

Student-Athlete Handbook



Mission and Philosophy

Virginia Wesleyan University Mission

NCAA Philosophy

VWU Intercollegiate Athletics Mission

Athletics Staff Directory

Academic Support Program, Requirements and Eligibility

Schedule 430 612 792 Directory

An inclusive community dedicated to scholarship and service grounded in the liberal arts and sciences, Virginia Wesleyan University inspires students to build meaningful lives through engagement in Coastal Virginia's dynamic metropolitan region, the nation, and the world.

Colleges and universities in Division III place the highest priority on the overall quality of the

Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student athletes;

Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;

Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;

Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;

Support ethnic and gender diversity for all constituents;

Give primary emphasis to regional in-season competition and conference championships; and

Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

VWU intercollegiate athletics provides our diverse student-body a broad-based, highly competitive experience from our student centered and gender equitable athletics programs. Through life enriching and integrated experiences, student-athletes are provided an ethical and sportsmanship driven training ground for personal growth that supports the mission of the University.

1. Class attendance is expected of all students. Students who are participating in intercollegiate athletics may not miss class, seminar, or lab for practice.
2. Students who have a conflict between an athletic contest and a required academic activity, such as a class meeting or a lecture, should discuss it with their coach and professor as soon as possible, preferably during the first week of the semester and certainly in advance of the conflict. When a mutually agreeable understanding is not reached, students must be mindful of the primacy of academics at VWU. Students should understand that acceptable arrangements might not be feasible for all classes, particularly seminars and laboratories.
3. Students should take their schedule of athletic contests into account as they plan their class schedules and should discuss this with their academic advisors. Students should provide coaches with a copy of their academic schedules and inform them promptly, of any changes.
4. Coaches should make every effort to schedule practices and contests to avoid conflict with classes and should refer to their students' academic schedules to minimize conflicts. Coaches should ensure students do not miss classes for practice and should encourage students to work out possible conflicts between classes and contests as early as possible.
5. Faculty should provide as complete a description of scheduling requirements to their classes early each semester (preferably before registration or during the first week of classes); faculty and coaches alike should work with students to resolve contest-related conflicts.
6. Coaches and faculty alike should avoid last-minute scheduling changes whenever possible, and faculty are asked to avoid scheduling extraordinary class meetings. Where possible, extraordinary sessions should be voluntary or offered with a choice of sections to attend. When a schedule is changed after students have arranged their commitments, it is important for the faculty member or coach to be flexible.
7. Normally classes will end each day by 4:15 p.m. (2 p.m. on Fridays). Seminars, however, will often extend beyond 4:15 p.m. Afternoon laboratories are usually scheduled until 4:15 or 4:30 p.m., and students who encounter difficulties completing a lab may need to stay later than the scheduled time. Students in all cases are expected to keep to their academic commitments and then attend practices, thereafter.

Located on the second floor of Clarke Hall, the Learning Center supports students' success and houses staff and student services. Services offered

The VWU Faculty Team Advisor Program seeks to help students achieve success in both their curricular and co-curricular pursuits, to highlight the common instructional mission shared by coaches and professors, and to advance cooperation between coaches and faculty members in support of the University's mission. Each of our 22 programs are paired with a faculty member and are expected to collaborate and provide opportunities for interaction at practices, games and/or social events sponsored by our athletic department. The most current list of Faculty Team Advisors can be found listed in the Athletics Staff Directory.

Student-athletes at Virginia Wesleyan University, must meet the following academic requirements in order to participate in _____ :

	1.8	12
	1.8	28
	2.0	40
	2.0	56
	2.0	68
	2.0	84
	2.0	96

Any student-athlete falling below the GPA or credit requirements will not be excused from any
 * for any .

*First semester ends with the conclusion of Winter Session.

*Second semester ends with the conclusion of the Summer Sessions.

*Academic responsibilities include, but are not limited to:

Physically attending a class, submitting an academic assignment, taking an exam, an interactive tutorial or computer-assisted instruction session, attending a study group assigned by a professor, or participating in an online discussion about academic matters.

*Intercollegiate athletically related activities include, but are not limited to:

Practice, competition, team meetings, film sessions, on-court/field activities scheduled and required by any member of the team and confined primarily to members of the team.

Student-athletes are expected to practice personal and academic integrity, always.

At all times, student-athletes are representatives of the Department of Athletics and Virginia Wesleyan University. Therefore, it is the responsibility of the student-athlete to conduct himself or herself in a manner deemed appropriate to faculty, coaches, and the athletic administration.

Student-athletes are expected to demonstrate respect, responsibility, sportsmanship, and servant leadership.

Student-athletes are to dress appropriately when representing Virginia Wesleyan University as deemed by the coaches and athletic administration.

