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## FALL SEMESTER 2012

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First Day of classes.....	Mon., Aug. 27
Labor Day (University closed).....	Mon., Sept. 3
Last Day to add (Census).....	Tues., Sept. 4
Last Day to Drop.....	Fri., Sept. 28
Saturday Classes in session.....	Sat., Oct. 6
Columbus Day Recess.....	Mon., Oct. 8
Mon. classes meet instead of Tues. classes <i>this day only</i> .....	Tues., Oct. 9
Mid-term evaluation period for full-semester 100-200 level classes.....	Mon., Sept. 24-Fri., Oct. 19
Selective Withdrawal Period (undergraduate).....	Mon., Oct. 1-Fri., Oct. 26
Thanksgiving (No classes Wed; Recess Thurs-Sun).....	Wed., Nov. 21- Sun. Nov. 25
Dissertation/Thesis Deadline.....	Fri., Dec. 7
Last Day of Class.....	Sat., Dec. 8
Reading Day.....	Mon., Dec. 10-Tues.,- Dec. 11, 4:30pm
Examination Period.....	Tues., Dec 11, 4:30pm- Dec. 19, 10:15pm
Winter Degree Date (2nd Sat. before classes).....	Thurs., Dec. 20

## SPRING SEMESTER 2013

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<i>January 1 Day of Week</i> .....	<i>Tuesday</i>
MLK Day (no classes).....	Mon., Jan. 21
First Day of Spring Classes.....	Tues., Jan. 22
Last Day to Add (Census).....	Tues., Jan. 29
Last Day to Drop.....	Fri., Feb. 22
Saturday Classes in session.....	Sat., Mar. 9
Spring Recess.....	Mon., Mar. 11-Sun., Mar. 17
Mid-term evaluation period for full-semester 100-200 level classes.....	Mon., Feb. 18-Fri., Mar. 22
Selective Withdrawal.....	Mon., Feb. 25-Fri., Mar. 29
Dissertation/Thesis Deadline.....	Fri., May 3
Last Day of Class.....	Mon., May 6
Reading Day(s).....	Tues., May 7
Examination Period.....	Wed., May 8, 7:30am- Wed., May 15, 10:15pm
Commencement.....	Sat., May 18
Summer Term Dates.....	Mon., May 20

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George Mason University  
Department of Intercollegiate Athletics

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2012-2013  
Student-Athlete Handbook  
and Weekly Planner



*[www.gomason.com](http://www.gomason.com)*

*\*The most updated version of the Student-Athlete Handbook  
is available at [gomason.com](http://gomason.com)*

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## **MISSION OF THE DEPARTMENT OF INTERCOLLEGIATE ATHLETICS**

George Mason University's Department of Intercollegiate Athletics mission statement is made up of the Athletic Philosophy, Athletic Objectives and Commitment to Equity.

### **Athletic Philosophy**

George Mason University provides the student-athlete the opportunity and encouragement to progress towards a degree of his or her choice together with the opportunity to develop athletic abilities in an environment consistent with high standards of academic scholarship, sportsmanship, leadership and institutional loyalty. The student-athlete at George Mason University is a bona fide student pursuing a degree program.

It is recognized that the George Mason University intercollegiate program:

- is an important part of a well-rounded university dedicated to the service of a broad range of students, faculty and public interest;
- is important in generating community support for the institution at the state and local levels;
- fosters pride in the University among faculty, students and citizens of Virginia;
- can and should develop character, maturity and a sense of fair play in its student-athletes; and
- is committed to fair and equitable treatment of both men and women, is committed to providing equitable opportunities for our diverse student-athletes, coaches and staff and is committed to the fair treatment of student-athletes, particularly in their academic role as students.

### **Athletic Objectives**

The objectives of the George Mason University intercollegiate athletics program are:

- to have the University represented by men and women whose conduct reflects credit upon the institution and who are bona fide students making normal progress in degree programs with appropriate academic counseling, advisement and support;
- to field disciplined and competitive amateur student-athletes and teams recruited, coached and supported by highly qualified individuals who are dedicated to the spirit and intent of all George Mason University, Colonial Athletic Association (CAA) and National Collegiate Athletic Association (NCAA) rules; and
- to strive for improvements in the system of intercollegiate athletics by cooperating with individuals and institutions to reduce pressures toward improprieties.

### **Commitment to Equity**

George Mason University is committed to providing equitable opportunities for male and female student-athletes. This commitment is measured by fulfilling the requirements of Title IX as well as by creating and ensuring an atmosphere, which promotes a positive academic and athletic environment. George Mason University continues to strive to provide the best academic and athletic experience possible for our student-athletes.

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## **Definition of a Student-Athlete**

For the purposes of this document, the term “student-athlete” will refer to all participants in the following groups in the Department of Intercollegiate Athletics at George Mason University:

Baseball	Men’s Swimming & Diving
Men’s Basketball	Women’s Swimming & Diving
Women’s Basketball	Men’s Tennis
Cheerleaders**	Women’s Tennis
Golf	Men’s Track and Field and Cross Country
Women’s Lacrosse	Women’s Track and Field and Cross country
Masonettes**	Men’s Volleyball
Women’s Rowing	Women’s Volleyball
Men’s Soccer	Wrestling
Women’s Soccer	
Softball	

Also included are all student-athletes who have exhausted athletic eligibility and who continue to receive support through the Department of Intercollegiate Athletics at George Mason University.

Please Note:

\*\*Although Cheerleaders and Masonettes are considered student-athletes at George Mason, they are not governed by NCAA Rules (e.g., areas such as scholarship renewals and continuing eligibility).

## **EXPECTATIONS, GUIDELINES AND POLICIES FOR STUDENT-ATHLETES**

George Mason University student-athletes, like all University students, comply with state laws, federal laws and University policies. In addition, student-athletes comply with the policies of the Department of Intercollegiate Athletics, the Colonial Athletic Association (CAA) and the National Collegiate Athletic Association (NCAA).

### **Ethical Conduct and Sportsmanship**

George Mason University expects each student to demonstrate the highest moral and ethical standards. This expectation is particularly important for the student-athlete who has a visible role in representing the University. Each student-athlete's behavior must be exemplary on and off the playing field. Such behavior promotes respect for student-athletes and the Department of Intercollegiate Athletics within the University community. It also conveys an image to the public that George Mason University is comprised of able competitors who demonstrate moral courage. Ethical conduct is consistent with the values of sportsmanship, respect, fairness, civility, honesty and responsibility.

### **Academics**

A student-athlete at George Mason University is a regularly admitted, full-time, degree-seeking student. The responsibility for learning and completing an undergraduate degree lies with each student-athlete. Each student-athlete is responsible for knowing and abiding by the George Mason University Honor Code.

### **Alcohol and Other Substances**

The abuse and underage use of alcohol is not compatible with the goals of the University and its Department of Intercollegiate Athletics. In addition, the use of illegal substances, medically inadvisable substances or substances banned by the NCAA is prohibited. Making any of these substances available to others, including recruits, is also prohibited.

### **Internet Usage and Social Networking Sites**

George Mason University student-athletes are responsible for any information or photographs they make available through the use of the internet. Although George Mason University's Athletic Department does not ban the use of the internet, including social networking sites, student-athletes making postings that reflect negatively on themselves or others and/or violate the privacy or the rights of others may be suspended or dismissed from participating in athletics.

### **Hazing**

George Mason University student-athletes will neither create nor participate in any activity that promotes an atmosphere of humiliation, degradation, abuse or danger to others. The consequences of engaging in such behavior will be severe regardless of the perceived benefit of the activity, amount or type of damage incurred and/or willingness of the participants to be involved.

#### ***Virginia State Hazing Law***

#### ***18.2-56 Hazing unlawful; civil and criminal liability; duty of school, etc., officials***

It shall be unlawful to haze, or otherwise mistreat so as to cause bodily injury, any student at any school, college, or university.

Any person found guilty thereof shall be guilty of a class one misdemeanor, unless the injury would be such as to constitute a felony, and in that event the punishment shall be inflicted as is otherwise provided by law for the punishment of such felony.

Any person receiving bodily injury by hazing or mistreatment shall have a right to sue, civilly, the person or persons guilty thereof, whether adults or infants.

The president, or other presiding official of any school, college or university, receiving appropriations from the state treasury shall upon satisfactory proof of the guilt of any student found guilty of hazing or mistreating another student so as to cause bodily injury, expel such student so found guilty, and shall make report thereof to the attorney for the Commonwealth of the county or city in which such school, college or university is, who shall present the same to the grand jury of such city or county convened next after such report is made to him.

## **Athletic Responsibilities**

Each student-athlete will demonstrate an attitude of respect, commitment and enthusiasm for personal athletic development. As a member of an athletic team, each student-athlete is additionally responsible for contributing to and maintaining an atmosphere that encourages the athletic development and success of others.

Each student-athlete is responsible for:

1. maintaining a standard of personal health appropriate to the student-athlete's training and competition needs;
2. adhering to training programs and principles appropriate to the student-athlete's training and competition needs;
3. personal safety and risk management both on and off the field; and
4. complying with medical advice in the event of illness or injury.

## **STANDARDS OF CONDUCT FOR STUDENT-ATHLETES**

### **Purpose and Description of this Document**

This document is intended to serve as both an educational tool and a guide toward achieving and maintaining standards of behavior for student-athletes at George Mason University. It includes an explanation for student-athletes of the standards of conduct expected of them while representing George Mason University and benefiting from resources provided by the Department of Intercollegiate Athletics. That explanation is presented in the "Standards of Conduct for Student-Athletes: Statement for Student-Athletes".

Also included in this document is the "Student-Athlete Pledge of Conduct" that each student-athlete at George Mason University must sign to indicate an understanding of the conduct expected of him/her as a student-athlete, examples of misconduct and a willingness to comply with sanctions that might be imposed in the event of misconduct.

"Classifications of Student-Athlete Misconduct" provides examples of unacceptable behavior and is categorized by the level of the offense. Each level increases numerically with the severity of the consequences of the behavior and generally reflects an increase in the degree of harm to others. That harm may be threatened, intended, possible, perceived or actual. The three levels of behavioral misconduct include "Level I: Minor Misconduct," "Level II: Serious Misconduct," and "Level III: Severe Misconduct." Within each level, misconduct is further divided into the following six categories of behavior:

- alcohol/substances
- sexual harassment/sexual assault

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- academic
- discrimination/malevolence/hazing
- Internet Usage and Social Networking Sites
- general
- team/sportsmanship

## Limits of This Document

*In no way is this document or actions which might be taken in following the recommendations contained in it, intended to interfere with or supplant a legitimate and official investigation or action which may be taken by an agency or department outside the Department of Intercollegiate Athletics. When appropriate, the Department of Intercollegiate Athletics at George Mason University and its representatives will cooperate with an official investigation and the imposition of sanctions imposed by the university's judicial system or an outside agency or department.*

## Student-Athlete Misconduct

Any staff member in the department of Intercollegiate Athletics at George Mason University who becomes aware of a known or suspected incident of student-athlete misconduct must report that information either to the student-athlete's head coach or the appropriate Athletic Administrator as soon as possible. Head coaches must take appropriate action in the event of student-athlete misconduct. It must first be determined if the offense or the investigation of a possible offense should be handled by a head coach, the head coach and an appropriate Athletic Administrator or an appropriate Athletic Administrator. The appropriate action may change as additional information becomes available.

### 1. Classification of Misconduct

Once sufficient information is gathered and an incident has been determined by the head coach and/or the appropriate Athletic Administrator as misconduct it must be classified as minor, serious or severe that is determined by referring to the "Classification of Student-Athlete Misconduct". Incidents of misconduct are accumulative over the entire time a student at George Mason University is either in the role of a student-athlete or receiving benefits provided by the Department of Intercollegiate Athletics.

### 2. Responses to Misconduct

In cases where a student-athlete will be returning to participation either with the same or a different George Mason University intercollegiate team **personal assessment and education are mandatory**. In setting **sanctions**, the "Guidelines for Sanctions Regarding Student-Athlete Misconduct" should be consulted. These guidelines are intended to provide direction for appropriate responses to each case while providing flexibility. Modifications to the guidelines are acceptable only if they receive prior approval by the appropriate Athletic Administrator.

#### A. Sanctions

- The demands of the sanctions may **increase or decrease** based on the following information:
- degree of harm to others (threatened, intended, possible, actual, perceived)
- prior history
- overall picture
- recommendation of the coach
- recommendation of a qualified expert (i.e., licensed professional, topic expert)

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- mitigating circumstances (illness, injury, impairment)
- education/training/development
- multiple offenses in the same incident
- exposure to, or knowledge of, like circumstances
- official sanctions imposed by agencies outside the Department of Intercollegiate Athletics (i.e., university judicial system, criminal or civil court)
- self-reporting of the incident

### **B. Personal Assessment**

The personal assessment of a student-athlete should include both an assessment and recommendations. The head coach when appropriate may conduct the assessment; otherwise it will include a consultation with a qualified expert(s).

When a head coach conducts an assessment, it should include:

1. A general overview of the student-athlete's adjustment to George Mason University and his/her athletic team;
2. The future likelihood of the student-athlete being able to act appropriately and successfully manage the normal expectations of being both a student and an athlete at George Mason University;
3. The degree to which the student-athlete's behavior may negatively impact the welfare and functioning of others at the university or in the Department of Intercollegiate Athletics;
4. Factors that are compromising or might compromise the student-athlete's ability to successfully manage the normal expectations of being both a student and an athlete at George Mason University;
5. Recommendations for interventions or other actions that will help meet the student-athlete's needs and the needs of others at George Mason University who are affected by the student-athlete's behavior.

### **C. Education/Training/Development**

The head coach must provide education for a student-athlete on his/her team who is guilty of misconduct. When appropriate, other qualified persons or programs should be a part of this process. The intervention provided by the head coach must minimally involve participation in a specifically designed education, training and/or development experience that includes feedback from the student-athlete that he/she understands:

1. why his/her behavior is considered misconduct, and
2. what will happen if the student-athlete engages in further incidents of misconduct.

Although it is possible to address the above-mentioned items in a terse and non-engaging manner, it is expected that head coaches will use the influence of their roles and their relationships with their student-athletes to engage in much more comprehensive and ongoing discussions with their student-athletes. Head coaches play a vital role in helping their student-athletes understand how underlying values are communicated by behaviors. Student-athletes need the head coach's encouragement and modeling in learning to exemplify through personal behavior the ideals of human conduct, relationships and achievement determined to be acceptable by the standards of conduct within the Department of Intercollegiate Athletics at George Mason University.

### **Additional Team Expectations**

A head coach may have additional expectations of conduct for the student-athletes on his/her team. For the coach to have support from the Department of Intercollegiate Athletics he/she must follow a pattern similar

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to this document which provides a written statement of the behavioral expectations for team members, examples of misconduct and responses to misconduct including guidelines for sanctions. The appropriate Athletic Administrator must approve those written materials.

## **Procedures for Reporting Student-Athlete Misconduct**

Head coaches, or their representatives in their absence, must report the following situations to the appropriate Athletic Administrator as soon as possible:

- a second incident of “Level I: Minor Misconduct”
- any incident of “Level II: Serious Misconduct” or “Level III: Severe Misconduct”
- parent, media or university inquiries concerning an incident of misconduct or responses to the incident
- a student-athlete contesting the validity of an alleged incident of misconduct or the appropriateness of responses to the incident.

Head Coaches must keep a written record of all incidents of misconduct, responses to the incident including sanctions imposed and the student-athlete’s compliance or noncompliance with the sanctions.

## **Summary Suspension**

A student-athlete’s Head Coach, the coach’s representative in the coach’s absence, the Athletic Director or his/her designee may temporarily suspend a student-athlete from representing George Mason University in competition or competition and practice while an alleged incident of student-athlete misconduct is under investigation. This is a non-punitive suspension and should be imposed only if the allegation merits this action and until official sanctions are imposed or the matter is dismissed.

## **Informing Student-Athlete of Sanctions**

The Head Coach or the coach’s representative in his/her absence or the Deputy Senior Associate Athletic Director for Intercollegiate Sports (Kevin McNamee) or his representative will inform the student-athlete of any sanctions regarding misconduct or pending suspension related to misconduct.

