

Dear Student-Athlete:

Thank you for taking the time to carefully read the Iona College Student-Athlete Handbook, a document that should prove to be a valuable aid as you take advantage of the world of opportunities and face the many challenges that accompany being a Division I student-athlete.

The Iona College Athletics Department is committed to helping you reach your maximum potential, as an individual, student and athlete. Our primary goal is to support you in all facets of your development and to, one day, watch you stand among the multitude of Iona alumni that are proud to have worn the maroon and gold.

Again, this handbook is designed as a tool for your use. I invite and encourage you to utilize the many services that Iona Athletics and Iona College offer.

My staff and I are looking forward to working with you and helping you to achieve excellence. We wish you nothing but health, happiness and success throughout this academic year and beyond.

Go Gaels!

Sincerely,



Rick Cole, Jr.

Director of Athletics

CHAPTER 1 – INTRODUCTION

PURPOSE OF MANUAL

In order to be eligible to represent Iona College in intercollegiate athletics, you must adhere to all College, Athletics Department, MAAC and NCAA rules and regulations. Therefore, this handbook has been designed to assist you in your role as an Iona College student-athlete.

It is our expectation that you will take accountability for your actions, show good sportsmanship, and strive to maintain the highest level of honesty, integrity and character while you represent Iona College, as a student and an athlete.

As a student at Iona College, you must abide by all rules and regulations set forth in the Iona College Student Handbook, in addition to adhering to the rules and regulations set forth in this Student-Athlete Handbook. Any student-athlete found in violation of the rules and regulations may be subject to disciplinary action.

**** Please note: The Iona College Athletics Department reserves the right to alter and/or change the contents, policies, or procedures of the following handbook at its discretion at any time.***

IONA COLLEGE MISSION STATEMENT

Iona College is a caring academic community, inspired by the legacy of Blessed Edmund Rice and the Christian Brothers, which embodies opportunity, justice, and the liberating power of education.

Iona College's purpose is to foster intellectual inquiry, community engagement and an appreciation for diversity. In the tradition of American Catholic Higher Education, Iona College commits its energies and resources to the development of graduates recognized for their ethics, creativity and problem-solving abilities; their independent and adaptable thinking; their joy in lifelong learning; and their enduring integration of mind, body and spirit.

(Adopted May 2, 2012)

THE VISION STATEMENT

Iona College will be a college of choice for motivated students seeking to better their lives and the lives of others, using their education for the common good. Their success will be facilitated by a committed and talented faculty and staff, who will inspire students to prepare for full lives and productive careers in a liberal arts based and a technology-rich, collaborative learning environment that emphasizes critical thinking and creativity. Iona College will develop the whole person, facilitate leadership development, promote community engagement and service learning, encourage enrichment through diversity, and capitalize on its proximity to New York City with its wealth of learning and employment opportunities. Iona College will secure the necessary resources, sharpen its distinctiveness, increase its affordability, strengthen its infrastructure, and invest in and support the talent needed to realize this vision.

(Adopted May 2, 2012)

VALUES STATEMENT

Iona College embraces the values of a student-centered institution rooted in a religious tradition. The following are key values:

- Pursuit of knowledge and truth
- Devotion to integrity, diversity, and freedom of inquiry
- Openness to change, innovation, and entrepreneurship
- Appreciation for data-informed, outcomes-oriented practices that promote internal collaboration and external competitiveness
- Commitment to compassion, transparent decision-making, and accountability
- Dedication to responsible stewardship of human, physical, financial, and environmental resources

(Adopted May 2, 2012)

IONA COLLEGE ATHLETICS DEPARTMENT MISSION STATEMENT

The mission statement of the Athletics Department is to support and realize the Mission of Iona College and, specifically, for participants in the Department to:

- Develop strong mental, physical, and social skills necessary to meet daily academic and athletic challenges;
- Develop a clear sense of ability and self-worth as individuals and team members;
- Provide competitive opportunities appropriate to the skill level of our student-athletes;
- Support equitable opportunities for students, student-athletes, coaches, administration and staff regardless of sex, race or religion;
- Promulgate high academic standards and support a broad-based co-curricular academic experience;
- Make commitments to serve as active and involved members of the community, and;
- Act as appropriate representatives: take accountability for one's actions, show good sportsmanship, and strive to maintain the highest level of honesty, integrity and character while representing Iona College.