Alcoholic beverages or non-prescription substances/drugs are not to be possessed or consumed by student-athletes, student managers, or student athletic trainers, despite age, during Virginia Wesleyan University athletic-related travel, competition, practice, or activity.

Student-athletes are to abide by the NCAA tobacco policies, which states that participants, coaches, athletic trainers, game administrators, or officials, are not permitted to use tobacco products in the playing areas during all NCAA regular season and national tournament competition and practices.

Student-athletes are expected to regularly attend all academic classes, to notify instructors in a timely manner when they will be away from class for scheduled athletic contests, to make appropriate arrangements with instructors to make up missed tests and other assignments due to athletic contests in addition to completing all course requirements.

Student-athletes are to arrive at class on time, not leave early, be prepared for all classes, be attentive in taking notes, and active in participating in class discussions and complete all assignments.

Student-athletes are to communicate openly, honestly and respectfully with others as well as respect the property of others. Hazing or any initiation activities, of any type, are prohibited.

Student-athletes are to discourage bigotry, respect differences and learn from others' ideas, values and experiences. Student-athletes are to demonstrate compassion, responsibility and leadership through service and involvement with Wesleyan Engaged and the surrounding community.

The NCAA and VWU requires annually, that all student-athletes must complete Title IX training for the prevention of sexual violence.

As you probably remember from when you were a recruit, making a visit to VWU's campus is an important part of the recruitment process. We encourage you to visit our campus as often as possible. If you are unable to visit, we will provide you with virtual tours and other resources to help you get familiar with our campus. We want you to feel comfortable and confident about your decision to attend VWU. Please contact us if you have any questions or need assistance.

Presently, there are separate national SAAC for NCAA Divisions I, II and III. NCAA legislation mandates that all

No Cleats or muddy shoes allowed

No food or drink allowed

No profanity

Be on time for all treatments and rehab

Be respectful of fellow athletes and athletic trainers

No book bags, equipment bags, or sports equipment are allowed

No smokeless tobacco is allowed

Do not touch anything without permission

The athletic training room is not a hangout. If you are not getting treatment, please leave

No horseplay allowed

Do not use any rehab equipment without permission

Athletes do not treat themselves in the athletic training facility. This includes electrical modalities, accessing medication and rehabilitation equipment.

If you cannot follow the rules, then you will be asked to leave!

Only current varsity VWU athletes with completed requirements are entitled to athletic training services.

Student athletes are encouraged to report all injuries, illnesses, and all medical conditions to the athletic training staff.

Student athletes need to utilize the athletic training facility and staff during the morning so that proper evaluation and referral can occur.

All student athletes must sign in prior to receiving care from athletic training staff.

Student athletes must show respect to the athletic training staff and fellow student athletes at all times.

Student athletes are to leave the athletic training facility as they found it.

Student athletes must be efficient with the time of the athletic training staff and efficient with their own time.

The health and well-being of the student athlete is ultimately their own responsibility. The student athlete must take ()] TJET

Student-athletes at Virginia Wesley

Student-athletes have the responsibility:

1. To ask questions and seek clarification if they do not understand the explanation of their diagnosis, treatment, prognosis or any instructions.
2. To provide accurate information about their present illness and past medical history and wishes for their medical care.
3. To follow instructions concerning medications, follow-up visits, education recommendations, and other essential steps in their treatment plan and to notify the athletic training staff if this plan cannot be followed or if problems arise.
4. For treating athletic training staff and personnel in a respectful and courteous manner.
5. To arrive as scheduled for appointments and to notify the athletic training department in advance in cases of cancelations or reschedules.
6. For following all rules and regulations that are posted within the athletic training facility.
- 7.

As required by NCAA Independent Medical Care legislation, team physicians and athletic trainers shall have unchallengeable autonomous authority to determine concussion management and return-to-activity decisions for all student athletes. Further, the athletics health care administrator shall ensure that the concussion safety protocol is available for, and rehearsed by, all athletics personnel.

All student athletes will be provided the NCAA Concussion Fact Sheet (or similar applicable material) and be required to sign an acknowledgement, on an annual basis during their pre-participation evaluation, that they have been provided, read and understood the concussion education material. This signed acknowledgement will be filed in the student athlete's medical record.

All coaches, team physicians, athletic trainers and directors of athletics will be provided the NCAA Concussion Fact Sheet (or similar applicable material) and be required to sign an acknowledgement, on an annual basis, that they have been provided, read and understood the concussion education material. This signed acknowledgement will be filed in a secure location.