## **Appeal Process**

In the event a student-athlete receives a sanction resulting from a violation of the Standards of Conduct for Student-Athletes that he/she considers inappropriate, the student-athlete has the right to an appeal.

### **Procedure**

To be considered for an appeal regarding a sanction resulting from a violation of the Standards of Conduct for Student-Athletes, the student-athlete must notify the Assistant Vice President/Athletic Director in writing within ten calendar days of the notification of the sanction. The student-athlete must specify the basis for the appeal and provide supporting evidence at the time the appeal is submitted. The Assistant Vice President/Athletic Director will review the appeal and respond to the student-athlete. **The decision of the Assistant Vice President/Athletic Director is final.**

### **Basis for an Appeal**

A sanction may be set aside or adjusted on appeal by the Assistant Vice President/Athletic Director if it is determined that:

1. New facts directly related to the case have been discovered or become available, or
2. The policies and procedures of the Standards of Conduct for Student-Athletes were not followed in the determination of the misconduct or the sanction.

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### Response to an Appeal

The Assistant Vice President/Athletic Director will review the appeal. If he/she determines there are adequate grounds to grant the appeal he/she will determine the appropriate sanction. The decision of the Assistant Vice President/Athletic Director is final, if any.

### Reporting NCAA Violations

All George Mason student-athletes are required to report violations of NCAA regulations involving themselves, other student-athletes, coaches, administration and Representatives of Athletic Interest (Boosters). If you have questions as to whether or not a violation has occurred, please contact the George Mason University Intercollegiate Athletics Compliance Office at 703-993-3230.

### CLASSIFICATIONS OF STUDENT-ATHLETE MISCONDUCT LEVEL I: MINOR MISCONDUCT

Category of Behavior	Examples of Behavior
Alcohol/Substances:	Underage age possession or consumption of an alcoholic beverage
	Inappropriate language or verbal provocation while under the influence of alcohol
	Use of false identification to obtain an alcoholic beverage
Sexual Harassment/Sexual Assault:	Inappropriate language or gestures of a sexual nature not directed at an individual
	Supporting or encouraging the use of inappropriate language of a sexual nature
Academic:	Failure to respond appropriately to requests related to academic standing and progress
Discrimination/Malevolence and Hazing	Inappropriate or derogatory language not directed at an individual Support of inappropriate or derogatory language
Internet Usage and Social Networking Sites	Making Internet postings that reflect negatively on an individual or group.
	Intentionally excluding an individual from an activity or function due to culture, religion, race, age, gender or sexual preference
General:	Inappropriate language or gestures
	Being "written up," reprimanded or sanctioned by a university official for an incident of minor misconduct
	Disrespect to authority
	Misrepresenting events concerning an incident of minor misconduct
	Failure to fulfill a Level I sanction by the Department of Intercollegiate Athletics
Team/Sportsmanship:	Failure to cooperate with the Department of Intercollegiate Athletics Support Services
	Repeated unexcused tardiness to team functions or required Department of Intercollegiate Athletics events
	Behavior not acceptable to the sport
	Fighting in practice or competition
	Intent or perceived intent to gamble in a manner banned by the NCAA
	Failure to comply with additional expectations of team conduct, if applicable

**CLASSIFICATIONS OF STUDENT-ATHLETE MISCONDUCT  
LEVEL II: SERIOUS MISCONDUCT**

<b>Category of Behavior</b>	<b>Examples of Behavior</b>
Alcohol/Substances:	Possession or use of an illegal drug other than alcohol
	Any of the following behaviors related to the consumption of alcohol: <ul style="list-style-type: none"> <li>● Threats or acts of violence and/or avoidable fighting</li> <li>● Disrespect of authority</li> <li>● Destruction of property</li> <li>● Illness, injury, loss of consciousness or loss of bodily functions</li> </ul>
	Selling alcoholic beverages if under 21 years of age, making available to persons underage
	Driving while intoxicated
	Behavior related to the use of alcohol or other drugs which threatens the welfare or functioning of others, sale, use or distribution of tobacco in a manner banned by the NCAA
Sexual Harassment/Sexual Assault:	Inappropriate language or gestures of a sexual nature directed at an individual
	Threat or intent to harm an individual in a way which is perceived to be or is of a sexual nature
	Unwanted physical contact of a sexual nature
Academic:	Misrepresentation of student-athlete obligations affecting academic work or performance
Discrimination/Malevolence/ Hazing:	Use of language that is abusive or threatening to an individual or group and is based on culture, race, age, gender or sexual preference
	Supporting or encouraging others to use language that is abusive or threatening to an individual or group and is based on culture, religion, race, age, gender or sexual preference
Internet Usage and Social Networking Sites	Posting information on the Internet that violates the privacy and/or rights of others
General:	Illegal behavior, threat or intent to harm an individual
	Being found guilty of or sanctioned for serious misconduct by a university official
	Language or gestures that threaten another, destruction of property
	Behavior which has negative consequences for oneself, an intercollegiate team, the Department of Intercollegiate Athletics or George Mason University
	Misrepresenting events concerning an incident of serious misconduct
	Failure to fulfill a Level II sanction by the Department of Intercollegiate Athletics
Team/Sportsmanship:	Failure to treat Department of Intercollegiate Athletics staff in an appropriate manner
	Repeated unexcused absences from practice or required Department of Intercollegiate Athletics events
	Fighting in practice or competition with the intent to harm or which results in injury

**CLASSIFICATIONS OF STUDENT-ATHLETE MISCONDUCT  
LEVEL III: SEVERE MISCONDUCT**

<b>Category of Behavior</b>	<b>Examples of Behavior</b>
Alcohol/Substances:	Possession, sale, use or distribution of an NCAA banned substance
	Sale or distribution of an illegal drug
Sexual Harassment/Sexual Assault:	Persistent or repeated unwanted physical contact of a sexual nature
	Rape, sodomy or other sexual assault
	Encouraging or supporting others to participate in sexual harassment or sexual assault
Academic:	Academic dishonesty
Discrimination/Malevolence/Hazing	Assault related to discrimination or malevolence
	Defacing property in a manner that is discriminatory or malevolent
	Encouraging others to participate in acts of discrimination or malevolence
	Threatening another's life when the threats are discriminatory
Internet Usage and Social Networking Sites	Criminal behavior through the use of the internet
General:	Assault
	Threatening another's life
	Participating in the premeditation to harm an individual or group
	Participating in unwarranted acts that severely endanger an individual or group
	Criminal behavior
	Misrepresenting events concerning an incident of severe misconduct
	Failure to fulfill a Level III sanction by the Department of Intercollegiate Athletics
Team/Sportsmanship:	Unexcused absence from competition
	General misconduct at Level III (see above) which occurs during a practice, competition or other Department of Intercollegiate Athletics event
	Behavior which seriously endangers the welfare or functioning of teammates, other student-athletes or members of the Department of Intercollegiate Athletics
	Behavior which has serious negative consequences for an intercollegiate team, the Department of Intercollegiate Athletics or George Mason University
	Gambling in a manner banned by the NCAA
	Failure to comply with additional expectations of team conduct, if applicable

**GUIDELINES FOR SANCTIONS REGARDING STUDENT-ATHLETE MISCONDUCT  
LEVEL I: MINOR MISCONDUCT**

<b>Frequency of Offense</b>		
First	Responsible Party	<b>Head Coach</b>
	Recommended Sanctions	1. Suspension from competition and/or practice until sanction is partially or completely fulfilled or other conditions are met
		2. Community service or other appropriate reparation
		3. Other (in consultation with the appropriate athletic administrator)
Second	Responsible Party	<b>Athletic Administrator with Head Coach</b>
	Recommended Sanctions	1. All possible sanctions for a first, minor offense
		2. Expert assessment and recommendations for appropriate sanctions (If the coach does not want to follow expert recommendations, the matter must be discussed with the appropriate Athletic Administrator.)
Third	Responsible Party	<b>Athletic Administrator with Head Coach</b>
	Recommended Sanctions	1. All possible sanctions for a first or second minor offense
		2. Dismissal from intercollegiate athletics for a specified time or permanently
		3. Temporary or permanent revocation of athletic scholarship
4. Expert assessment and recommendations required for reinstatement for competition or practice and competition		
Fourth	Responsible Party	<b>Athletic Administrator with Head Coach</b>
	Recommended Sanctions	A fourth minor offense should generally result in the following sanctions:
		1. Permanent dismissal from Department of Intercollegiate Athletics
		2. Permanent loss of athletic scholarship

**GUIDELINES FOR SANCTIONS REGARDING STUDENT-ATHLETE MISCONDUCT  
LEVEL II: SERIOUS MISCONDUCT**

This level of misconduct must be reported to the appropriate Athletic Administrator as soon as possible. The student-athlete **must** be temporarily suspended from competition until the sanctions are established or the appropriate Athletic Administrator approves participation. The Athletic Administrator in consultation with the Head Coach will determine sanctions.

<b>Frequency of Offense</b>	<b>Possible Sanctions</b>
First	Refer to second offense, Level I: Minor Misconduct
Second	Refer to third offense, Level I: Minor Misconduct
Third	Refer to fourth offense, Level I: Minor Misconduct

**GUIDELINES FOR SANCTIONS REGARDING STUDENT-ATHLETE MISCONDUCT  
LEVEL III: SEVERE MISCONDUCT**

This level of misconduct must be reported to the appropriate Athletic Administrator as soon as possible. The student-athlete **must** be temporarily suspended from all team activities until the sanctions are established or the appropriate Athletic Administrator approves participation. The Athletic Administrator in consultation with the Head Coach will determine sanctions.

<b>Frequency of Offense</b>	<b>Possible Sanctions</b>
First	Refer to third offense, Level I: Minor Misconduct
Second	Refer to fourth offense, Level I: Minor Misconduct

## STANDARDS OF CONDUCT FOR STUDENT-ATHLETES

### **Statement for Student-Athletes:**

Student-athletes at George Mason University accept responsibility to consistently demonstrate their commitment to success as a student, an athlete, a member of an intercollegiate team and a member of the university community. They accept accountability for personal actions that affect the welfare and functioning of themselves and others.

**Membership in or participation with a George Mason University athletic team is a privilege and not a right. An appropriate Athletic Administrator in the Department of Intercollegiate Athletics may revoke this privilege temporarily or permanently.**

Responsible student-athlete conduct is in accordance with federal and state laws. It is also in compliance with the policies and standards of conduct for all students at George Mason University, as well as the student-athlete's team, the Department of Intercollegiate Athletics, the Colonial Athletic Association and the National Collegiate Athletic Association. Student-athletes are accountable for demonstrating proper behavior in the following areas of conduct:

- alcohol/substances
- sexual harassment/sexual assault
- academic
- discrimination/malevolence/hazing
- general
- team/sportsmanship

Student-athletes at George Mason University acknowledge the right of an official representative from the Department of Intercollegiate Athletics to investigate incidents of alleged student-athlete misconduct. Sanctions will be imposed on any student-athlete who engages in inappropriate activities or encourages others to do so.

These standards of conduct are in effect any time a student-athlete is in a role as a George Mason University student-athlete or when the behavior can have negative consequences for other student-athletes, an intercollegiate team, the Department of Intercollegiate Athletics or George Mason University.

## STUDENT-ATHLETE PLEDGE OF CONDUCT

Name (print) \_\_\_\_\_

Team \_\_\_\_\_ Social Security Number \_\_\_\_\_

As a student-athlete at George Mason University or as a student receiving benefit from resources provided by the Department of Intercollegiate Athletics at George Mason University, I pledge to uphold the Department of Intercollegiate Athletics' "Standards of Conduct for Student-Athletes." I have read that document and had an opportunity for my questions and concerns to be addressed.

My pledge is in effect any time I am in a role as a George Mason University student-athlete, benefiting from the resources of the Department of Intercollegiate Athletics or when my behavior can have negative consequences for a student, student-athlete, and intercollegiate team, the Department of Intercollegiate Athletics or George Mason University.

I accept that a violation of this pledge will result in sanctions being imposed on me by my head coach or an appropriate administrator from the Department of Intercollegiate Athletics. Sanctions may include, but are not limited to, assessment, education, counseling, community service and suspension of athletically related privileges. If I am receiving an athletic scholarship from George Mason University it may be revoked.

I willingly accept my responsibility to consistently demonstrate my commitment to success as both a student and an athlete while at George Mason University. I accept that my behavior may affect my teammates, other student-athletes and other students at George Mason University. I accept that as I pursue activities that enhance my development and further my personal goals I have a responsibility to restrict those behaviors that might harm others or myself.

I willingly accept my responsibility to uphold the principles of good sportsmanship as demonstrated in my behavior toward "student-athletes, coaches, game officials, administrators and fans in athletics competition. These behaviors are based upon values, including respect, civility, fairness, honesty and responsibility."

*I understand that actions taken by the Department of Intercollegiate Athletics at George Mason University are not intended to interfere with or supplant a legitimate and official investigation or action, which may be taken, by an outside agency or department. When appropriate, the Department of Intercollegiate Athletics and its representatives will cooperate with an official investigation or the imposition of sanctions imposed by the university judicial system or other outside agency or department. The Department of Intercollegiate Athletics may conduct an investigation of alleged student-athlete misconduct and may impose sanctions in addition to those imposed by an outside agency or department.*

## ACADEMIC SUPPORT SERVICES

### **Philosophy**

The Department of Intercollegiate Athletics (ICA) provides academic services to support student-athletes as they pursue and complete undergraduate degrees at George Mason University. Student-athletes, like all students at the university, assume primary responsibility for their academic work, progress toward a degree and degree completion. The Academic Services Program works cooperatively with the campus academic community and student services to ensure student-athlete access to those services generally available to all students and provide services specifically designed to meet the needs of college student-athletes. Also, this office consults with university officials in addressing concerns related to the academic progress, performance and success of college student-athletes. The fundamental purpose of this program is to assist the university in helping its student-athletes develop into adults who demonstrate the ability to master intellectual material and apply rational thinking to their lives in ways that are personally satisfying and make a meaningful contribution to society.

### **Mission**

The mission of the Office of Academic Service is to provide:

- academic support for student-athletes in their progress toward and completion of degrees of their choosing
- academic support for student-athletes in maintaining or regaining academic eligibility to participate in an NCAA sport.
- a positive working relationship between ICA and the university's academic community, student services, and administration
- support for student-athletes in developing and demonstrating self-accountability for learning and achievement.

### **ICA Academic Support Services**

#### **WEST PE MODULE**

<b>Hours of Operation</b>	
Monday - Thursday	9:00 a.m. - 9:00 p.m.
Friday	9:00 a.m. - 5:00 p.m.
Saturday	Closed
Sunday	Closed (Open during mid-terms and final exams periods)

## **Academic Resource Center (ARC)**

The Academic Resources Center is a controlled study environment that is conducive to learning and convenient to the computer lab. Head coaches may require student-athletes to attend Study Hall hours in this location.

## **Computer Lab**

A designated computer lab is available to accommodate the accessibility needs of student-athletes. The computer lab is open for use during the hours of operations of the ARC.

## **Book Room**

Student-athletes whose scholarships include “books” are provided required textbooks. “Books” does not include consumable supplies, such as paper, notebooks, pens, I-clickers, markers, etc.

Required books for authorized student-athletes may be picked up at the West PE Module. Student-athletes are responsible for all books issued by ICA Book Room and the Book Store. The books and all other issued material must be returned to the ICA Book Room by each student-athlete within 48 hours of the completion of the student-athlete’s last final exam. If a student-athlete fails to return a book, he/she will be charged the original amount paid by the athletic department for the books in which the student-athlete received for that semester.

## **Tutoring Program**

All student-athletes are eligible to receive tutoring through ICA. Tutoring is available upon request and within the resources of the Academic Services Program. Tutoring requests are made through the student-athlete’s Academic Coordinator.

## **Class Attendance**

Student-athletes at George Mason are expected to attend all classes at their scheduled times. It is the responsibility of student-athletes to become familiar with professors’ policies regarding missed classes and provisions to make up work. Class absences caused by involvement in or travel to athletic events are approved by the university ONLY if, by the end of the second week of the term, the student-athlete has informed each professor of expected absences for the term. For post season competitions, student-athletes must inform professors of expected absences as soon as possible. A student-athlete CANNOT be required by a coach or any staff member in ICA to miss a class experience to meet athletic obligations. (See also “Travel and Competition Verification”).