(Revisions approved by President's Cabinet August 14, 2001

Amended January 10, 2002, June 8, 2012)

IONA COLLEGE ATHLETICS CORE VALUES

Iona College Athletics embraces the core values of the institution in addition to the following:

- Building Champions;
- Integrity;
- Collective Responsibility;
- Commitment To Excellence;
- Fight The Good Fight.

ATHLETIC PROGRAMS AT IONA COLLEGE

Men's Sports:

Baseball
Basketball
Cross Country
Golf
Rowing
Soccer
Swimming & Diving
Track & Field
Water Polo

Women's Sports:

Basketball
Cross Country
Lacrosse
Rowing
Soccer
Softball
Swimming & Diving
Track & Field
Volleyball
Water Polo

METRO ATLANTIC ATHLETIC CONFERENCE

In 1980, the Metro Atlantic Athletic Conference was founded by 6 charter members with competition following one year later, in the fall of 1981. The Metro Atlantic Athletic Conference along with 11 member institutions are strongly bound by the sound principles of quality and integrity in academics and excellence in athletics.

MAAC Member Institutions:

- * Canisius College
- * Iona College
- * Marist College
- * Niagara University
- * Quinnipiac University
- * Siena College

- * Fairfield University
- * Manhattan College
- * Monmouth University
- * Rider University
- * Saint Peter's University

CHAPTER 2 – CONDUCT

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

SPORTSMANSHIP

Every student-athlete is expected to exhibit sportsmanlike conduct at all times as a representative of the team, the coaches, the Athletics Department, and Iona College. The following list includes acts of poor sportsmanship that will not be tolerated. Please note that this is by no means an inclusive list of all forms of un-sportsmanlike conduct.

- Physical or verbal abuse of officials, opponents, spectators, coaches, or the media
- Throwing objects at or onto the playing surface, or at the spectators
- Use of inciting or taunting gestures designed to elicit negative reactions from opposing players, spectators, or officials
- Using profane, vulgar language (trash talking) or gestures to opposing players, spectators or officials
- Fighting with opponents
- Making negative public statements, which demean a team member, a coach, an opponent, or another institution
- Inappropriate "celebrations" which are disrespectful towards opponents

Violations of the sportsmanship rules may result in sanctions imposed by your coach, the Director of Athletics, or the College.

ALCOHOL POLICY

The Iona College Department of Athletics does not condone the illegal or irresponsible use of alcohol under any circumstance by student-athletes. **The use of alcohol is not permitted at any athletic related function, on day or overnight trips, or on any team travel vehicles.** Student-Athletes caught abusing alcohol in any manner will be disciplined by the head coach and/or Director of Athletics.

DRUG POLICY

At no time is the use of recreational or performance enhancing drugs permissible. Any student-athlete found using or abusing drugs will be subject to disciplinary actions set forth by the Iona College Athletics Department and the Iona College Code of Conduct, in addition to the penalties imposed by the NCAA Drug Testing Program.

TOBACCO POLICY

As per NCAA rules, the use of tobacco products is prohibited by all game personnel (i.e. student-athletes, coaches, athletic trainers, managers, etc.) in all sports during practice and competition. Therefore, the Iona College Athletics Department strictly prohibits the use of tobacco products at any athletic team related function, home or away, in the Hynes Athletics Center, or any other athletic facility.

HAZING POLICY

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

Hazing is **STRICTLY PROHIBITED** and athletic programs and/or student-athletes found guilty of participating in such acts will be subject to **disciplinary action** through the Athletics Department.

Sanctions or disciplinary actions may include but are not limited to: suspension from competition and practice, dismissal from the team, and scholarship revocation. All final hazing sanctions will be reviewed by the Director of Athletics, the Vice Provost for Student Development, and the legal counsel when warranted.

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

- Forcing or requiring an individual to consume anything against his/her will (including but not limited to alcohol, food, other substances);
- Engaging in activities that compel an individual or group to remain at a certain place, or transporting anyone anywhere without their knowledge or consent (e.g. road trips, kidnapping, etc.);
- Creating excessive fatigue or distress through the deprivation of privacy, sufficient sleep, or decent and edible meals;
- Participating in morally degrading or humiliating games and activities;
- Participating in or creating situations that can lead to physical harm or emotional strain, such as causing a member or non-member to be the object of malicious amusement or ridicule;
- Using brutality or force;
- Forcing or requiring an individual to dress in his/her uniform, undergarments, or inappropriate clothing and parade in front of another individual or group;
- Forcing or requiring an individual to get a particular haircut (e.g., buzz cut).

