Assistant Director of Sports Nutrition	Brooke Pearson	924-8268
Sports Psychology		
Sports Psychologist	Jason Freeman	242-7472
Associate Sports Psychologist	Karen Egan	270-1677
Strength and Conditioning		
Director of Strength and Conditioning	Ed Nordenschild	982-5194
Ticket Office		
Associate Athletic Director for Ticket Operations	Corbin Hunt	924-8821

Athletic Teams		
Baseball Head Coach	Brian O'Connor	982-4932
Basketball, Men's Head Coach	Tony Bennett	982-5400
Basketball, Women's Head Coach	Joanne Boyle	982-5800
Cross Country, Track & Field, Men's and Women's Head Coach	Bryan Fetzer	982-5760
Field Hockey Head Coach	Michele Madison	982-5750
Football Head Coach	Bronco Mendenhall	982-5900
Golf, Men's Head Coach	Bowen Sargent	982-5730
Golf, Women's Head Coach	Kim Lewellen	243-5361
Lacrosse, Men's Head Coach	Lars Tiffany	982-5715
Lacrosse, Women's Head Coach	Julie Myers	982-5061
Rowing, Head Coach	Kevin Sauer	982-5827
Soccer, Men's Head Coach	George Gelnovatch	982-5701
Soccer, Women's Head Coach	Steve Swanson	982-5711
Softball, Head Coach	Joanna Hardin	982-5736
Swimming and Diving, Men's and Women's Head Coach	Augie Busch	982-5755
Director of Tennis, Men's Head Coach	Andres Pedroso	982-5732
Tennis, Women's Head Coach	Sara O'Leary	982-5734
Volleyball, Head Coach	Aaron Smith	982-5125
Wrestling, Head Coach	Steve Garland	982-5738

INDEX

Academic Affairs/Athletics, 32
Academic Calendar, 33
Academic Eligibility, 51
Academic Integrity, 34
Academic Meetings, 35
Add/Drop Period, 34
Alcohol Program, 46
Amateurism, 58
Amplified Music, 26
Appeal of Non-Renewal or Reduction of Athletic Grant-in-Aid, 66
Athletics Department Mission, 5
Athletic Training Rooms, 86
Athletic-Related Financial Aid, 63
Athletics Advisory Council, 7
Athletics Department Goals, 5
Athletics Media Relations Office, 21
Atlantic Coast Conference, 48
Awards Regulations, 62
Books, 65
Boosters and VAF Donors, 51
Cancellation of Athletics Grant During Period of Award, 70
Career Development, 23
Change of Address, 9
Code of Ethics, 8
Community Service, 24
Competition (Outside), 62
Compliance, 48
Computer Labs, 35
Confidentiality of Student Records, 52
Contact Lenses, 76
Countable Athletically-Related Activity Guidelines, 56
Degree Completion Program, 37
Department Team Rules, 12
Draw Equipment, 20
Drug and Alcohol Policy, 39
Drug and Alcohol Education Program, 40
Email Accounts, 90
Emergency Treatment, 76
Employment, 56
Employment at Summer Camps, 56
Equipment Rooms, 20
Exit Interviews, 14
Extra Benefits, 52
Eyeglasses, 76
Fifth Year Eligibility/Grant-in-Aid, 73
Financial Aid, 63

Full GIA, 64
 Gambling, 57
 Gordie Center for Alcohol and Substance Education, 89
 Hazing, 91
 Honor System, 91
 Hospitalization, 77
 Housing, 92
 Injury Prevention, 78
 Institutional Purpose, 5
 Insurance, 77
 Intramural-Recreational Sports, 93
 Libraries, 35
 Life Skills, 23
 Map, 96
 Meal Plans and Dining Services, 93
 Medical Care Referrals, 79
 Medical Expenses, 77
 Medical Expenses Payment Procedure, 83
 NCAA, 49
 Non-Athletics Related Financial Aid, 71
 Non-Permissible Promotional Activities, 58
 Nutritional Supplements, 80
 Outside Competition, 62
 Parking and Vehicles, 94
 Partial GIA, 64
 Permissible Promotional Activities, 57
 Permissions (Professional Sports), 59
 Personal Development, 23
 Playing Schedules, 26
 Policy for the Announcement of Student-Athlete Suspensions, 13
 Post-Graduate Awards, 29
 Pregnancy, 87
 Rehabilitation Programs, 82
 Relevant NCAA Rules Regarding an Athletic Grant-in-Aid, 69
 Renewal, Non-Renewal and Reductions of Athletic Grant-in-Aid, 65
 Required Materials Policy, 34
 Resolving Issues Between Student-Athletes and Coaches, 10
 Responsibilities for Medical Care, 74
 Responsibility to Report Violations, 62
 Room and Board, 64
 Sexual Harassment and Violence, 89
 Social Media, Networking and Websites, 24
 Special Athletic Awards, 28
 Sports Medicine, 73
 Sports Nutrition, 16
 Sports Psychology Services, 14
 Staff Directory/Athletics Department, 97
 Staff Directory/Athletics Academic Affairs, 38

Strength Training and Conditioning, 18
 Student Financial Services, 63
 Student Health Center and Athletic Training Room, 73
 Student-Athlete Advisory Committee, 7
 Student-Athlete Mentor Program, 8
 Student Assistance Fund, 71
 Student-Athlete Responsibilities, 9
 Student-Athlete Online Survey, 14
 Student-Athlete Well Being, 7
 Student Financial Services, 63
 Student Host Information, 62
 Study Hall, 36
 Substance Abuse Testing Program, 41
 Summer Session Grants-in-Aid, 36, 72
 Surgery, 77
 Team Meeting, 11
 Team Rules, 12
 Team Travel, 36
 Tickets to UVA Athletic Events, 26
 Time Demands Overview, 53
 Tobacco Policy, 48
 Traditions and Expectations, 6
 Transfer Requests, 60
 Transgender Policy, 88
 Tuition and Fees, 64
 Tutoring, 36
 University Transit, 95
 Unsettled Medical Care Expenses/Consequences of, 85
 Urgent Communication Policy, 9
 Varsity Lettering, 27
 Violations (Reporting), 62
 Virginia Athletics Foundation, 31
 VAF Endowed Scholarships, 32
 VAF Thank-A-Thons, 32
 Weight Room Rules, 18