## **Travel Verifications**

The Academic Services Program assists student-athletes in providing verification when a missed class or class experience is due to participation in or travels to regularly schedule athletic competitions. Student-athletes are expected to inform professors in a timely manner when conflicts between class expectations and athletics obligations become apparent. (See also “Class Attendance and Absence”)

## Pre- Approval of Summer Courses

Each student-athlete must get permission from the university prior to enrolling in summer courses taken at other institutions. George Mason University will not accept a summer course that has been completed if it was not reviewed and approved by Mason prior to enrollment in that summer course.

## USEFUL INFORMATION REFERENCE SHEET

### Academic Advising Information

<http://www.gmu.edu/departments/advising/>

### Credit Transfer Information

<http://admissions.gmu.edu/transfer/transferCreditSearch.asp>

### Graduation Intent General Information

<http://registrar.gmu.edu/gif/>

**Patriot Web** offers the following:

- Academic, Athletic & Financial Holds Information
- Add/ Drop and Elective Withdrawal Information
- Degree Audit Information
- Final Grades
- Financial Aid Information
- Graduation Intent Application
- Schedule of Classes
- Student Account Information  
<http://patriotweb.gmu.edu>

### Permission to Study Elsewhere

<http://gmuedu/departments/saa/aaelsewhere.html>

### University Catalog

- Includes information on programs of study, degree requirements, course descriptions, policies, etc.  
<http://www.gmu.edu/catalog/>

## Academic Support Services Contact Information

<b>Deborah Wilson, PhD</b> <i>Associate AD Academic Services</i>	<a href="mailto:dwilso3@gmu.edu">dwilso3@gmu.edu</a>	703.993.3254
<b>Cheryl Ann Hunte, MS ED</b> <i>Senior Academic Coordinator</i> MTK, WTK, WVB, MVB, LAX	<a href="mailto:chunte@gmu.edu">chunte@gmu.edu</a>	703.993.3250
<b>Mike Ouellete, M. ED</b> <i>Academic Coordinator</i> MBB, WSOC, Golf	<a href="mailto:mouelle2@gmu.edu">mouelle2@gmu.edu</a>	703.993.3704
<b>George Reese, Esq.</b> <i>Academic Coordinator</i> MSOC, WR, SB	<a href="mailto:greese@gmu.edu">greese@gmu.edu</a>	703.993.3854
<b>Christine Dorney, M. ED</b> <i>Academic Coordinator</i> WBB, BB, MTN, WTN	<a href="mailto:cdorney@gmu.edu">cdorney@gmu.edu</a>	703.993.2738
<b>Kristen Meyer</b> <i>Academic Coordinator</i> MSD, WSD, ROW, Dance, Cheer	<a href="mailto:kmeyer@gmu.edu">kmeyer@gmu.edu</a>	703.993.3252

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## **Academic Recognitions**

### **Dean's List**

Each student who attempts at least 6 credits during a term and earns a minimum term of 3.5

### **Colonial Athletic Association Scholar-Athlete (CAA)**

Each student-athlete that has earned a varsity letter, as well as achieved an overall or current academic year cumulative grade point average of 3.2 on a 4.0 scale in a CAA sponsored sport will receive a certificate and pin and their name placed on the Awards Boards in the Academic Resource Center.

### **Provost Scholar Athlete Award**

Recognizes student-athletes who have earned a minimum of thirty-eight credit hours at Mason and who have achieved a cumulative grade point average of 3.75 or better.

## **Student-Athlete Welfare**

### **Psychological Services**

The psychological services available through the Department of Intercollegiate Athletics are designed to help meet the specific welfare and development needs of college student-athletes. These services help student-athletes succeed athletically, academically, personally, and socially while at George Mason University.

Individual counseling is available to student-athletes for personal, social, academic, career, athletic and other concerns. Counseling for athletically related performance enhancement is available for individual student-athletes and teams. Interested student-athletes may make an appointment by contacting the Sports Psychologist, Dr. Debbie Wilson. All counseling is confidential and free of charge to student-athletes.

The Sports Psychologist is also available as a consultant to student-athletes, team leaders, coaches, parents of student-athletes and administrators. Requests for team consultations often address team building, goal setting, motivation, communication and other concerns. Student-athletes have the opportunity to participate in ongoing group programs on leadership development and academic retention.

For more information or to arrange an appointment contact the Sports Psychologist:  
**Deborah Wilson, Ph.D. Sports Psychologist at 703-993-3254.**

## **STUDENT-ATHLETE AFFAIRS AT GEORGE MASON UNIVERSITY**

The NCAA Student-Athlete Affairs program has been developed and implemented at George Mason University through the support of the University, the NCAA, and the Colonial Athletic Association (CAA) in providing student-athletes an extraordinary environment that fosters principles of leadership, excellence, achievement, and diversity. The Student-Athlete Affairs program was developed to provide student-athletes with a support system that will assist them through the many transitions of college, help prepare them through the many transitions of college, help prepare them for the professional world, and at the same time provide opportunities to make meaningful contributions to the community.

### **For information, please contact:**

Nena Rogers  
Associate Athletic Director, Director of Student Services  
George Mason University Intercollegiate Athletics  
nrogers1@gmu.edu  
703-993-3594

Resa Lovelace  
Coordinator of Student-Athlete Affairs  
George Mason University Intercollegiate Athletics  
[rlovela2@gmu.edu](mailto:rlovela2@gmu.edu)  
703-993-5218

### **Mission**

The program has been designed with a great deal of care in mind for George Mason student-athletes so that they will get the most out of their educational opportunities, excel athletically, develop personally, discover personal rewards from community service, and to explore career development. We hope to empower you, to embrace the many aspects of college education, athletics and life; through educational programs, volunteer opportunities, academic workshops, guest speakers and countless other initiatives.

*“Don’t let what you can’t do interfere with what you can do” ~  
John Wooden, UCLA Coach (1948-1975)*

## **Patriots L.E.A.D.**

*Leadership  
Excellence  
Achievement  
Diversity*

## Student-Athlete Affairs Location and Operating Hours

The Student-Athlete Affairs office is located in the Recreational Sports Complex (Field House) at 4400 University Drive. The Student-Athlete Affairs office is open to all student-athletes in need of assistance Monday through Friday from 9:00 am to 5:00 pm. Though walk-ins are welcome, it is advised that student-athletes and visitors call to schedule an appointment.

\*Monday-Friday: 9:00am-5:00pm

Saturday/Sunday: Closed

\*Walk-ins are welcome, schedule appointments preferred.

## Financial Assistance

### Student-Athlete Aid Fund

The Student-Athlete Aid Fund is intended to provide direct benefits to student-athletes in meeting their financial needs that arise in conjunction with participation in intercollegiate athletics, enrollment in an academic curriculum, and to recognize academic achievement.

The Student-Athlete Aid Fund is available to student-athletes who make their team roster on an NCAA sponsored sport at George Mason University, who qualify academically, and complete the 2012-13 FAFSA application. The FAFSA application can be found at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). All FAFSA applications should be completed online. ***Must have FAFSA completed for the current school year by December 3, 2012.***

The Student-Athletes Aid Fund is also available to assist student-athletes with post-graduate placement testing, academic testing and certification programs.

For additional information regarding the SAOF please contact:

Nena Rogers

Associate Athletic Director

Director of Student Services

[nrogers1@gmu.edu](mailto:nrogers1@gmu.edu)

703-993-3594

Resa Lovelace

Coordinator of Student-Athlete Affairs

[rlovela2@gmu.edu](mailto:rlovela2@gmu.edu)

703-993-5218

### Additional information and resources:

#### **George Mason Office of Student Financial Aid:**

<http://financialaid.gmu.edu/>

#### **Federal Student Aid (FAFSA):**

<http://www.fafsa.ed.gov/>

#### **Federal Student Aid Portal:**

<http://studentaid.ed.gov/PORTALSWebApp/students/english/index.jsp>

## **Career Development**

Mason's Student-Athlete Affairs program focuses on providing opportunities for student-athletes to actively learn about prospective careers and preparing for life after intercollegiate athletics. Through the Student-Athlete Affairs program and its partnership with the University Career Services, our goal is to help student-athletes develop skills that can assist them in a more successful transition into their lives after intercollegiate athletics. The following are a few examples of those opportunities:

## **Community Service**

Giving back to your community is not only good for the community but it also provides student-athletes with a valuable education. The Student-Athlete Affairs program community service initiatives are geared to exposing student-athletes to the importance of serving the surrounding communities, both on and off campus. The Student-Athlete Advisory Council (SAAC) plays a very active role in developing and implementing community service events for SAAC and Intercollegiate teams.



## **STUDENT ATHLETIC ADVISORY COUNCIL (SAAC)**

The Mason Student-Athlete Advisory Council (SAAC) was established in Jan of 1992 as a student athletic based organization, made up of two representatives from each of the 22 sports at Mason. It currently serves as the primary conduit for communication among and between student-athletes, coaches, administrators and the surrounding Mason community. Through a coach's nomination, a student-athlete is eligible to serve up to four terms (eight semesters) as the SAAC representative for their team.

SAAC meets on a bi-monthly basis addressing current topics of interest and concerns to Mason student-athletes. Under the supervision of both the Executive board (President, Vice President, Secretary and Treasurer) and the SAAC Administrator, the student-athletes are able discuss issues of concerns that directly effect their individual teams.

These student-athletes also enjoy the responsibility of maintaining a positive leadership role in the surrounding community by organizing, promoting and hosting several service projects throughout the year. By maintaining a healthy relationship with both the administrators and local community figures, SAAC believes that their efforts to help better Mason's student-athletes will not only be well received but also well recognized.

Throughout the years, SAAC has established themselves as the premier liaison between the student-athletes and the administration, servicing the needs of all student athletes, whether it is academic, athletic or extra curricular. As results of being a part of this organization, SAAC representatives not only learn how to co exist in a functional leadership environment, but they also have the opportunity to witness and experience how the voices of a few can change the minds many.



## INTERCOLLEGIATE PROGRAMS AND AWARDS

The sports for which participation awards may be earned are:

### Men

Baseball  
Basketball  
Cheerleading  
Cross-Country  
Golf  
Soccer  
Swimming & Diving  
Tennis  
Track, Indoor  
Track, Outdoor  
Volleyball  
Wrestling

### Women

Basketball  
Cheerleading  
Cross-Country  
Lacrosse  
Masonettes  
Rowing  
Soccer  
Softball  
Swimming & Diving  
Tennis  
Track, Indoor & Outdoor  
Volleyball

### **Career Completion Award (George Mason Statue)**

The Career Completion Award is given to those student-athletes who have successfully completed their academic and/or athletic commitment to George Mason University.

### **GMU Conference & National Championship Awards**

#### **1. Conference Championships**

Members of Conference Championship teams affiliated with George Mason University (CAA, ECAC, IC4A, and EIVA) shall be awarded a memento with the corresponding conference logo. A proposed selection of the memento shall be submitted by the coach to the Associate Athletic Director for Intercollegiate Athletics for final approval.

#### **2. National Championships**

National Championship team members/Individual Champions shall be awarded the George Mason University National Championship ring.

#### **3. Coach's Awards**

Coaches shall receive the same award as team members for Conference and National Championships. In the case of individual champions, coaches will receive a National Championship ring after having coached five (5) National Champions.

***Note:** In an academic year, a single award will be given which reflects the accomplishment(s) achieved by that team/Individual.*

### **Additional Athletic Awards**

1. A student who has served in a support role will be eligible at coaches' request for appropriate participation award.
2. The Director of Athletics reserves the right to make special or alternative awards as governed by NCAA Bylaw 16 including but not limited to senior recognition awards.

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## ATHLETIC PARTICIPATION INFORMATION

Each academic year prior to any athletic participation (tryout, practice or competition) each student-athlete must attend an NCAA rules session. During this session, the student-athlete is given a review of NCAA regulations as well as George Mason University academic and general regulations. In addition, each student-athlete signs NCAA and George Mason University documents confirming understanding and commitment to compliance within the intent and spirit of these rules. (Copies of the NCAA rules summary; student-athlete statement and drug testing consent forms along with George Mason University medical and general information forms are included, at the end of this section, for your records.)

In addition, important information on extra benefits, gambling, and agents is included. If you have questions contact the GMU Compliance Staff at 703-993-3230 or 703-993-3204.

### **Eligibility Definitions**

*Academic Year 2012-2013*

A student-athlete has used a year of eligibility if:

- an individual represents George Mason University in any contest against outside competition (scrimmage, exhibition, actual game or even a practice session with another institution's team);  
or
- an individual competes for George Mason University regardless of the amount of time the student-athlete is actually involved in the contest; or
- an individual competes in George Mason University's uniform, and/or receives any expenses for transportation, food, lodging etc., from George Mason University.
- Redshirt\*

*\*A student-athlete is said to have been a "redshirt" if the individual **only** practiced with the team. The individual could not have represented George Mason University in any contest against outside competition (e.g. scrimmage, exhibition or joint practice session with another institution's team or with individuals other than team members.)*

## Continuing Eligibility Standards

In order to compete during any semester or academic year, you must complete the following minimum standards set forth by the NCAA and any George Mason Academic requirements prior to competition:

**MUST BE A FULL-TIME STUDENT AND IN GOOD STANDING ACCORING TO  
GEORGE MASON UNIVERSITY (enrolled in at least 12 credit hours)**

**In addition:**

### Minimum NCAA GPA Requirements

- Prior to your third (3<sup>rd</sup>) term of full-time enrollment you must have a GPA of at least **1.800**
- Prior to your fifth (5<sup>th</sup>) term of full-time enrollment you must have a GPA of at least **1.900**
- Prior to your seventh (7<sup>th</sup>) term of full-time enrollment you must have a GPA of at least **2.000**

### Progress-Toward-Degree Requirements

- Must pass at least six (6) hours during every semester of full-time enrollment
- Must pass at least eighteen (18) hours during any two consecutive full-time terms of enrollment
- Must pass at twenty-four (24) hours prior to your third (3<sup>rd</sup>) full-time semester
- Must complete 40% of degree requirement prior to your fifth (5<sup>th</sup>) full-time semester
- Which means you must choose a degree prior to your fifth (5<sup>th</sup>) full-time semester
- Must complete 60% of degree requirements prior to your seventh (7<sup>th</sup>) full-time semester
- Must complete 80% of degree requirements prior to your ninth (9<sup>th</sup>) full-time semester

### Medical Hardship

Once a student-athlete triggers the use of a year of eligibility the only way he/she can get that year of eligibility back is to receive a medical hardship waiver. George Mason University can apply to the CAA if the student-athlete meets the following criteria:

- student-athlete has a season-ending injury or illness that can be documented with contemporaneous medical documentation from a doctor;
- injury, illness occurred in the first half of the season; and
- student-athlete competed in not more than 30 percent of the completed contests
- or 3 dates of competition (whichever applies to your sport)

## EXTRA BENEFITS

NCAA general rule: Student-athletes may not receive any kind of extra benefit provided because of their athletic ability or reputation.

Extra benefits include anything to which other students would not be entitled. These benefits include but are **not limited** to:

**MONEY**

**DISCOUNTS**

**JEWELRY**

**PAGERS**

**PHONE CARDS**

**USE OF BEEPER/CELLULAR PHONES**

**GROCERIES**

**FREE MEALS**

**CAR (OLD OR NEW)**

**FREE USE OF A VEHICLE**

**MOVIE TICKETS**

**TICKETS TO PROFESSIONAL GAMES**

**LOANS OR CO-SIGNING OF LOAN**

**GUARANTEE OF BOND**

**HAIR CUTS**

**ANY PREFERENTIAL TREATMENT**

**SPONSOR FAMILIES**

**GIFTS FROM A PARTICULAR GROUP**

*A benefit of either GREAT or LITTLE value may impact your eligibility.*

# **ASK BEFORE YOU ACCEPT**

**Call the George Mason University  
Compliance Office**

**703-993-3230**

## Gambling

Billions of dollars change hands on sports gambling each year. Gambling is “**HOT**” on college campuses across the country. As a student-athlete you can be drawn into the “Web of Gambling” in what seems to be harmless ways. Student “bookies” are still “bookies.” A bet through a friend may cause you to become ineligible for Intercollegiate Athletics.