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

***Please note: The Hazing Policy includes all areas of a student-athlete's activities. If you are a member of any other organization (e.g. fraternity), participation in hazing activities for that group will be deemed a violation of the athletics department's hazing policy.**

INTRAMURALS POLICY

The following rules and regulations were created in an effort to ensure the safety of all teams and participants while establishing equal opportunities for participation.

Any student-athlete who is a member of a varsity squad shall not be eligible to participate in that sport or *corresponding sport until the lapse of one (1) year from the end of the season in which you last competed.

***Corresponding sports are defined as follows:**

- o Baseball/Softball Softball, Whiffle Ball
- o Basketball Basketball, 3-on-3 Basketball, 3 point contest
- o Soccer Soccer (Indoor/outdoor)
- o Volleyball Volleyball

Any student-athlete who does not abide by the following policy will be referred to the Coordinator of Recreation & Intramurals for further disciplinary action.

TEAM TRAVEL

Student-athletes are representatives of Iona College and its athletics program. Therefore, when traveling, all student-athletes are expected to conduct themselves with dignity and the highest ethical, moral and behavioral standards.

REPRESENTING IONA COLLEGE AS A STUDENT-ATHLETE IS BOTH AN HONOR AND A PRIVILEGE.

Student-athletes must adhere to Athletics Department travel policy or be subject to disciplinary action.

➤ **CURFEW** - will be set and administered by coaches. No curfew is to be later than 12 midnight. Under no circumstance are student-athletes to be out of the hotel after curfew or out of their own assigned room after curfew. Curfew will be strictly enforced!

➤ While on away trips, **YOU MUST ALWAYS** stay and travel with the official team party. Exceptions may be granted only with prior permission of the coaching staff.

➤ **UNDER NO CIRCUMSTANCES** are you to leave the hotel unless you have prior approval from the coaches.

➤ **UNDER NO CIRCUMSTANCES** is a student-athlete, while on a trip with an Iona College Athletic team, allowed to be in a bar, nightclub, or any other establishment that is geared for "adult entertainment."

➤ **NO VISITORS ARE ALLOWED IN YOUR HOTEL ROOM AT ALL.**

➤ **YOU ARE NOT ALLOWED** to meet with visitors anywhere in the hotel unless you have direct authorization from your head coach. Even then, they are not allowed in your room. This includes family members.

➤ **YOU ARE NOT ALLOWED** to be in anyone else's room unless you are meeting with a coach, Athletic Trainer or another team member. Again, if it is after curfew, you must be in your own assigned room. Under no circumstance are you allowed to be in another person's room at all during your stay. The only exception, you may enter your parent or guardians room with prior approval from your coach.

➤ **NO DRUGS, ALCOHOL OR TOBACCO USE WHILE ON AWAY TRIPS. NO EXCEPTIONS!**

➤ **YOU ARE EXPECTED** to act in a courteous, professional, and respectful manner at all times. Be extra cognizant in public places such as restaurants, planes, buses and hotels. You are representing Iona College; your image, manner and appearance are extremely important.

➤ **VANS, BUSES, AND HOTEL ROOMS MUST BE NEAT AND CLEAN BEFORE YOU LEAVE.** Any vandalism or damage will be the responsibility of the student-athlete.

➤ **TEAM ATTIRE:** All members of Iona College Athletics Department will dress and conduct themselves in a professional manner.

TEAM TRAVEL BY PLANE: Business or Athletic Attire

Men's Business Attire: Blazer, Sport Coat, Shirt and Tie, Khaki's or Slacks, Jacket and

Tie.

NO BOOTS, SNEAKERS, SANDALS, HATS OR JEANS

Women's Business Attire: Suit, Dress Pants/Slacks/Khakis, Blouse, Collared shirt,

Sweaters.

NO EXPOSED MID DRIFTS, JEANS, SNEAKERS, HATS, DENIM

TEAM TRAVEL BY BUS AND VAN: All teams need to look the same as instructed by the coach, either wearing Casual Attire (as defined below) or Team Issued Athletic Gear.