All student athletes will undergo at least one pre-participation baseline concussion assessment. This pre-participation assessment will, at a minimum, include assessment for the following:

- Brain injury and concussion history.
- Symptom evaluation (Symptom Evaluation in SCAT5)
- Cognitive assessment (ImPACT test)
- Balance evaluation (Modifies BESS, Balance evaluation in SCAT5)
- Patient Health Questionnaire 9 (PHQ-9)

The sports medicine team will review all ImPACT baseline tests for validity. Any baseline tests found to be invalid will be repeated no sooner than 24 hours. The athlete and coaches will be informed that the athlete cannot participate in any contact activity until the athlete has a valid ImPACT baseline test. Athletes with more than one invalid ImPACT baseline test will be further evaluated by the team physician. The team physician determines pre-participation clearance and any need for additional consultation or testing. Special consideration will be given for new baseline concussion assessment six months or beyond for student athletes who have suffered a concussion or who have a complicated concussion history.

A member of the VWU medical team with training in the diagnosis, treatment and initial management of acute concussion will be

NOTE: To be available means that, at a minimum, medical personnel can be contacted at any time during the practice via telephone, messaging, email, beeper or other immediate communication means. Further, the case can be discussed through such communication, and immediate arrangements can be made for the athlete to be evaluated.

Symptoms of concussion include, but are not limited to: (1) physical symptoms of headache, nausea, balance problems, dizziness, visual difficulty, fatigue, sensitivity to light, sensitivity to noise, headache, feeling "out of it" or "foggy," vision changes, feeling dazed or stunned; (2) cognitive symptoms of feeling mentally foggy or slowed down, difficulty concentrating, difficulty remembering, forgetfulness, confusion, feeling slow; (3) emotional symptoms of irritability, sadness, nervousness, feeling more emotional; (4) sleep symptoms of drowsiness, sleeping more or less than usual, difficulty falling asleep.

Visible signs of concussion include but are not limited to: lying motionless; unconsciousness; vomiting; vacant look; slow to get up; balance difficulty or incoordination; clutching the head.

If an athlete, teammate, coach, official or member of medical staff identifies signs, symptoms or behaviors consistent with concussion, the following will take place immediately:

The athlete must be removed from practice or competition.

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It is important to recognize each return-to-play plan will be individualized and supervised by a VWU health care provider with expertise in concussion management. Final determination of return-to-play will be made by the VWU physician or his/her qualified designee.

The initial treatment for all athletes following concussion is at least 1-2 days of relative physical and cognitive rest. Relative rest should continue until the athlete has returned to his/her pre-concussion baseline status. Discretion can be used by the health care provider to introduce mild aerobic

the NCAA requires that all NCAA Division III student athletes have knowledge of their sickle cell trait status

As a Virginia Wesleyan university student, you are required to comply with the drug and alcohol policy of the institution, regulations of the commonwealth of Virginia laws and federal laws regarding illegal drugs. Furthermore, as a student-athlete you are also required to comply with NCAA banned substance policies and the following alcohol and other drug policy for Virginia Wesleyan University.

The athletic department at Virginia Wesleyan University does not support the illegal or irresponsible use of alcohol or other drugs. Our department believes that the use of alcohol, tobacco, and other drugs can be detrimental to academic athletic performance. Therefore, the athletic department alcohol and drug policy was developed in accordance with this philosophy. The following program objectives are also consistent with this philosophy:

- Inform student-athletes and staff of the NCAA, departmental, university, and state policies concerning alcohol and other drug use.
- Discourage alcohol abuse, underage drinking, and the use of illegal drugs and banned substances by VWU student-athletes.
- Identify student-athletes who may have problems and assist in obtaining proper treatment.
- Create a positive and healthy atmosphere for Virginia Wesleyan student-athletes.

The jurisdiction of the athletic department regarding drug and alcohol offenses begins the first day of practice for a student-athlete and continues until the student is no longer considered a student-athlete as per the NCAA definition of student-athlete. Policy violations that occur at the end of a sports season or those that occur during a season but are not discovered until the end of the season will be applied to the next sports season in which the student-athlete participates.

The coach may have the option of making any sanction more stringent, but _____
_____: persons under the age of 21 may not purchase, possess, or consume beer, wine, or distilled spirits.

_____ the use of tobacco products is prohibited in all sports during practice and competition.

_____ all student-athletes are required to attend, once per year, an NCAA educational session regarding banned substances and must sign the NCAA drug testing consent form.

The alcohol and drug policies of the athletic department are not in lieu of those policies set forth in the Virginia Wesleyan student handbook, but are designed to support the Virginia Wesleyan community standards and to raise the awareness and educate student-athletes regarding their responsibilities as it relates to these policies.

Virginia Wesleyan University athletic department does not condone the illegal or otherwise irresponsible use

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