NCAA rules are clear - NCAA bylaw 10.3 states:

**Student-athletes** shall not knowingly:

- Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics;
- solicit a bet on any intercollegiate team;
- accept a bet on any team representing George Mason University; or
- 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.”

### 10.02.1 Sports Wagering

Sports wagering includes placing, accepting or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or **fantasy leagues** in which an entry fee is required and there is an opportunity to win a prize.

### Other Student-Athlete Responsibilities

Student-athletes are responsible for knowing and abiding by each of the following George Mason University policies or statements. All of these topics can be found in the George Mason University Student Handbook and Day Planner.

## **TEAM POLICIES AND PROCEDURES**

### **Competition Schedules**

Scheduling of all competition (both traditional and non-traditional segments) will be reviewed and approved annually by the Deputy Associate Athletic Director for Intercollegiate Sports. Particular attention will be paid to the budget process, as well as, academic spacing regarding missed class time. Competition contract negotiations regarding anticipated revenues and expenses must be presented for review at this time.

### **Practice Schedules**

To determine team practice times that ensures fair and equitable access to all student-athletes for quality preparation for competition, while allowing flexibility to maintain the primary mission of academic excellence. Issues such as gender equity determine time and space available for competition preparation.

Practice times will be approved prior to the start of the academic year to minimize interference with student-athlete class schedules. Individual and specialized training will be conducted around the early morning hours (6:00-8:00 am) or early evening (7:00-9:00 pm) to reduce conflict with academic scheduling.

### **Team Travel**

All teams are transported to events in University vehicles and authorized commercial carriers only. Teams desiring to travel by air must receive approval from the appropriate athletic administrator. The mode of transportation must be justified on the basis of safety, economics and the time requirements of the personnel involved with the trip. Team departure times have been established to ensure that as few classes as possible are missed.

All team travel (other than bus) that is approximately 120 miles or less must depart the competition site by 10 p.m. to arrive back on campus by a reasonable hour. In the event that the competition is (1) either further than the suggested 120 mile limit, or (2) is completed later than the 10 p.m. deadline, the team must stay overnight so as not to jeopardize the safety and well-being of those in the travel party.

In the event that van transportation has been approved for a distance greater than 120 miles (either to or from a competition site) there will be a driving limit not to exceed a total of 8 driving hours on any non-competition day. All drivers on departmentally approved trips MUST be registered and cleared by George Mason University Motor Pool Office.

### **Final Exam Period Scheduling**

There will be no regular season competition during the actual testing time periods. The Faculty Athletic Advisory Board must approve season completing conference championship play with pre-approval review by the Deputy Associate Athletic Director for Intercollegiate Sports. Particular attention must be paid to all testing makeup dates. Travel (to and from competition) may not be permitted during all testing periods.

## **STUDENT-ATHLETE APPEAL AND GRIEVANCE PROCEDURES**

Student-athletes have available to them all appeal and grievance procedures generally available to any student at George Mason University (GMU). Those policies and procedures are explained in the GMU Student Handbook. In addition, student-athletes at GMU have available the following four appeal or grievance procedures specifically address athletically related concerns:

1. Appeal of a denial of permission to speak with another collegiate institution regarding the student-athlete's possible transfer to that institution or denial of the "one-time transfer exception"
2. Appeal of a reduction or non-renewal of an athletic scholarship
3. Appeal of a sanction or sanctions imposed on a student-athlete as a result of a violation of GMU's Standards of Conduct for Student-Athletes
4. Grievance regarding the student-athlete's athletic or athletically related experience

Questions regarding these appeals and grievance procedures may be directed to the department of Intercollegiate Athletics Compliance.

### **1.a. Student-Athlete Appeals Process Regarding Transfers**

[NCAA BYLAWS 13.1.1.3 AND 14.5.5.2.10]

In the event that either **Permission to Speak** is not granted to allow a current student-athlete to speak with another collegiate institution concerning the possibility of transferring or that a GMU head coach has objected to granting the **One-Time Transfer Exception** to a transferring student-athlete, the student-athlete is entitled to a hearing.

When the **Permission to Speak** is not granted or there is an objection to the **One-Time Transfer Exception**, the Compliance Staff will notify the student-athlete in writing of the process to appeal the decision.

### **APPEALS PROCESS**

- The student-athlete must notify the Faculty Athletic Representative (Linda Miller, Senior Associate Dean, College of Visual & Performing Arts) in writing that he/she wishes to appeal.
- The student-athlete must submit the facts of the appeal in writing to the Faculty Athletic Representative.
- The head coach must submit the facts for denying the appeal to the Faculty Athletic Representative.
- The Faculty Athletic Representative will convene a three-person committee of individuals from the Athletics Council (excluding Department of Intercollegiate Athletics staff) to deliberate the case.
- A final decision will be made and reported to the student-athlete, Head Coach and Compliance Officer.

### **1.b. CAA Intraconference Transfer Rule**

A student-athlete in a conference sport that has been the recipient of athletically related financial aid at a CAA Institution who decided to transfer within conference must fulfill two academic years of residence (per NCAA Bylaw 14.5.1) prior to being certified eligible for competition. The Intraconference Transfer rule also applies to incoming student-athletes that has signed a valid National Letter of Intent with a CAA Institution. Likewise, by general agreement, the original institution will have no objection to a waiver of the transfer residence requirement for the intra-conference transfer of a student that has never received athletically related financial aid at the first CAA Institution.

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### **1.c. EIVA Intraconference Transfer Rule**

Any student transfer from one institution to another within the EIVA is a mandatory one year of ineligibility period, unless written waivers are received from the athletic departments of both institutions.

### **2. Student-Athlete Appeals Process for Athletic Scholarship Reduction or Non-Renewal [NCAA BYLAW 15.3.5.1]**

In the event that a student-athlete's athletic scholarship is not renewed or is reduced, the student-athlete has the right to a hearing, and will be notified in writing by the Director, Office of Student Financial Aid. This notification informs the student-athlete of the reason(s) for the non-renewal or reduction and the process if the student-athlete wishes to appeal.

If the student-athlete submits an appeal, the request must be sent in writing to the Director, Office of Student Financial Aid and postmarked within the time period stated in the notification letter.

#### **APPEAL PROCESS**

- Student-athlete must submit the facts of the case in writing to the Director, Office of Student Financial Aid.
- Head coach must submit the facts for denying the appeal to the Director Office of Student Financial Aid.
- The Director, Office of Student Financial Aid will present the appeal to the Office of Student Financial Aid Appeal Committee for deliberation.
- A final decision will be made and reported to the student-athlete, head coach and Compliance staff.

### **3. Student-Athlete Appeals Process Regarding a Sanction from Violation of the Standards of Conduct**

In the event a student-athlete receives a sanction resulting from a violation of the Standards of Conduct for Student-Athletes that he/she considers inappropriate, the student-athlete has the right to an appeal.

To be considered for an appeal regarding a sanction resulting from a violation of the Standards of Conduct for Student-Athletes, the student-athlete must notify the Assistant Vice President/Athletic Director (Tom O'Connor) in writing within ten (10) calendar days of the notification of the sanction. The student-athlete must specify the basis for the appeal and provide supporting evidence at the time the appeal is submitted. The Assistant Vice President/Athletic Director will review the appeal and respond to the student-athlete. The decision of the Assistant Vice President/Athletic Director is final.

#### **BASIS FOR AN APPEAL**

A sanction may be appealed to the Assistant Vice President/Athletic Director if it is determined that:

- New facts directly related to the case have been discovered or become available, or
- The policies and procedures of the Standards of Conduct for Student-Athletes were not followed in the determination of the misconduct or the sanction.

#### **RESPONSE TO AN APPEAL**

The Assistant Vice President/Athletic Director will review the appeal. If he/she determines there are adequate grounds to grant the appeal, he/she will determine the appropriate sanction. The decision of the Assistant Vice President/Athletic Director is final, if any.

#### **4. Student-Athlete Grievance Procedure**

In the event a student-athlete has a grievance or complaint concerning his/her athletic or athletically related experience with a member of the Department of Intercollegiate Athletics (ICA) he/she has a right to file a grievance.

##### **PROCEDURE**

- The student-athlete will meet with the Senior Woman Administrator/Senior Associate Athletic Administrator to discuss the facts of Grievance.
- Within 7 business days, the Senior Administrator will consult with two other athletic administrators (not involved in the case) and render a decision.
- The student-athletes may appeal the decision only in cases of new information or misinterpretation of the original facts.
- The decision of the Assistant Vice President/Athletic Director is final

## ATHLETIC SCHOLARSHIPS

The Department of Intercollegiate Athletics offers athletic scholarships to those student-athletes who have demonstrated a commitment to academic achievement and the ability and desire to compete at the level of athletics consistent with the George Mason University established athletic programs.

Athletic scholarships are offered to student-athletes at the discretion of each coach, with the consent of the Associate Athletic Director for Compliance, and the final approval of the Director of Student Financial Aid, within the guidelines prescribed by George Mason University, the Colonial Athletic Association (CAA), and the National Collegiate Athletic Association (NCAA). Athletic Scholarships may be awarded for any term during which a student athlete is in attendance as an undergraduate or a graduate student with eligibility remaining. Student Athletes can receive five years of aid within a six year period.

### **Types of Athletic Scholarships**

**TUITION:** A Tuition Scholarship represents payment by the Department of Intercollegiate Athletics on behalf of the student-athlete for in- or out-of-state tuition, based upon the student-athlete's residency designation, for up to sixteen (16) credit hours a semester for undergraduate studies and twelve (12) hours for graduate studies. A student-athlete requesting scholarship aid for more than 16 credit hours must appeal to the Senior Associate Athletic Director for Student Services and receive final confirmation from the Director, Office of Student Financial Aid. Consideration of such requests is based on the student-athlete's progress toward obtaining a degree in a timely fashion.

**ROOM:** A Room Scholarship (on-campus) represents payment by the Department of Intercollegiate Athletics on behalf of the student-athlete for on-campus housing equal to or less than the cost of a **Double in the TAP** area. Any additional expenses incurred for housing are the obligation of the student-athlete (e.g. when a student-athlete elects to live on campus in a more expensive location, such as a townhouse, two-person apartment, single dorm room, etc).

*\*Men's and Women's basketball student-athletes are exceptions to this policy.*

**BOARD:** A Board Scholarship represents payment by the Department of Intercollegiate Athletics on behalf of the student-athlete for the on-campus **Freedom Rings** meal plan selected by the student-athlete. If a student-athlete chooses a more expensive meal plan, the scholarship will **ONLY** pay up to the cost of a Freedom Rings meal plan.

*\*\*For incoming freshmen beginning in fall 2009, your Board Scholarship will be the equivalent to the 230 Block meal plan.*

**BOOKS:** A Book Scholarship represents payment by the Department of Intercollegiate Athletics on behalf of the student-athlete for all books required for their course of study and is awarded only to those student-athletes receiving a full athletic scholarship (i.e. full tuition & fee, full room, full board and books).

### **Award of Athletic Scholarship**

An award may be initiated either the fall or spring semester. Annual scholarships will be divided over both fall and spring semesters. Athletic scholarships, once awarded, are renewable according to NCAA regulations. An award cannot be increase during the period of the award.

There can be any combination up to a full athletic scholarship (i.e. tuition, room, board, and books). In addition, the Department of Intercollegiate Athletics on behalf of each recipient of a full athletic scholarship pays the Orientation Fee. Also, the Department of Intercollegiate Athletics pays international student health insurance, which is required by George Mason University, for each international student-athlete receiving a full athletic scholarship.

## Payment of Athletic Scholarship

**Standard Payment:** The Office of Student Financial Aid will be responsible for forwarding to the Cashier's Office the names and appropriate amounts and types of athletic scholarship awards for payment.

**Cash Award Payment:** Cash payments are made available to the student-athlete through the Athletic Department Compliance Office on the first day of each semester. The Department of Intercollegiate Athletics will make a cash award directly to the student-athlete in the following instances:

**Room:** When a student-athlete is awarded a room or half-room scholarship and elects to live off campus, a cash award will be made directly to the student-athlete based on the current cost of a Triple in the Commonwealth/Dominion Residence Hall.

**Board:** When a student-athlete is awarded a Board Scholarship and elects to live off campus, in the University Apartments, or in the University townhouses, a cash award may be made directly to the student-athlete. **The cash award amount will be determined annually, however it is of a lesser value than the amount if a student-athlete received an on-campus meal plan.**

**Tuition:** When a student-athlete has previously made payment to George Mason University for tuition, and is later awarded a tuition scholarship, the Department of Intercollegiate Athletics will consider a cash reimbursement to the student-athlete on a case-by-case basis.

## Degree-Completion Awards (Fifth Year Scholarships)

Student-athletes may apply for George Mason University's Athletic Department fifth year Degree-Completion Awards. Applicants must be currently receiving an athletic scholarship; have exhausted athletic eligibility prior to the use of the award; and will be able to complete requirements for an undergraduate degree within a fall or a fall and spring semester.

The awards will be tuition scholarships only. Awards may be partial or full tuition. The award may be less than or equal to the percentage of athletic scholarship the student-athlete had during his/her last year of athletic eligibility.

*\*Men's and Women's basketball student-athletes are exceptions to this policy.*

## Summer Scholarship

Student-athletes may apply for George Mason University's Athletic Department Summer Scholarship Award. Priority will be given for those graduating in that summer and for classes that apply only to a first undergraduate degree. Applicants must be currently receiving an athletic scholarship.

The awards will be tuition scholarships only. Awards may be partial or full tuition. The award may be less than or equal to the student-athlete's percentage of athletic scholarship.

**For more information on the Degree Completion and Summer Scholarship Awards, visit [www.gomason.com](http://www.gomason.com) under Student-Athlete Affairs.**

*\*Men's and Women's basketball student-athletes are exceptions to this policy.*

## Renewal Policy

Each scholarship recipient will be notified by GMU email from the Director of Financial Aid that his/her scholarship has been renewed for the next academic year on/or before July 1<sup>st</sup>.

## Period of Award

The following is quoted directly from the NCAA Manual:

### **NCAA Bylaw 15.3.3.1**

*"If a student's athletic ability is considered in any degree in awarding financial aid, such aid shall neither be awarded for a period in excess of one academic year nor for a period of less than one academic year."*

### **NCAA Bylaw 15.3.3.1.2**

*“A staff member may inform a prospect that the Athletic Department will recommend to the financial aid authority that the prospect's financial aid be renewed each year for a period of four years and may indicate that the authority has always followed the Athletic Department's recommendations in the past. However, the prospect must be informed that the renewal will not be automatic.”*

### **Reduction or Non-Renewal of Athletic Scholarship**

#### **NCAA BYLAW 15.3.4.2 (paraphrased)**

An athletic scholarship may be reduced or cancelled if the student-athlete does any of the following **during the period of award**:

- Renders himself or herself ineligible for intercollegiate competition.
- Fraudulently misrepresents any information on an application, letter of intent, or financial aid agreement.
- Engages in serious misconduct warranting substantial disciplinary penalty.
- Voluntarily withdraws from a sport for personal reasons.

In addition, an athletic scholarship may be reduced, cancelled, or non-renewed based on, but not limited to, violations of the Student-Athlete Standards of Conduct.

### **Medical Exception – Athletic Scholarship**

A student-athlete that is deemed medically unable to participate by Mason's team physician will be considered for the continuation of his/her athletic scholarship thru the completion of an undergraduate degree. A student-athlete who receives athletic scholarships in this situation have conditions on which the scholarship is based. The conditions include: maintaining academic good standing as defined by George Mason University; meeting the scholastic standards as required by the NCAA; complying with an individualized “academic contract” developed for the student-athlete by Dr. Debbie Wilson, Associate AD for Academic Services; and working up to 15 hours a week in an assigned position within the Athletic Department.

### **Appeal Process for Athletic Scholarship Reduction or Non-Renewal**

In the event a student-athlete's athletic scholarship is reduced or non-renewed, the student-athlete will be informed in writing by the Director, Office of Student Financial Aid. If the student-athlete contends that the reduction or non-renewal is unjust, he/she has the right to appeal. The student-athlete must submit, in writing, a formal appeal to the Director, Office of Financial Aid. *(See Student-Athlete Appeal and Grievance Procedure.)*

### **Need-Based Financial Aid**

A student-athlete with a financial need is encouraged to investigate what aid is available through the Student Financial Aid Office. Appropriate information and documents can be obtained from the Student Financial Aid Office. Financial Aid Counselors are available to assist and inform the student-athlete with documentation and forms.