Men's Casual Attire: Short/Long Sleeve Collared Shirt with Tie, or Team Polo Shirt, Khakis or Slacks, Shoes.

NO BOOTS, SNEAKERS, SANDALS, HATS OR JEANS, SHIRTS SHOULD BE TUCKED

Women's Casual Attire: Slacks/Khakis, Blouse, Collared Shirt, Team Polo Shirt,

Sweaters

NO EXPOSED MID DRIFTS, JEANS, SNEAKERS, HATS, DENIM

COACH'S DISCRETION. Everyone must be in the same attire, looking and acting as one. Also, if team is traveling straight to an event or practice they can be equipped in game and or practice uniforms.

➤ **TEAM MEALS:** Casual or Iona Athletic apparel, as defined by coach. Team should look and act uniform and professional.

➤ **INDIVIDUAL MEALS:** Dress casual or Iona Athletic apparel. when you are on the road with an Iona College sports team.

➤ **HOTEL LOBBY:** Always in team issued attire (unless otherwise informed by the coaches to be dress casual), looking and acting professionally.

The only t-shirts that can be worn are Iona College team issued t-shirts.

HOUSING

As a student-athlete you are subject to the same residence hall rules and regulations as the rest of the student body. With that in mind, any student-athlete who resides in the residence halls during a vacation period (e.g., preseason, winter session, spring break, etc.) for athletic commitments must continue to abide by the rules and regulations set forth by the Office of Residential Life.

* Please note: During a vacation period, all guest privileges are suspended. In addition, if you do not abide by the rules and regulations, you may be subject to immediate disciplinary action by the Office of Residential Life and/or the Athletics Department.

GAMBLING & BRIBERY

Participation in gambling or bribery, even in the most minor fashion, will jeopardize your athletics career. Involvement in these types of activities may have severe results, not only for the individual, but for the entire Iona College athletics program. Gambling and bribery behaviors include, **but are not limited to**, the following:

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

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

Any knowledge of a student-athlete's involvement in any of the above activities should be reported immediately to the Assistant Athletics Director for Compliance.

INTERNET/WEBSITE POSTINGS

Student-athletes are representatives of Iona College and its athletics program. When utilizing the internet, all student-athletes are expected to conduct themselves with dignity and the highest ethical, moral and behavioral standards. Therefore, student-athletes are expected not to use inappropriate or demeaning material when posting on public/private websites (ex. facebook, twitter, instagram). Student-Athletes who post inappropriate or demeaning material may be disciplined by the head coach and/or Director of Athletics.

MEDIA RELATIONS

The Sports Information Office coordinates all player interviews involving print and electronic media. This office is your primary contact concerning the media.

The following are guidelines for student-athletes when speaking with the media:

➤ **Timing:**

Be prompt and available for all interviews, and treat the media with kindness and courtesy. Contact the Sports Information Office in advance if you cannot keep an appointment for an interview.

➤ **Friendly:**

Always be friendly with reporters and make an effort to give them fresh material about yourself.

➤ **Think:**

Think carefully about what you are going to say before you say it. Remember, there is no such thing as "off the record." Discuss only those things that you would not mind seeing in print, on the radio or TV.

➤ **Team Player:**

Handle the interview as a team player—in the best interests of the team.

➤ **Be Careful:**

Avoid bulletin board material with your answers. Do not let the interviewer put words in your mouth. If you do not prefer to comment say, "I'd rather not talk about that right now."

➤ **Positive:**

Always be positive and give due credit when answering questions about coaches, school, opponents, teammates, and yourself.

➤ **Privacy:**

Respect your privacy and the privacy of your teammates. Keep all phone numbers to yourself and direct all personal questions about your teammates to them or the Sports Information Office.

➤ **Poise and Restraint:**

Understand the value of poise and restraint, especially under highly emotional conditions such as a big victory or a heartbreaking loss. Take your time and give careful thought to each question, making your point with short and precise answers.

➤ **Image:**

Always project a positive image by having a neat appearance when doing interviews. Make the most of the opportunity to showcase yourself and Iona College. Remember that you are representing both yourself and the College.