*REMINDER: Student-athletes must reapply each year for institutional (need-based) financial aid. In order to receive the best available financial aid package all forms MUST be completed as close to January 1<sup>st</sup> as possible or soon after. Even a month delay can affect the financial aid package you may receive.*

### **Athletic Scholarship Tax Responsibility**

*As a scholarship student-athlete you may have a tax obligation.*

Athletic Scholarships are made up of tuition, room, board and books. The Internal Revenue Service (IRS) has determined that only the room and board portions of an athletic scholarship are taxable.

U.S. citizens are responsible for declaring this income, filing the appropriate forms and paying any requested tax.

**Non-resident alien international students are required to pay this tax immediately upon receipt of any taxable scholarship monies. For further information: on non-resident alien tax please contact the Office of International Student Services at 703-993-2970; for U.S. Citizens, check with your tax advisor for complete information.**

## **Student-Athlete Employment**

Earnings from a student-athlete's on- or off-campus employment that occurs at any time is exempt and is not counted in determining a student-athlete's full grant-in-aid or in the institution's financial aid limitations, provided:

- The student-athlete's compensation does not include any remuneration for value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame or personal following that he or she has obtained because of athletics ability;
- The student-athlete is compensated only for work actually performed; and
- The student-athlete is compensated at a rate commensurate with the going rate in that locality for similar services.

You will be required to inform the Athletic Department Compliance Staff with pertinent information regarding your employment during the academic year and during your summer vacations on an annual basis.

### **Important Notice**

This document is intended to be a summary in nature and represents an overview of the principal aspects of the rules governing athletic scholarships. You are, therefore, encouraged to ask questions and seek further information on the rules governing athletic scholarships in their entirety.

**If you have questions about athletic scholarships, please call Paul Bowden, Associate AD for Compliance at (703) 993-3230.**

## **CENTER FOR SPORTS PERFORMANCE**

The George Mason University Center for Sports Performance promotes a multidisciplinary approach to assist the student athlete's physical development for athletic competition and lifetime health. With the coordinated efforts of the strength and conditioning specialists, sports dietitian, athletic trainers, team physicians, and allied healthcare providers, the student athlete has access to professionals who can educate and direct all aspects of strength training and conditioning, nutrition, and injury prevention and rehabilitation. We promote athletic performance and life-long wellness by providing and coordinating the necessary education and resources for our student athletes to be successful in athletics and life. We share in the responsibility of providing a quality experience for each student athlete during their time at George Mason University.

### **STRENGTH AND CONDITIONING**

The strength and conditioning department at George Mason University is dedicated to the design and implementation of training programs for student-athletes to decrease injury potential and enhance sports performance. These training programs are developed with an emphasis on safety and the fulfillment of the student-athlete experience.

**The strength and conditioning staff and weight training facility is located in Room 123 of the Field House.**

Facility hours are set by the Recreation Sports Complex manager. The strength staff is available as scheduled by athletic teams. During the Fall and Spring semesters this has been from 6am – 5pm, Monday through Friday. Summer hours are established by appointment.

An orientation session will be provided to all student-athletes concerning facility usage requirements, regarding proper attire and etiquette.

#### **Strength and Conditioning Staff**

##### **Robert Handerahan, CSCS**

Head Strength & Conditioning Coordinator

[rhandera@gmu.edu](mailto:rhandera@gmu.edu)

703-993-3237

##### **Sarah Walls, CSCS**

Assistant Strength & Conditioning Coordinator

[swalls@gmu.edu](mailto:swalls@gmu.edu)

703-993-2306

## SPORTS NUTRITION

For an NCAA student-athlete, transitioning from high school to collegiate sports can be intimidating. The collegiate level requires more time and energy for conditioning, practice, and game day. At George Mason University, the sports dietitian supports the student-athlete in reaching their full potential through individual assessment, counseling in proper fueling, and hydration for positive sports performance results.

### **For optimal athletic performance, know Your Fueling Game Plan.**

- Do you need assistance with reshaping your diet for optimal nutrition, hydration, performance or rehab?
- Do you need assistance with weight management or body fat percentage for your sport?
- Do you need medical nutrition therapy for medical maladies such as disordered eating, food allergies, elevated cholesterol, high blood pressure, anemia, or other nutrition related maladies?
- Do you need assistance evaluating dietary supplement safety?

Know your sport, know your season, and schedule your fueling game plan in the off-season or preseason for optimal results.

### **Sports Nutrition Services for Varsity Student Athletes:**

- ◆ Individual Counseling: nutrition assessment, healthy meal and snack options for athlete's sports specific needs, e.g. off/pre/in-season food options.
- Small Group Presentation: (Examples) proper fueling and hydration strategies for pre-during-post exercise, etc.
- Team Presentations: Eating on the road, anti-inflammatory foods, and other sports specific topics.
- Student-athletes should visit the website at [www.gomason.com](http://www.gomason.com) for Center of Sports Performance and Sports Nutrition.
- Student-athletes are welcome to schedule an appointment, by contacting:

Theresa Logan, MS, RD, CSSD, [tlogan2@gmu.edu](mailto:tlogan2@gmu.edu)

Registered and Licensed Dietitian

Board Certified Specialist in Sports Dietetics

## SPORTS MEDICINE

The Sports Medicine Department will provide quality health care to each student-athlete through a team effort from athletic trainers, team physicians, and allied health care providers associated with George Mason University. We desire to contribute as health care providers to the success of our athletic teams by educating our student-athletes and coaches concerning exercise recovery, injury prevention, and injury management and rehabilitation.

The Department of Intercollegiate Athletics has three Athletic Training Rooms on campus.

### **Field House - Room 129 (Main Athletic Training Room)**

Phone: 703-993-3279

General Athletic Training Room Hours: 10:00 a.m. to 7:00 p.m.

Weekends: Only for specific practices/events

### **Recreation and Athletic Complex- Room 1204**

Phone: 703-993-3278

Hours - Only for specific practices/events

### **Patriot Center Room - Room 1059**

Phone : 703-993-3063

Hours - Only for specific practice/events

Each athletic team has been assigned an athletic trainer who will supervise the team's health care. The Athletic Training Room staff can best assist the student-athlete if athletic trainers are informed of injuries or illnesses as they occur. An athletic trainer will be available on campus for all scheduled practices/competitions. In season athletic teams and home events are given priority. All student-athletes are served on a first-come, first served basis except in emergency situations. If it is necessary for your team to travel away without an athletic trainer, a medical kit will be provided and arrangements for coverage will be conveyed to the home school athletic training staff. To see a team physician, student-athletes must be screened by an athletic trainer in advance. Team physicians are available on Monday and Wednesday afternoons in the field house and at home soccer and basketball games, wrestling matches, cross country meets, or other large or multiple day events.

### **Athletic Training Staff**

**Linda Pullen – [lpullen@gmu.edu](mailto:lpullen@gmu.edu)**

Coordinator, Sports Medicine

703-993-3280 (w), 571-220-8912 (c)

**Ray Yamrus – [ryamrusj@gmu.edu](mailto:ryamrusj@gmu.edu)**

Head Athletic Trainer

703-993-3280 (w), 571-437-9040 (c)

**Debi Corbatta – [dcorbatt@gmu.edu](mailto:dcorbatt@gmu.edu)**

Associate Athletic Trainer

703-993-3277 (w), 703-625-1721(c)

**Joey Sierzega – [jsierzega@gmu.edu](mailto:jsierzega@gmu.edu)**

Athletic Trainer

703-993-3277 (w), 571-437-9036 (c)

**Sara Nickoles – [snickole@gmu.edu](mailto:snickole@gmu.edu)**

Athletic Trainer

703-993-3277 (w), 240-277-7030 (c)

**Shannon Soares – [ssoares2@gmu.edu](mailto:ssoares2@gmu.edu)**

Athletic Trainer

703-993-3277 (w), 774-487-0894 (c)

**Emily Fortunato, [afortuna@gmu.edu](mailto:afortuna@gmu.edu)**

Athletic Trainer

703-993-3279 (w), 516-369-6854 (c)

**Andrea Burt, [aburt@gmu.edu](mailto:aburt@gmu.edu)**

Graduate Assistant

703-993-3279 (w), 803-873-1552 (c)

**Lindsay Cosgray, [lcogray@gmu.edu](mailto:lcogray@gmu.edu)**

Graduate Assistant

703-993-3279 (w), 301-305-1984 (c)

**Linda Cooper – [lsokhor@gmu.edu](mailto:lsokhor@gmu.edu)**

Administrative Assistant

703-993-3279 (w)

**Dr. Frank Pettrone**

Head Team Physician

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## Pre-Participation Medical Requirements

Student-athletes must complete the following requirements prior to participation in any athletic activity:

1. Student-Athlete Medical History and Physical Form
2. Medical Disclosure Agreement and Insurance Form
3. Personal/Family Insurance Information Form
4. Personal/Family Insurance Card (provide copy of FRONT and BACK of card)
5. Sickle Cell Trait Screening Results (incoming freshmen, transfers, and try-outs only)

## MEDICAL UPDATES AND REMINDERS

1. Incoming scholarship, recruited, and transfer student-athletes and any student trying-out for an ICA team must have a complete physical cleared by a GMU team physician prior to any athletic participation. Student-athletes may obtain a physical from their family physician. Please use the GMU Medical History and Physical Form if you choose to obtain your own physical. Physicals must be completed after July 1<sup>st</sup> of the upcoming academic year. All returning student-athletes will complete an annual Interim Medical History and Physical Form. **All student-athletes must attend the GMU medical screening. Physicals will be provided free of charge for incoming scholarship, recruited, and recruited transfer student-athletes and returning student-athletes only.**
2. The NCAA requires that all incoming freshmen and transfer student-athletes show proof of sickle cell trait testing (blood test) prior to participation in intercollegiate athletics. Those student-athletes who participate in cheerleading and dance are exempt as well as transfers who began their athletic eligibility prior to the fall of 2010. Incoming freshmen may obtain this test from their family physician. Please discuss the cost of this test with your physician and/or Health Insurance Company. GMU cannot cover the cost of your private screening. GMU will provide the screening on campus free of charge for any student-athlete. **Incoming freshmen and transfers will not be allowed to participate without sickle cell trait test results cleared by a GMU team physician. Please open the websites and review the educational information provided by the NCAA on sickle cell:**

[http://web1.ncaa.org/web\\_files/health\\_safety/SickleCellTraitforSA.pdf](http://web1.ncaa.org/web_files/health_safety/SickleCellTraitforSA.pdf)

[http://web1.ncaa.org/web\\_video/health\\_and\\_safety/sickle\\_cell/sickleCell.html](http://web1.ncaa.org/web_video/health_and_safety/sickle_cell/sickleCell.html)

3. The NCAA requires that all student-athletes sign a Medical Disclosure Agreement prior to participation in intercollegiate athletics. This agreement pertains to the importance of communicating all injuries including concussions and illnesses to the athletic training staff prior to further participation. Student-athletes and parents are asked to thoroughly read this agreement and the information pertaining to personal health insurance and the GMU secondary insurance policy. **Injuries/ illness that are not disclosed in a timely manner from the date of injury or onset of symptoms will not be considered for coverage under GMU's secondary policy.** Open the website to review the educational information provided by the NCAA on concussions:

[http://web1.ncaa.org/web\\_files/health\\_safety/ConFactSheetsa.pdf](http://web1.ncaa.org/web_files/health_safety/ConFactSheetsa.pdf)

## Personal Health Insurance Coverage

Every student-athlete should be covered under a personal or family insurance policy and is encouraged to obtain complete personal health insurance. **This is the primary policy.** Mandatory requirements accompany most primary plans. It is the responsibility of the student-athlete to know the requirements of their personal policy. If the personal policy guidelines are not followed, the secondary policy will not go into effect and the Department of Intercollegiate Athletics will not be responsible for the incurred expenses.

**Student-athletes with Tricare Military or any HMO insurance plan will be required to follow the requirements of their insurance plan. It is highly recommended that a primary care physician in the**

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**Tricare North Region, be selected in the Fairfax vicinity.** By completing this process in advance, health care needs can be addressed in a timely manner for Tricare student-athletes. Please contact Linda Pullen at lpullen@gmu.edu for appropriate forms and further information concerning this procedure.

1. It is the responsibility of the student-athlete to have the following information on file in the Athletic Training Room at all times:
  - Medical Insurance Information Form
  - Insurance Card (copy of front and back)
  - Personal/Family Insurance Information Form
2. **It is the responsibility of the student-athlete and/or the policyholder to keep insurance information current and notify the Athletic Training Room Staff immediately when changes occur.**
3. It is the responsibility of the student-athlete to know and abide by the rules and regulations of the policy.
4. In the event a student-athlete is injured during official competition or practice, it is the responsibility of the student-athlete and/or policyholder to submit all claims in this order:
  - To their Personal/Family Insurance company for payment.
  - Provide the Athletic Training Room Staff with itemized bills and an “explanation of benefits” (EOB) from the primary insurance. Secondary policy will take effect after claims have been submitted to the student-athlete’s insurance company.

### **GEORGE MASON UNIVERSITY’S SECONDARY INSURANCE POLICY**

The Department of Intercollegiate Athletics provides each student-athlete with a secondary sports accident insurance policy. This means that in the event there are outstanding bills after the student-athlete’s personal policy has addressed all claims; the Department of Intercollegiate Athletics secondary insurance policy becomes effective in accordance with its limitations and restrictions.

1. This policy pertains **ONLY** to athletically related trauma during official GMU competition or practice. Medical expenses acquired due to illness, pre-existing injuries, injuries outside of official practice or competition, self-inflicted injuries and injuries not reported in a timely manner are the sole financial responsibility of the parent, guardian or student-athlete. Student-athletes without primary medical insurance assume this risk.
2. The student-athlete must coordinate any treatment of an athletically related injury with the Athletic Training Room Staff. In the event the student-athlete chooses to independently acquire medical services without a written referral from a team physician or athletic trainer, the costs of such services shall be the sole responsibility of the student-athlete. If the student-athlete chooses to obtain medical services normally available through the University from an outside source, the cost of such services will be the sole responsibility of the student-athlete unless prior written approval has been obtained from the Athletic Training Room Staff. Health care providers are available to student-athletes free of charge through the Athletic Training Room (i.e., orthopedics, family practice, podiatrist, chiropractic).
3. The student-athlete must comply with the recommended treatment and rehab protocol as instructed by the team physician and/or athletic trainer. In the event, the student-athlete does not comply with the recommended treatment/rehab protocol, the cost of additional medical services for this injury, will be the sole responsibility of the student-athlete. A student-athlete must consistently report to the athletic training room for treatment and rehab a minimum of 3 days each week to be in compliance with this policy. Written documentation from an athletic trainer will be required for exception to this policy.
4. After a medical bill has been processed through the student-athlete’s primary policy, the outstanding balance of athletically related bills should be submitted to the Athletic Training staff for processing with the secondary policy. AN ITEMIZED BILL from the student-athlete’s doctor and/or hospital and an EXPLANATION OF BENEFITS paid by the primary insurance company are required to process the outstanding balance.

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5. Student-athletes/parents SHOULD NOT PAY MEDICAL BILLS that are athletically related.
6. The secondary insurance policy is only in effect for a period of 2 YEARS from the date of injury. Therefore, in order to successfully process your claim, timely submission of excess claims and all documentation to the Athletic Training staff is essential.
7. The secondary policy will not be in effect in instances where the student-athlete has not properly followed their primary policy's rules and regulations and/or has been non-compliant with recommended treatment and rehab protocols as provided by team physicians and/or athletic trainers.
8. It is the responsibility of each student-athlete to know all policies and procedures related to the Athletic Training Room and Insurance policy (consult your Student-Athlete Handbook, the Sports Medicine Coordinator, or an administrator if you need further information).

George Mason University's Athletic Department assumes no financial or legal responsibility for:

- unreported injuries including concussions
- unreported illness and medical conditions including pregnancy
- charges by a healthcare provider to which a student-athlete was not referred by a member of the Athletic Training Room Staff or team physician
- injuries or conditions not occurring during, or as a result of, participation in a scheduled, supervised practice and/or competition including self-inflicted injuries

All arrangements for the care of injuries are to be made and processed before the student-athlete withdraws, leaves or graduates from George Mason University.

### **Pre-existing Medical Conditions**

Medical conditions existing prior to athletic participation at George Mason University are the financial responsibility of the student-athlete and his or her family. Elimination from participation because of pre-existing conditions or injuries incurred while competing for George Mason University is the prerogative of the team physician. Failure to report medical conditions releases George Mason University from liability in the event of any injury caused by the unreported condition.

### **Medical Expenses**

**All athletically related injuries must be reported to the team athletic trainer or team physician within a timely manner to enable the Athletic Department to help with any medical expense.** All coverage provided by the Department is in compliance with guidelines issued by the NCAA, and therefore does not allow for payment for injuries that are not the result of supervised intercollegiate practice or competition. If injured in an intramural sports game, Departmental coverage is not applicable. If a student-athlete seeks medical care without pre-approval by the Athletic Department athletic training staff and/or team physicians, any and all charges incurred will be the responsibility of the student-athlete.

### **Dental Care**

Each student-athlete is responsible for his or her own dental care unless the need for the care is a result of an injury to sound teeth incurred during recognized athletic/team activity. Proper preventive measures (mouth guards, protective devices) must be taken during all practices, scrimmages, and games, etc. in accordance to NCAA rules that apply to each sport.

### **Eye Care**

Direct injury as the result of trauma is covered under the Athletic Department secondary policy. Eye care that is medically necessary for safe performance in a particular sport is also covered. Any appointments for exams, glasses or contacts require pre-approval by athletic administration.

## **Jewelry/Body Piercing**

All jewelry should be removed prior to athletic activities. Earrings, necklaces, watches, bracelets, rings, toe rings, eye brow rings, tongue studs, navel rings or other types of body piercing jewelry ***should not be worn in competitions or practices.*** Jewelry can be the direct cause of injury to oneself or other individuals and may cause the severity of an injury to worsen (i.e. tongue stud in an unconscious athlete). Jewelry should not be brought to competitions/practices where it cannot be safely stored. Medical expenses due to injury as a result of wearing jewelry during competitions/practices will be the financial responsibility of the student-athlete.

## **Prescriptions**

Prescriptions resulting from trauma related to participation in an ICA approved and ICA supervised event are covered by the athletic department. The receipt should be given to a certified athletic trainer. The prescription will be logged in and turned over to the athletic business office. Student-athletes can pick up their reimbursement from the business office. Prescription receipts from physicians outside of the athletic department will not be honored unless previous approval was given. Prescriptions for illness are not covered.

## **Medications**

Student-athletes should not take any medication (prescription and over-the-counter) or other oral substances from any individual other than a team physician or an athletic trainer under the direction and supervision of a team physician. It is against the law for athletic trainers, coaches or any individual to provide a prescription medication for a person other than who the physician prescribed it for. There is a danger of severe reaction to many medications.

The NCAA requires documentation from a physician to be on file in the athletic training room for medications prescribed for Attention Deficient Hyperactivity Disorder (ADHD). **This documentation must include information pertaining to the evaluation and diagnostic testing pertaining to the diagnosis of ADHD and the recommended treatment including prescription medication.** The NCAA and the GMU Drug Testing Policy requires that each student-athlete maintain a current record of all medications in the athletic training room. Misuse and abuse of any medication including over the counter medications can be harmful to your health.

## **Nutritional Supplements and Ergogenic Agents**

Many supplements and agents are advertised as products that enhance athletic performance (e.g., ergogenic agents). The pressure to maximize performance and gain a competitive advantage at any cost has become prevalent. Consequently, there has been an explosion in the manufacturing and advertising of these products. However, there are few products, which demonstrate scientifically, that enhance athletic performance. Many products are classified as “nutritional agents” or “herbal medicines.” These substances are not governed by agencies or regulations that control purity, efficacy, and safety, as are foods and pharmaceutical products. Consequently, there is tremendous variability in quality and purity of these products. The dangerous side effects and long-term risks involved in the use of many supplements and agents is also an area lacking scientific research. Accordingly, the policy of the Team Physicians, sports dietitian, and Athletic Training Room Staff is to only endorse the use of those products with proven scientific benefit and which are regulated by agencies that control the purity and safety of the product. **The department will follow the guidance of the NCAA in strongly advising against the use of any nutritional supplement or ergogenic agent that without regulation could contain a substance that is on the NCAA banned drug list. An athlete assumes this risk when consuming this type of product during NCAA and GMU drug testing.**

It is also the desire of the Sports Dietitian to provide educational information on a product the student-athlete may consider using. The Sports Dietitian will schedule appointments to discuss products and their usage. Educational resources are available for a student-athlete to review. It is our hope that each student-athlete will make intelligent and educated decisions in the use of any substance consumed with the desire to enhance athletic performance. Sound nutritional habits still remain the most effective and safe method. It is, therefore, the most intelligent first step to improve athletic performance.

### **Tobacco Products**

The NCAA prohibits the use of tobacco products by the student-athlete during practice and competition. The student-athlete who is using tobacco during practice/competition shall be disqualified for the remainder of that practice/competition. The GMU athletic department prohibits the use of tobacco products in and on all athletic facilities.

### **Treatment (General/Emergency)**

**Each student-athlete must report to the Athletic Training Room Staff all injuries or illnesses that might interfere with his or her ability to practice or participate in his or her sport including those evaluated at the GMU Student Health Center or by a personal physician.** In the event of a life-threatening situation (e.g. difficulty breathing, severe bleeding, neck or back injuries, etc.), when an athletic trainer cannot be reached, these problems should be referred immediately to the closest hospital emergency room or urgent care center. The local emergency phone number is 911. Contact the Athletic Training Room Staff or Coach as soon as possible. A team physician, prior to practice or competition must clear any student-athlete who has been seen in the emergency room or admitted to a hospital.

### **Athletic Training Room Rules**

1. The Athletic Training Room is a medical facility and appropriate behavior and dress is required at all times. Shirts are required unless removal is necessary for evaluation or treatment.
2. No treatments are to be self-administered.
3. No athletic equipment or personal belongings are allowed in the Athletic Training Room. The Athletic Training Room Staff is not responsible for the loss/damage of equipment or personal belongings.
4. No cleats are allowed in the Athletic Training Room.
5. Athletes must shower and change practice/competition clothing after practices/games prior to treatment and use of the whirlpools.
6. Any malfunction of the equipment should be reported to the staff member in charge.
7. Food is not allowed in the Athletic Training Room.
8. Tobacco products are not allowed in the Athletic Training Room.
9. Medical supplies or equipment should not be removed without the permission of an athletic trainer. Any item on loan from the Athletic Training Room must be checked-out and returned immediately upon recovery from the injury necessitating the item. Athletic teams will be charged for any item not returned.
10. The athletic trainer's decisions about treatment, taping, and/or administration of this facility are final.
11. Under no circumstances shall a student-athlete be present in an athletic training room when an athletic trainer is not in attendance.

**Additional information concerning athletic training and sports medicine can be obtained on the website <http://gomason.cstv.com/school-bio/sports-medicine.html>**

# Drug and Alcohol Education and Testing Program

## I. PURPOSE

The Department of Intercollegiate Athletics at George Mason University (GMU) is concerned with the health, safety, and welfare of the student-athletes who participate in its programs and represent the University in competitive athletics. The use or abuse of alcohol, illegal drugs, prescription drugs, and dietary supplements is not in the best interest of student-athletes and is detrimental to the mission of GMU's athletic program. GMU recognizes its responsibility to provide educational programming that will support positive decision-making processes. GMU will encourage and support programming which educates student-athletes on the physiological and psychological dangers inherent in the misuse of drugs and alcohol, inform student-athletes about the local, state, and federal laws concerning the use and possession of alcohol and drugs, and reinforce alternative activities supporting a drug or alcohol-free lifestyle. A drug and alcohol program which embraces an educational, screening, and (if necessary) rehabilitation component, will facilitate a positive decision-making process for our student-athletes.

## II. CONDITIONS OF ELIGIBILITY

All GMU student-athletes must sign an NCAA form in which the student-athlete consents to be tested by the NCAA for the use of drugs prohibited by NCAA legislation. In addition and as a condition of eligibility, all student-athletes must sign the GMU Drug Testing Consent Form (Appendix A) to allow for testing by GMU and to allow a limited release of test results, as set forth in these procedures.

## PROCEDURES

### I EDUCATION PROGRAM

Educational programs will be offered to increase awareness, prevent problems, and promote the general well being of student-athletes. In order to meet the health, safety, and welfare needs of our student-athletes, GMU student-athletes will be provided a minimum of one alcohol/drug awareness presentation and at least one additional wellness presentation each academic year. GMU student-athletes are required to attend all educational programs offered by the GMU Athletic Department's Director, CHAMPS Life Skills.

### II. TESTING PROCEDURES

GMU Department of Athletics will conduct substance abuse testing in accordance with the accepted procedures identified in this document. Selection for testing will be based on random selection, a prior positive test as outlined in Section VI, or cause as outlined in Section X. As part of this testing, a student-athlete will be asked to take a urine test to detect illegal drugs, non-prescribed drugs, abuse of prescribed drugs, alcohol abuse, use of narcotics and/or steroids, including nutritional supplements, at such times and places as determined by the Director of Athletics or his/her designee. **The drugs or drug-classes TO BE TESTED for include, but are not limited to the following: ALCOHOL, EPHEDRA, ECSTASY, STIMULANTS, and**

**ANABOLIC AGENTS, INCLUDING NUTRITIONAL SUPPLEMENTS, DIURETICS, STREET DRUGS, PEPTIDE HORMONES, AND ANALOGUES.** Testing will be conducted for all student-athletes as listed in the sports stated in the GMU Student-Athlete Handbook, including student-athletes actively participating, student-athletes with medical disabilities, student-athletes who are red-shirted, student-athletes who are partial or non-qualifiers, and those who have exhausted their eligibility, but are still receiving athletics aid. Unannounced testing may occur at any time of the day during the academic year or after the start of the preseason practice. Notice will be provided in writing by the Head Athletics Trainer or his/her designee, the Head Coach or the Compliance staff.

**The REFUSAL to provide a sample will be considered a positive test.**

ALL TEST RESULTS accumulate during the ENTIRE TIME that an individual is a student-athlete at George Mason University. A positive NCAA drug test will be counted as a positive GMU drug test.

GMU bans the use of substances and methods that alter the integrity or validity of urine samples provided during drug testing. Examples of banned methods include catheterization, urine substitution, and/or tampering with or modification of renal excretion by the use of the diuretics or related compounds. Any urine sample tested for the presence of banned substances may also be tested for the presence of substances used to alter the integrity or validity of urine samples. A positive finding for these substances or other methods of tampering will be considered a positive test. Any attempt to tamper with a urine sample during the collection process will be treated as a positive test.

GMU also may issue a positive test finding to any student-athlete upon GMU's knowledge of a conviction or plea of guilty of the following: 1. Driving under the influence (DUI, DWI) or other motor vehicle violations involving alcohol or drugs, 2. Public intoxication, 3. Drunk and disorderly, 4. Other violations of law involving alcohol or drugs, including possession, 5. Violations of the GMU Standard of Conduct for Student-Athletes involving alcohol or drugs.

All urine samples for testing by GMU will follow the same Specimen Collection Procedures as used by the NCAA.

### **III. REPORTING RESULTS**

When the laboratory notifies the Director of Athletics or his/her designee of a student-athlete's positive test, GMU will immediately request a test of the student-athlete's B sample to confirm the finding. Specimen B findings will be final. A positive result will be reviewed by the Team Physician to determine if there is an acceptable medical explanation. The Director of Athletics or his/her designee will notify the student-athlete verbally and in writing of the positive finding. The Director of Athletics or his/her designee will notify the parents/guardians/spouse, Deputy Athletic Director, Team Physician, Head Coach, Head Athletics Trainer or his/her designee, University Dean of Students and other University officials as deemed appropriate.

Records and other information shall remain in the possession of the Director of Athletics or his/her designee and may be released only as stated on the consent form and as set forth in these procedures.

Last Updated October 18, 2012

#### **IV. "SAFE HARBOR" PROGRAM**

A student-athlete eligible for the Safe Harbor Program may refer himself or herself for voluntary evaluation and treatment for alcohol or other drug problems. A student-athlete is not eligible for the Safe Harbor Program after he or she has been informed of an impending drug test or after having received a positive finding on a GMU or NCAA drug test. The student entering the Safe Harbor Program will be referred to the Counseling Center for a specific treatment program.

The Safe Harbor treatment plan may include confidential drug testing for which a positive test will carry the prescribed sanction as outlined in Section VI. The Team Physician may suspend the student-athlete from competition or practice if medically indicated. A student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed sixty- (60) days, as determined by the treatment plan. A student-athlete will be permitted to enter the Safe Harbor Program only once in their academic career.

While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of student-athletes eligible for random drug testing by GMU. However, student-athletes in the Safe Harbor Program may be selected for drug testing by the NCAA.

The Director of Athletics or his/her designee, the Head Athletics Trainer, and the Team Physician may be informed of the student-athlete's participation in the Safe Harbor Program. The athletics trainer assigned to that sport also may be notified, if medically appropriate. The election of the Safe Harbor Program is fulfilled by meeting with the Athletic Director or his/her designee.

#### **V. TESTING PRIOR TO NCAA CHAMPIONSHIPS**

Teams and/or individuals likely to advance to NCAA Championship competition are subject to additional testing. Testing may be required of all team members or individual student-athletes at any time within thirty- (30) days prior to participation in NCAA Championship competition.

#### **VI. SANCTIONS AFTER POSITIVE TEST RESULTS**

##### **A. FIRST POSITIVE TEST RESULT**

- The Director of Athletics or his/her designee will inform the Deputy Athletic Director, Team Physician, Head Coach, Head Athletics Trainer or his/her designee, University Dean of Students and other University officials as deemed appropriate.
- The Athletic Director or his/her designee will notify the student-athlete of a positive result verbally and in writing.
- A certified letter will be sent to the parents/certified guardian/spouse with each positive test.
- The student-athlete will be required to have an evaluation/assessment at the GMU Counseling Center. The student-athlete must make an appointment for the evaluation within a week of the notice to the student-athlete of the positive result. The Counseling Center will notify the Director of Athletics or his/her designee of

the student-athlete's attendance, completion of the program or subsequent referral. The student-athlete must comply with the treatment recommendations in order to return to/continue competition. The evaluation and recommended treatment must be completed within a reasonable period of time (as determined by the individual conducting the evaluation) following the positive test result.

- The student-athlete will be subject to the sanctions as listed in the Athletic Department Standards of Conduct for Student Athletes. He/She may be suspended immediately, upon notification of a positive test result, for the number of regularly scheduled contests equal to 10% of the total number of regularly scheduled contests in the traditional season of that sport. Any loss-of-competition sanction imposed will carry over into the following year if it is not possible to complete the sanction in the current academic year. (Suspension from athletic contests does not relieve student-athlete from any other responsibility as a team member, including, but not limited to attendance at all practices or other team events.)
- A student-athlete with a positive test will be subject to additional testing whenever GMU conducts testing over the remainder of the student-athlete's eligibility.

## **B. SECOND POSITIVE TEST RESULT**

- The Director of Athletics or his/her designee will inform the Deputy Athletic Director, Team Physician, Head Coach, Head Athletics Trainer or his/her designee, University Dean of Students and other University officials as deemed appropriate.
- A certified letter will be sent to the parents/certified guardian/spouse with each positive test.
- The student-athlete will be suspended immediately, upon notification of a positive test result, for the number of regularly scheduled contests equal to 20% of the total number of regularly scheduled contests in the traditional season of that sport. Any loss-of-competition sanction imposed will carry over into the following year if it is not possible to complete the sanction in the current academic year.
- The student-athlete will be required to have an evaluation/assessment at the GMU Counseling Center. The student-athlete must make an appointment for the evaluation within a week of the notice to the student-athlete of the positive result. The Counseling Center will notify the Director of Athletics or his/her designee of the student-athlete's attendance, completion of the program or subsequent referral. The student-athlete must comply with the treatment recommendations in order to return to/continue competition. The evaluation and recommended treatment must be completed within a reasonable period of time (as determined by the individual conducting the evaluation) following the positive test result.
- Additional testing whenever GMU conducts testing over the remainder of the student-athlete's eligibility.