➤ **Courtesy:**

It is never a bad idea to say "Thank You" to a reporter who has covered you or your team. A note of thanks or of appreciation goes a long way. (The Sports Information Office can provide you with contact information.)

*Please note: Any violations of the policies regarding conduct may result in penalties which may include, but are not limited to, the following:

- Game suspension
- Coach's and/or Department contract
- Community Service
- Dismissal from team

CHAPTER 3 - NCAA RULES AND REGULATIONS

COMMITMENT TO COMPLIANCE

The compliance program for student-athletes exists to facilitate and ensure compliance with Iona College, MAAC and NCAA regulations. Guidelines established by these governing bodies provide a framework for fair competition, good sportsmanship and responsible behavior. Iona College has a strong commitment to rules compliance. In that regard, you are asked to assist Iona College in ensuring compliance. Specifically, you are requested to:

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

COMPLIANCE/ELIGIBILITY MEETING

Before the first day of practice each year, a compliance and eligibility meeting is held. You will be requested to complete and sign eligibility forms, which include, **but are not limited to**, the following:

- Student-Athlete Eligibility Statement
- NCAA Student-Athlete Statement
- Buckley Amendment Consent
- NCAA Drug Testing Consent
- NCAA General Amateurism and Eligibility Form for International Student-Athletes
- NCAA HIPPA Form
- Countable/Non-Countable Athletically Related Activities
- MAAC Sportsmanship Statement
- Iona College Statement on Hazing
- Iona College Statement on Social Networking Websites
- Iona College Student-Athlete Handbook
- Iona College Student Host Instructions

PLAYING AND PRACTICE SEASON GUIDELINES AND RESTRICTIONS

NCAA regulations identify the academic year in two distinct segments; in-season and out of season. At the beginning of each academic year, each coach must identify the days during the academic year that will consist of the in-season period of time for his/her respective sport. During the in-season, a student-athlete is limited to practicing 20 hours per week. This includes all team practice, viewing of game film, weight lifting and any other required team meeting. In addition to the hour limitations, a student-athlete is required to have one day off per week during the in-season portion of time. *Please note: A "travel day" related to athletics participation may be considered as a day off, provided no countable athletically related activities occur that day.

During the out of season period of time, a student-athlete can engage in only 8 hours per week of mandated athletically related activity. And in the appropriate sports, only 2 hours of the 8 may be utilized for individual skill instruction with a member of the coaching staff. Additionally, during this specified period of time, student-athletes must have 2 days off per week.

Student-athletes are required to confirm their mandated practice time contributions, as specified by each respective coach, by signing the student-athlete confirmation form on a weekly basis during the academic year. In case an inconsistency occurs, or you are required to participate in more than the designated weekly limitations, please contact the Assistant Athletics Director for Compliance.

Please note that competition and all associated activities on the day of competition count as 3 hours of athletically related activity, regardless of the actual duration of these activities.

OUTSIDE COMPETITION

Sports other than Basketball:

A student-athlete in any sport other than basketball who participates during the academic year as a member of any outside team in any non-collegiate, amateur competition becomes ineligible for inter-collegiate competition in that sport for the remainder of the year and for the next academic year.

Exceptions:

A student-athlete may compete outside of the institution's declared playing and practice season as a member of an outside team in any non-collegiate amateur competition during any official vacation period published in the institution's catalog. In the following sports, an outside team may not include more than the following number of student-athletes from the same institution:

- | | | |
|----------------|------------------|--------------|
| * Baseball – 4 | * Lacrosse – 5 | * Soccer – 5 |
| * Softball – 4 | * Volleyball – 2 | |

In Soccer, Volleyball, and Men's Water Polo, a student-athlete may compete outside of the institution's declared playing and practice season as a member of an outside team in any non-collegiate amateur competition provided:

- Such participation occurs no earlier than May 1st
- The number of student-athletes from any one institution does not exceed the limits set forth above
- No class time is missed for practice and/or competition
- In Volleyball, all practice and competition is confined to doubles tournaments in outdoor volleyball, either on sand or grass.

*Please note: Any student-athlete who wishes to compete on an outside team, must receive the prior approval from the Director of Athletics, in order to ensure compliance with the NCAA rules and regulations.

Basketball:

A student-athlete in the sport of basketball, who participates in any organized basketball competition, except while representing the institution in intercollegiate competition in accordance with the declared playing and practice season, becomes ineligible for any further intercollegiate competition in the sport of basketball.