## **C. THIRD POSITIVE TEST RESULT**

- The Director of Athletics or his/her designee will inform the Deputy Athletic Director, Team Physician, Head Coach, Head Athletics Trainer or his/her designee, University Dean of Students and other University officials as deemed appropriate.
- A certified letter will be sent to the parents/certified guardian/spouse with each positive test.
- Termination of team membership.
- Recommendation to the Director of Student financial Aid for cancellation and non-renewal of athletics scholarship at the earliest possible moment consistent with NCAA rules.

## **VII. TRAFFICKING/DEALING**

A student-athlete will be terminated from team membership upon conviction of trafficking/dealing in any controlled substance. Termination will also include a recommendation for cancellation and non-renewal of any athletics scholarship at the earliest possible moment consistent with NCAA rules.

## **VIII. REFERRAL PROCESS**

In the event of a positive test, the student-athlete will be required to seek counseling and comply with the treatment recommendations of the counselor. Part of the referral process requires that the student-athlete sign a waiver to release information that allows the Counseling Center to contact the Director of Athletics or his/her designee and the Team Physician as to the attendance, compliance, and/or completion of the treatment program. This waiver also will allow the Director of Athletics or his/her designee to monitor compliance with the treatment plan. Failure to comply with the treatment recommendations of the GMU Counseling Center will be considered an additional positive test.

## **IX. APPEAL PROCESS**

Student-athletes who test positive under the terms of the Drug and Alcohol Education and Testing Program will be entitled to a hearing prior to imposition of any sanction. Appeals will be heard by a three-person Appeals Committee comprised of the GMU Team Physician, the George Mason University NCAA Faculty Athletic Representative (Chair), and the Athletic Department Director of CHAMPS Life Skills. The Committee will make a recommendation on each appeal to the Director of Athletics or his/her designee. The decision by the Director of Athletics or his/her designee regarding the sanction to be imposed will be final.

Requests for a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend or University holiday, the request must be made by noon on the next business day. Requests must be in writing and received by the Director of Athletics or his/her designee. The student-athlete may have an advisor present at the appeal if the student-athlete so desires; however, such advisor shall neither represent the

student-athlete before the Appeals Committee nor speak for the student-athlete at the appeal. Only the student-athlete may present his or her own case. The Appeals Committee will schedule the hearing to take place no more than seventy-two (72) hours after the written request is received, but may, in its sole discretion, extend such schedule for its own convenience. Either the student-athlete or other parties involved may request an extension of this time from the Director of Athletics or his/her designee, who will consider whether to grant the extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall not be open to any other attendees, and the contents of the hearing shall be held confidential.

## **X. TESTING FOR CAUSE**

Nothing in this policy shall prevent or limit the university's right to require a student-athlete to submit to testing when there is cause to do so. For purposes of this section, cause shall be defined as behavior, conduct or performance by the student-athlete which leads the university to conclude that there is the likelihood that the student-athlete is taking or is under the influence of illegal drugs, banned substances (as defined above) or alcohol. Among the indicators which may be used in evaluating a student-athlete's behavior, conduct or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, changes in physical appearance, academic/athletic motivational level, emotional condition, mood changes, and legal involvement. Cause may be based on information received that a student-athlete is using illegal drugs or alcohol. In such case, the determination that cause exists to require a student-athlete to submit to testing will be made only after consultation between the Team Physician, the Head Athletics Trainer, and the Head Coach of the sport. All must agree that the observations, behavior, conduct or performance of the student-athlete are such that testing for cause is required to protect the health of the student-athlete, the health of others and/or to protect the integrity of the sport. In such case, less than two hours' notice may be given. Before any testing for cause is performed by committee decision, it will be reviewed by University Counsel.

## **XI. DIETARY SUPPLEMENTS**

GMU discourages the use of all dietary supplements. Many dietary supplements contain substances that may cause a positive drug test in addition to serious side effects such as cramping, dizziness, nausea, kidney, damage, and even death. Labels on many dietary supplements are not accurate. Terms such as "healthy" or "all natural" do not mean the supplement is safe to use. All GMU student-athletes are required to review all dietary supplements with the Head Athletics Trainer or his/her designee prior to use.

## **XII. MEDICATION**

At the yearly physical, each student-athlete is required to provide a complete list of all his/her medications and/or dietary supplements. It is the responsibility of the student-athlete to update this list as changes occur throughout the academic year.

# GEORGE MASON UNIVERSITY DRUG-TESTING CONSENT FORM

I have received, read, been given a chance to ask questions, and understand about the George Mason University Intercollegiate Athletics Drug and Alcohol Education and Testing Program. I agree to abide by the provisions of the Program.

I hereby consent to have a sample of my urine collected and tested for the presence of drugs or alcohol in accordance with the George Mason University Intercollegiate Athletics Drug and Alcohol Education and Testing Program.

I understand that selection for testing will be based on random individual student-athlete selection, a prior positive test as outlined in the Program, reasonable suspicion of misuse/abuse or other cause, or prior to NCAA Championship competition.

I understand that any urine samples will be sent only to a licensed medical laboratory for actual testing, and that the samples will be coded to provide confidentiality.

I hereby authorize the release of such testing results to the Director of Athletics or his/her designee, Deputy Athletic Director, Team Physician, Head Coach, Head Athletics Trainer or his/her designee, and other University officials as deemed appropriate. I understand that these results will also be made available to me. I understand that if I test positive or enter the "Safe Harbor" Program, counseling will be mandatory. Attendance and completion of the Program will be reported back to the Athletic Director or his/her designee.

I understand that I am free to withdraw this consent for drug and alcohol testing. However, I also understand that should I refuse to submit to testing at the time requested, my action will result in the finding of a positive drug test.

I hereby authorize the release of the results of such testing to my parent(s), legal guardian or spouse.

I hereby release George Mason University, its Trustees, officers, employees, and agents from any and all legal responsibility or liability for the release of such information and records as authorized by this form.

Print Student-Athlete Name	Signature	Date
Signature of Parent or Legal Guardian (If Student-Athlete is a Minor)		Date

# **STUDENT-ATHLETE INVOLVEMENT WITH PROFESSIONAL SPORTS**

## **A CAREER IN PROFESSIONAL ATHLETICS**

Many student-athletes are interested in pursuing a career in professional athletics. Statistics show that **very few** actually have this experience. Therefore, it is very important that you get your academic degree. Even those individuals who do become professionals end up in that career for just a few years. A college degree cannot be taken from you.

George Mason University Athletic Department Compliance Office, Field House Room 157 has copies of a NCAA guide on professional athletics called, "A Career in Professional Athletics." This booklet has a lot of useful information for student-athletes considering a professional athletic career.

## **Tryout**

### **Tryout after Enrollment at a Collegiate Institution**

After initial full-time collegiate enrollment, an individual 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 individual does not miss class. The individual may receive actual and necessary expenses in conjunction with one 48-hour tryout per professional team (or a combine including that team). The 48-hour tryout period shall begin at the time the individual arrives at the tryout location. At the completion of the 48-hour period, the individual must depart the location of the tryout immediately in order to receive return transportation expenses. A tryout may extend beyond 48 hours if the individual self-finances additional expenses, including return transportation. A self-financed tryout may be for any length of time, provided the individual does not miss class.

### **Medical-Examination Exception**

A single scouting bureau recognized by a professional league is permitted to conduct one medical examination per student-athlete during the academic year without jeopardizing the student-athlete's eligibility in that sport, provided the examination does not occur off campus.

### **Outside Competition Prohibited**

During a tryout, an individual may not take part in any outside competition (games or scrimmages) as a representative of a professional team.

### **Professional Team Representative at College Practice**

A tryout with a professional team is not considered to have occurred when a representative of a professional team visits a member institution during the academic year and evaluates a student-athlete while the institution is conducting a regular practice session, physical education class or off-season conditioning program session that includes physical activities (e.g., speed trials, agility tests, strength tests), provided these activities are normally a part of and take place during regular practice, class or conditioning sessions.

### **Practice without Competition**

An individual may participate in practice sessions conducted by a professional team, provided such participation meets the requirements of NCAA legislation governing tryouts with professional athletics teams and the individual does not:

- Receive any compensation for participation in the practice sessions;
- Enter into any contract or agreement with a professional team or sports organization; or
- Take part in any outside competition (games or scrimmages) as a representative of a professional team.

## **Draft and Inquiry**

### **Inquiry**

An individual may inquire of a professional sports organization about eligibility for professional-league player draft or request information about the individual's market value without affecting his/her amateur status.

### **Draft List**

An individual loses amateur status in a particular sport when the individual asks to be placed on the draft list or supplemental draft list of a professional league in that sport, even though:

- a. The individual asks that his/her name be withdrawn from the draft list prior to the actual draft;
- b. The individual's name remains on the list but he/she is not drafted; or
- c. The individual is drafted but does not sign an agreement with any professional athletics team.

### ***Exception - Professional Men's Basketball Draft***

A student-athlete in the sport of basketball may enter a professional league's draft one time during his/her collegiate career without jeopardizing eligibility in that sport, (a) provided the student-athlete declares his/her intention to resume intercollegiate participation no later than the end of May 8 of the year in which the draft will occur, (b) the student-athlete's declaration of intent shall be in writing to the institution's director of athletics and (c) the student-athlete is not drafted.

### ***Exception – Sports Other than Basketball and Football***

An enrolled student-athlete in a sport other than basketball or football may enter a professional league's draft one time during his or her collegiate career without jeopardizing his or her eligibility in the applicable sport, provided the student-athlete is not drafted and within 72 hours following the draft he or she declares his or her intention to resume participation in intercollegiate athletics. The student-athlete's declaration of intent shall be in writing to the institution's director of athletics.

### ***Negotiations***

An individual may request information about professional market value without affecting his/her amateur status. Further, the individual, his/her legal guardians or the institution's professional sports counselling panel may enter into negotiations with a professional sports organization without the loss of the individual's amateur status. An individual who retains an agent shall lose amateur status.

## **Contracts and Compensation**

### **General Rule**

An individual shall be ineligible for participation in an intercollegiate sport if he/she has entered into any kind of agreement to compete in professional athletics, either orally or in writing, regardless of the legal enforceability of that agreement.

### **Non-binding Agreements**

An individual who signs a contract or commitment that does not become binding until the professional organization's representative or agent also signs the document is ineligible, even if the contract remains unsigned by the other parties until after the student-athlete's eligibility is exhausted.

## **Use of Agents**

### **General Rule**

An individual shall be ineligible for participation in an intercollegiate sport if he/she ever has agreed (orally or in writing) to be represented by an agent for the purpose of marketing his/her athletics ability or reputation in that sport. Further, an agency contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to all sports, and the individual shall be ineligible to participate in any sport.

**Representation for Future Negotiations**

An individual shall be ineligible per 12.3.1 if he/she enters into a verbal or written agreement with an agent for representation in future professional sports negotiations that are to take place after the individual has completed his or her eligibility in that sport.

**Benefits from Prospective Agents**

An individual shall be ineligible per 12.3.1.2 if he or she (or his/her relatives or friends) accepts transportation or other benefits from any person who wishes to represent the individual in the marketing of his/her athletics ability. The receipt of such expenses constitutes compensation based on athletics skill and is an extra benefit not available to the student body in general.

**Legal Counsel**

Securing advice from a lawyer concerning a proposed professional sports contract shall not be considered contracting for representation by an agent under this rule, unless the lawyer also represents the student-athlete in negotiations for such a contract.

**Presence of a Lawyer at Negotiations**

A lawyer may not be present during discussions of a contract offer with a professional organization or have any direct contact (i.e., in person, by telephone or by mail) with a professional sports organization on behalf of the student-athlete. A lawyer's presence during such discussions is considered representation by an agent.

***ALERT: Agents will do anything and give you anything to get into a favorable position so you will choose them to represent you. They commonly use "runners" to act on their behalf. A "runner" can be anyone - a roommate, former student-athlete, someone who gains your trust - but is on the agent's payroll. Remember - no one gives you money or "things" for free.***

## **ATHLETIC SERVICES POLICIES AND PROCEDURES**

The Athletic Services Department encompasses three separate sites of distribution, with the Field House being the home base of operation, and the Recreational and Athletic Complex (RAC) and Patriot Center Buildings servicing those sports, which are played in those facilities. Also connected with athletic services are laundry facilities at each building site.

Athletic Services is the area where the student-athlete receives uniforms, practice gear, and other sport related equipment. The student-athlete must have prior written approval from their coach to pick-up new or replacement issued items. The laundry facilities are adjacent to each service area. This is where the student-athlete drops off their uniforms and practice gear to be laundered. Only university issued items will be laundered, "NO" personal items (i.e. underwear, miscellaneous T-shirts, socks, etc...) The student-athlete picks up their clean clothing from the athletic services area the following business day.

Student-Athletes should note that laundry services are not provided over the weekends. Laundry turned in on Friday will be returned clean to the student-athlete on the following Monday (unless Monday is a university/state holiday).

All apparel, and equipment items regardless of size or value, must be checked out through the athletic services office. These equipment items must also be checked back in after the season or when the student-athlete has finished his/her time with the particular sport. The student-athlete is responsible for the care and maintenance of all equipment issued to them while in their possession. If items are not turned in or are damaged or lost, it will be the responsibility of the student-athlete to pay for the item(s).

At the completion of the sport's season, all student-athletes are given ten working days to return all issued items. If the student-athlete fails to return issued items, the student-athlete's records will be put on an "athletic hold" until the items are returned or payment is received for lost items.

### **Hours of Operation**

**Monday - Friday – 10:00 a.m. - 4:00 p.m.**

I understand that I am responsible for any equipment issued to me. I will be expected to pay for any equipment, practice gear or uniform, lost or stolen, while issued to me. Within 10 business days after the end of my season or my release from the team by the Coaching Staff or Administration, I must return all equipment/practice uniform issued to me. Any athletic equipment not returned within this time frame will be assessed a non-refundable replacement charge. A **HOLD** will be placed on my university transcript, no registration for subsequent semesters or terms will be permitted, classes will be dropped, and no diploma will be issued until all equipment is returned or payment is made.

## **FACILITIES**

George Mason University provides its intercollegiate teams with excellent facilities, and has played host to NCAA and Conference championships, and national and international events.

### **Patriot Center**

The Patriot Center is the home for men's and women's Patriots basketball. The venue offers fans excellent sight lines and has 9,523 permanent theater-style seats, yet retains an intimate home court atmosphere. The facility has attracted basketball fans from the entire Washington metropolitan area since it opened on October 4, 1985. The Patriot Center contains the offices of Patriots basketball and Monumental Sports administrative offices.

### **Field House**

Headquarters for the Athletic Department is the George Mason University Field House. The Field House was dedicated in 1981 as a recreational and competitive facility for Men and Women's indoor track & field events and a practice facility for intercollegiate teams and recreation sports participants. The intercollegiate weight room and sports medicine room are located in the Field House.

*Hours of operation are available through the website at [www.gomason.com](http://www.gomason.com) Click on Facilities.*

### **GMU Stadium**

George Mason Stadium is an expertly landscaped outdoor facility and home to the men's and women's soccer teams, the men's and women's outdoor track and field teams and the women's lacrosse team. There is grandstand seating for 5,000 spectators, an all-weather track which underwent renovation in summer 2009, and an electronic scoreboard.

George Mason Stadium has hosted NCAA Championship soccer matches, as well as practices for the U.S. Men's National Soccer Team, the U.S. Women's National Soccer Team and visiting teams that participated in World Cup competition in 1994 and 1999.

### **Spuhler Field**

The baseball field was dedicated in the name of George Mason University's first Athletic Director and baseball coach Raymond "Hap" Spuhler. The baseball team practices and plays their home games at Spuhler Field.

Spuhler Field boasts permanent grandstand seating for 900 spectators, an enclosed press box with a public address system, and an electronic scoreboard. The field itself also includes an underground sprinkler system, dugouts, enclosed bullpens for both teams, and a batting cage located outside the fence in the left field corner. The dimensions are 320 feet down each line, 375 feet to the power alleys, and 400 feet to center field.