Exceptions:

An outside team may not include more than the following number of student-athletes from the same institution:

- * Basketball – 2

- **Summer League** - A student-athlete may compete during the period between June 15th and August 31st or the institution's opening day of classes whichever comes earlier, on a team in a league approved by the Management Council, provided the student-athlete has received written permission from the institution's athletics director (or the director's official representative) prior to participation in the league. If the student-athlete is transferring and has been officially accepted for enrollment in a second institution, and if the previous institution certifies that the student has withdrawn and does not intend to return to that institution for the next term, this written permission is to be obtained from the member institution to which the student-athlete is transferring. Under such circumstances, the student-athlete does not count on the summer-league roster as a representative of either institution.
- **Puerto Rico Superior Basketball League** - A student-athlete who is a resident of Puerto Rico may participate in the Superior Basketball League of Puerto Rico.
- **United States vs. U.S. National Teams** - A student-athlete may participate in the United

States against U.S. national teams.

- **Outside-Team Tours** - A student-athlete may participate in an outside team summer foreign basketball tour.
- **Basketball Draft Combine**- A student-athlete using the draft exception set forth in Bylaw 12.2.4.2.1 may participate in a draft combine sponsored by a professional sports organization (during the summer or academic year), provided the student-athlete has received written permission from the institution's director of athletics.

AMATEURISM

It is important to note that in order to remain athletically eligible, you must not endanger your amateur status by engaging in prohibited activities which include, **but are not limited to**, the following:

- Take pay or the promise of pay, in any form of cash, prizes, gifts, or travel, for participating or competing in your sport;
- Agree orally or in writing to compete in professional athletics in your sport;
- Play on any professional athletics team as defined by the NCAA;
- Use your athletic skill for payment;
- Have your athletically related financial aid determined by anyone other than Iona College;
- Agree to have your picture or name used to promote a commercial product or service;
- Agree to be represented by an agent to market your athletics ability or reputation;
- Accept such things as gifts, meals, loans of cars, or money from athletics interest groups or people within the Iona College Athletics Department;
- Receive any benefit that is not available to other students at Iona College.

AGENTS

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

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

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

EXTRA BENEFITS

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

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

During your enrollment at Iona College, you may befriend individuals or families in the community who might wish to provide you with a more "home-like" atmosphere. Please be aware that your becoming "friends" with a representative, athletic booster, and/or employee of Iona College does not change their status as far as the NCAA rules are concerned. You are not allowed to receive any type of material item that is not provided to the general student body. By accepting a benefit that is not permissible, you may jeopardize your eligibility.

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

- Cash or cash equivalent for athletic participation;

- Complimentary admission to a professional sports event;
- Use of Athletics Department copy machines, fax machines, telephones and computers unless required for academic course work;
- Free or reduced cost lodging, transportation or meals;
- Use of an automobile or free or reduced costs of automotive equipment or repairs.

HOSTING A RECRUIT

You are considered an ambassador of the Iona Athletics Department when acting as a student-athlete host to a prospective student-athlete visiting Iona College. It is permissible to be provided with \$30 per day for which you host a prospect. This money is to be used for entertainment and meals for you and your recruit only. In complying with NCAA regulations you cannot buy t-shirts, hats, or other souvenirs for a recruit. In addition you are not allowed to go beyond a 30-mile radius of the campus. All student-athlete hosts must use good judgment to ensure that neither you nor the prospect violates the Iona College Official Visit Code of Proper Conduct, or puts the prospect or yourself in a dangerous or uncomfortable situation.

FOUR- YEAR COLLEGE TRANSFER

Written Permission to Contact/Recruit Student-Athlete

Per NCAA rules, an athletics staff member or other representative of the institution's athletics interest from another four-year college shall not make contact with you or your parents, directly or indirectly, without first obtaining written permission from the Iona College Department of Athletics, regardless of who makes the initial contact. If you are interested in transferring to another institution, you must receive 'permission to contact' from your coach, who in turn will notify the compliance office of his/her decision. If permission is granted, all applicable NCAA recruiting rules apply and the compliance office will send notification to your desired institution(s), **a blanket release will not be given**. If permission is not granted, you shall be provided with, upon request, a hearing before the Appeals Committee to appeal the denial of your request ***(See Appeals Committee Procedures below)**. In addition, the second institution shall not encourage you to transfer, and in Divisions I and II, may not provide you with financial aid until you have attended the second institution for one academic year. If you have any questions about transferring to another institution, immediately contact the Assistant Athletics Director for Compliance.