### **Softball Field**

Following a \$2.3-million renovation, the George Mason Softball Complex reopened in 2009 as one of the finest softball facilities in the region. The dimensions for the park are 210 feet down the lines and 225 feet to straightaway center.

The stadium features 200 permanent metal seats behind home plate, with grass seating for an additional 500 spectators. While walking on the wide concourse, spectators can take advantage of the men's and women's restroom facilities and water fountain. The park features a brand-new public address and sound system as well as a climate-controlled press box.

### **Recreation and Athletic Complex (RAC)**

The 120,000 square foot Recreation Athletic Complex (RAC, formerly known as the PE Building) boasts three gymnasiums, two racquetball courts, two squash courts, and a two story fitness gallery that spans over 15,000 square feet. The facility is home to the Patriots volleyball and wrestling teams, along with intramural and club sports, ROTC, as well as classroom and offices for the School of Recreation, Health and Tourism.

Robinson Field is the practice facility for club sports and intramural activities. There are six tennis courts, which are used by men and women's tennis for both practices and home matches.

### **West PE Module**

The West PE Module contains the offices of Academic Resources and the Sports Psychologist. This building is located in Patriot Village.

### **Aquatic and Fitness Center**

George Mason University's Aquatic & Fitness Center (Fairfax campus) provides an evenly balanced program of recreation, instruction and competitive activities. The facility features an eight lane 50 meter Olympic sized pool with 2 one-meter boards and 2 three-meter boards, a six-lane recreation pool, a whirlpool and co-ed sauna. The competition pool is home to George Mason's men and women's Swimming & Diving team. The center proudly hosts the Colonial Athletic Association's swimming and diving championships in February.

Also included is a 3500-square foot fitness gallery includes a full circuit of Cybex strength training equipment and free weights.

*Hours of Operation available through [www.gomason.com](http://www.gomason.com) Click on Aquatic Center for Facilities and Events.*

## **OFFICE OF ATHLETIC COMMUNICATIONS**

As a student-athlete at George Mason University, one of your responsibilities is to cooperate with the media. Mason athletics can benefit from good exposure in campus media as well as the local and sometimes national outlets. In the Washington, DC Metropolitan area, you will be exposed to one of the most competitive media markets in the nation.

The primary way for Mason fans to find out about you and for you to communicate to Patriot supporters is through interviews with the media. Interviews should be looked at as part of the educational experience offered at George Mason, helping you develop communication skills that can assist you not only in the classroom, but in future professional and business careers.

Media attention also means your conduct both on and off the field will be under intense scrutiny because of your position as a Mason student-athlete. The last thing you want is to receive publicity for an off-the-field incident. You must remember that your actions are viewed by the media as relevant news.

The Patriots Office of Athletic Communication (OAC) serves as the link between the student-athlete, coaches and administrators and the media and general public. We attempt to provide timely and accurate coverage of Mason athletics by coordinating interviews, serving the information needs of reporters and maintaining statistical information, photos and historical records. We are not part of the media and we do not and cannot write or speak for the media.

The Internet: **GoMason.com**, **caasports.com**, **ncaa.org**

Traditionally, stories of George Mason teams, athletes and coaches were told to the fans by newspapers, radio stations, television stations and magazines. In our advanced technological age, the Internet has become another form of communication. George Mason University has a web site that is updated daily with stories on Mason athletics and utilized as a marketing and promotional tool for our program.

This site is a resource for team results, schedules, statistics, rosters and bios for each student-athlete at Mason. Information about George Mason University, links to affiliate sites, live stats and some video streaming are also highlighted on the web site.

GMU Office of Athletic Communication/External Relations Contacts

Members of the Mason Office of Athletic Communication Staff serve a varied role, providing support to the athletic department, coaches and the university, as well as the NCAA, Colonial Athletic Association, the media, and the general public. It is our goal to help promote the positive and get the word out about each sport and its individuals

### **George Mason Athletic Communication**

#### **Field House**

**4400 University Drive, MS 3A5**

**Fairfax, VA 22030**

**703-993-3260 (office)**

**703-993-3259 (fax)**

**Maureen Nasser – mnasser@gmu.edu**

**Associate AD for Communications**

**Phone: 703-993-3232/571-296-1221 (cell)**

**Jeff O'Bier – jobier@gmu.edu**

**Director of Patriot Productions**

**Phone: 703-993-3246**

**Dan Reisig – dreisig@gmu.edu**

**Director of New Media**

**Phone: 703-993-3268/757-784-0121(cell)**

**Elizabeth Ryan – eryan8@gmu.edu**

**Assistant Director, Athletic Communication**

**Phone: 703-993-3246/703-389-9219(cell)**

**Rachel Buck – rbuck3@gmu.edu**

**Assistant Director, Athletic Communications**

**Phone: 703-993-3264/414-801-5596(cell)**

**Last Updated October 18, 2012**

To assist you with the media, the George Mason Office of Sports Communication staff has prepared policies and guidelines for you. We are also available for media training sessions to assist you in preparation for interviews, emphasizing your own message to the media and delivery of that message. Our goal is to give you confidence and control in the media.

## **OAC Policies and Guidelines for Interviews**

The Mason Office of Sports Communication understands that a student-athlete is a student first, and team practices and competition schedule comes second. We will do our best to coordinate interviews and other media requests accordingly.

Please **ONLY** do interviews that have been arranged by a member of the OAC staff. This allows us to ensure that requests for our time are legitimate. Also, in an event of a negative occurrence, we can handle requests appropriately and offer advice on how you might deal with certain questions.

- All interviews should be arranged through the OAC office
- Media is off-limits to: locker rooms, weight rooms, and training rooms unless permission is given
- Do **NOT** give out your home phone number. You don't want a late-night phone call from a reporter catching you unprepared, especially during a time of crisis.
- A member of the OAC will be present during interviews if requested by student-athlete or coach
- Interviews must be requested one day in advance (except for post-game interviews).

### **Guidelines**

- If an interview is scheduled, show up and be on time.
- Look at the person interviewing you.
- You are not obligated to answer any question if you do not feel comfortable. Do not say "No comment." Instead say, "I'm not at liberty to discuss that issue at this point." Or, "That's personal; I'd rather not discuss it."
- Think carefully about what you are going to say before you say it.
- There is no such thing as "off the record".
- Handle the interview as a team player and in the best interest of the team. Never second-guess your teammates or coaches. Deliver a positive message!
- Always project a good image by having a neat appearance, making the most of the opportunity to showcase yourself and the University.
- Be positive and avoid excuses. Always be positive and give credit when answering questions about coaches, George Mason, opponents, teammates and you.
- Contact the Director of Athletic Communications in the OAC if you feel you have been misquoted, called at home or hounded by the media in any way.

### **Think before you speak and consider these points...**

- What point do YOU want to get across?
- Who is the audience (not the interviewer?)
- How can you turn a negative subject/question into a positive answer?
- Anticipate the tough questions before you sit down with reporters
- Practice the answers to tough questions before you begin the interview

## STUDENT-ATHLETE TICKET POLICY

### Free Admission to George Mason Athletic Events

All currently enrolled George Mason University students are admitted to George Mason University athletics home events at no cost. Admittance is gained by the presentation of a **VALID Mason** Student Identification card at the door. Exceptions apply to special events and postseason tournaments (NIT, NCAA and CAA) held at George Mason University where paid admission is required. Other exceptions may also apply.

### Complimentary Ticket List

Student-athletes participating in sports that charge admission have an opportunity to place a maximum of two (2) individuals' names on a complimentary ticket list. The guidelines for complimentary admission granted to student-athletes are clearly defined by the National Collegiate Athletic Association. The policy is designed to give the student-athlete an opportunity to give two (2) individuals of their choosing free admission to the athletic event in which the student-athlete is participating. *All individuals on the complimentary pass list must show identification and provide a signature in order to receive admittance.* The person must enter the arena/building immediately upon receiving their ticket stub. Each student-athlete is responsible for the names on his or her list.

**The complimentary ticket list for each home game is handled by the coaching staff and must be completed and submitted to the Compliance Office twenty-four (24) hours in advance of the scheduled game (or by Friday at 5:00 PM for weekend contests). Therefore, student-athletes are required to plan ahead. The Compliance Office will sign the list and turn in to the Athletic Ticket Office. Once the complimentary ticket list has been submitted to the Athletic Ticket Office no changes or additions are permitted.**



2012-2013  
Telephone Directory

## ICA STAFF TELEPHONE DIRECTORY

<b>ATHLETICS DIRECTOR</b>		
Assistant Vice President/Athletic Director	Thomas O'Connor	703-993-3210
<b>ASSOCIATE ATHLETIC DIRECTORS</b>		
Deputy Associate AD/Intercollegiate Sports	Kevin McNamee	703-993-3209
Sr. Assoc. AD/Event Management	Jay Marsh	703-993-3191
Sr. Assoc. AD/External Relations	Adam Brick	703-993-9117
Sr. Assoc. AD/Operations/Facilities/Admin.	Ron Shakya	703-993-2809
Sr. Assoc. AD/Senior Woman Administrator	Susan A. Collins	703-993-3204
Assoc. AD/Academics Services/Sports Psychologist	Deborah Wilson, Ph.D.	703-993-3254
Assoc. AD/Community Affairs	Dr. D.R. Butler	703-993-3251
Assoc. AD/Communications	Maureen Nasser	703-993-3263
Assoc. AD/Compliance	Paul Bowden	703-993-3230
Assoc. AD/Marketing	Andy Ruge	703-993-3271
Assoc. AD/Student Services	Nena Rogers	703-993-3594
Executive Director – Development/Patriot Club	Max Baker	703-993-3217
<b>ASSISTANT ATHLETIC DIRECTORS</b>		
Assist AD/ Center for Sports Performance	Debi Corbatto	703-993-9536
Assist AD/Events	Stacy Natoli	703-993-3195
Assist AD/Facilities	Bruce Cooper	703-993-3225
<b>ADMINISTRATOR FOR INTERNAL OPERATIONS</b>		
Director of Business & Finance	Jeanne Medford	703-993-3211
Director of HR/Legal Services	Wendy Holt	703-993-3210
<b>ATHLETIC SERVICES</b>		
Coordinator of Sports Medicine	Linda Pullen	703-993-3280
Head Athletic Trainer	Ray Yamrus	703-993-3280
Athletic Trainer, Asst.	Sara Nickoles	703-993-3277
Athletic Trainer, Asst.	Joey Sierzega	703-993-3277
Athletic Trainer, Asst.	Shannon Soares	703-993-3277
Athletic Trainer, Asst.	Emily Fortunato	703-993-3279
Sports Dietician	Theresa Logan	703-993-5215
Head Strength & Conditioning Coordinator	Handy Handerahan	703-993-3237
Athletic Service Manager	Roger Wimmer	703-993-3226
Event Coordinator/Game Operations	Seth Kast	703-993-9387
Coordinator/Student-Athlete Affairs	Resa Lovelace	703-993-5218
<b>FACULTY ATHLETIC REPRESENTATIVE</b>		
Sr. Assoc. Dean of CVPA	Linda Miller	703-993-4551

## ICA COACHES TELEPHONE DIRECTORY

<b>HEAD COACHES</b>		
Baseball	Billy Brown	703-993-3282
Basketball (Men)	Paul Hewitt	703-993-3240
Basketball (Women)	Jeri Porter	703-993-3275
Cheerleading	Ryan Smith	703-993-3292
Cross Country (Men & Women)	Andrew Gerard	703-993-3285
Golf	Scott King	703-993-3267
Lacrosse	Lauren Hay	703-993-3219
Masonettes	Michelle Chin	703-993-3292
Rowing (Women)	Geoff Dillard	703-993-3334
Soccer (Men)	Greg Andrulis	703-993-3288
Soccer (Women)	Diane Drake	703-993-3295
Softball	Joe Verbanic	703-993-3296
Swimming (Men & Women)	Peter Ward	703-993-3930
Tennis (Men)	Gary Quam	703-993-3201
Tennis (Women)	Stephen Curtis	703-993-3255
Indoor/Outdoor Track & Field (Men & Women)	Andrew Gerard	703-993-3285
Volleyball (Men)	Fred Chao	703-993-3227
Volleyball (Women)	Pat Kendrick	703-993-3298
Wrestling	Joe Russell	703-993-3299

## COACHES' SUPPORT

When trying to contact a particular coach it may be helpful to know who their support staff members are. Often you will find that it is easier to reach the coach through their support staff. Below is the name and numbers of each coach's support staff member:

Carolyn Marsh

Men's Basketball  
703-993-3240 (office)/703-993-3025 (fax)

Cynthia Thackwray

Women's Basketball  
703-993-3293 (office)/703-993-3025 (fax)

Robin Truba  
703-993-8955 (office)  
703-993-3591(fax)

Baseball  
Golf  
Men's Soccer  
Women's Soccer  
M & W Swimming  
Men's Tennis  
Women's Tennis  
Wrestling  
Lacrosse  
Rowing  
Softball  
Men's Track & Cross Country  
Women's Track & Cross Country  
Men's Volleyball  
Women's Volleyball

## DIRECTORY OF UNIVERSITY OFFICES

GENERAL INFORMATION, University		703-993-1000
Academic Support, Athletics	West PE Module	Contact Coordinator
Admissions	Johnson Center (213)	703-993-2400
Alcohol, Drug and Health Education	Student Union I (3200)	703-993-3687
Bookstore, Fairfax	Johnson Center (1 <sup>st</sup> Floor)	703-993-2666
Career Services, University	Student Union I (3400)	703-993-2370
Counseling & Psychological Services	Student Union I (3129)	703-993-2380
Dean of Students Office	Student Union I (4211)	703-993-2884
Financial Aid, Office of Student	Student Union I (1 <sup>st</sup> Floor)	703-993-2353
Front Desk, Athletics	Field House	703-993-3222
Housing & Residence Life	Potomac Heights	703-993-2720
ID Cards	The Hub (Lower Level)	703-993-1004
LGBTQ Resources	Student Union I (2200)	703-993-2702
Meal Plan & Dining Services	The Hub (Lower Level)	703-993-3314
Office of Diversity, Inclusion & Multicultural	Student Union I (2400)	703-993-2700
Office of Student Conduct	Student Union (4100)	703-993-6209
Parking Services	Sandy Creek Shuttle Building	703-993-2710
Registrar	Student Union I (2101)	703-993-2441
Sexual Assault Services	Student Union I (3200)	703-993-9999
Student Accounts/Cashiers Office	Student Union I (1600)	703-993-2460
Student Health Services	Student Union I (2300)	703-993-2831
Student Involvement	The Hub	703-993-2909
Ticket Office, Athletics	Field House	703-993-3270
Women & Gender Studies	Johnson Center (240K)	703-993-2896
Writing Center	A114 Robinson	703-993-1200
Virginia Domicile Requirements	Student Union I (2108)	703-993-2464

## GENERAL CAMPUS INFORMATION

### **Parking Services**

The privilege of operating and parking a motor vehicle at George Mason is extended to all students. All vehicles must be registered and have a valid Vehicular Registration Decal. The decal can be purchased at the Parking Services office at the Sandy Creek Shuttle Building.

### **Laundry Rooms**

Each dormitory or apartment complex on campus has a laundry room. Hours should be posted, but they may be requested from the Office of Housing & Residence Life, which is located in Potomac Heights.

<b>LOCAL HOSPITALS</b>	
Mason Student Health Service	703-993-2830
Access of Fairfax (Emergency only)	703-591-9333
INOVA Fairfax Hospital	703-698-1110
INOVA Fair Oaks Hospital	703-391-3600
<b>SECURITY</b>	
Campus Police Service/Non-Emergency	703-993-2810
Campus Police Emergency	911
Police Cadet Program/Escort Service	703-993-4357
Fairfax Police/Fire & Police EMERGENCY	911
Fairfax Police/Fire & Police NON-EMERGENCY	703-691-2131

# **In Case of Emergency**

# **DIAL 911**



### Sportsmanship Pledge

I am a Mason Student-Athlete.  
I respect myself.

Through respecting myself,  
I respect my opponent.

Through respecting my opponent,  
I respect the game.

Through respecting the game,  
I respect the officials.

Through respecting the officials,  
I respect the outcome.

My example, in victory or defeat,  
nurtures respect in others.

Will you follow my lead?

George Mason University  
Student-Athlete Advisory Council