* Please note that the Iona College Department of Athletics takes a student-athlete's request for 'permission to contact' very seriously. Any student-athlete receiving an athletic scholarship who makes this request is usually granted permission. However, the student-athlete should be aware that in doing so the Iona College Athletics Department reserves the right to recommend non-renewal of his/her athletic scholarship for the subsequent academic year.

Waivers/Exceptions for Student-Athletes Transferring from a Four-Year College to a Division I, II, or III Institution

If you are transferring from a four-year college to an NCAA Division I, II, or III institution, you are not eligible for intercollegiate competition until you have fulfilled a residence requirement of one full academic year at the certifying institution; however, if you meet one of the transfer exceptions listed below, you may be immediately eligible for competition and may not have to serve a year of residence. Please contact the certifying institution for additional conference or university regulations that may be applicable.

If you are a partial qualifier or non-qualifier and have not served a year of residence at a four-year college, you cannot use a transfer exception or waiver to be immediately eligible. If you are a partial qualifier or non-qualifier who has served a year of residence or if you are a qualifier, you may be eligible to use one of the following exceptions to the one-year transfer residence requirement:

1. **One-Time Transfer Exception.** You transfer to the certifying institution from another four-year collegiate institution, and all of the following conditions are met:

- (a) You are a participant in a sport other than baseball & basketball at the school to which you are transferring.
 - (b) You have not transferred previously from one four-year institution unless, in the previous transfer, you received a discontinued/ non-sponsored sport exception.
 - (c) You are in good academic standing and meet the progress toward degree requirements. You must have been academically eligible had you remained at the institution you are transferring from and you also must be eligible at the certifying institution as a regularly enrolled full-time, degree-seeking student-athlete who was admitted in accordance with the regular, published entrance requirements of the institution.
 - (d) If you're transferring from an NCAA or NAIA member institution, your previous institution shall certify in writing that it has no objection to you being granted an exception to the transfer residence requirement. (If your previous college denies your request for the release, that institution shall inform you in writing, upon request, you will be provided a hearing conducted by an institutional entity or committee outside of the athletics department.)
2. **Division I or II Non-Recruited Student Exception.** If you transfer to the certifying institution and the following conditions are met:
 - (a) You were not recruited by the certifying institution
 - (b) You have not received any athletically related financial assistance
 - (c) You have neither practiced nor competed in intercollegiate athletics before transferring, except that you may have participated in limited preseason tryouts.
3. **Return to Original Institution Without Participation Exception.** If you enroll at a second four-year college but do not participate or compete in the involved sport at the second college and return to the original Division I or II institution.
4. **Two-Year Nonparticipation Exception.** If you transferred to a Division I, II, or III college from another four-year college and, for a consecutive two-year period immediately before the date on which you began participation (practice and/ or competition), you have neither practiced nor competed in the involved sport in intercollegiate competition or in organized non-collegiate amateur competition while enrolled as a full-time student-athlete in a collegiate institution. This two-year period does not include any period before your initial collegiate enrollment.
5. **Discontinued/Non-Sponsored Sport Exception.** In a particular sport when you transfer at any time to the certifying Division I or II school and participate in the sport on the intercollegiate level after any of the following conditions have occurred:
 - (a) Your original four-year college dropped the sport (in which you have practiced or competed at that institution in intercollegiate competition) from its intercollegiate program.
 - (b) Your original four-year college reclassified the sport (in which you have practiced or competed at that institution in intercollegiate competition) from Division I to Division III status, and since then you have not competed in that sport on the Division III level.
 - (c) Your original four-year college never sponsored the sport on the intercollegiate level while you were in attendance at the university, provided that you never transferred from any other college that offered intercollegiate competition in that particular sport.
6. **Military Service/Church Mission Exception.** You return from at least 18 months of active service in the armed forces of the United States or on an official church mission.
7. **Discontinued Academic Program.** Your institution concludes that you changed schools in order to continue a major course of study because your original college discontinued the academic program in your major.
8. **Division III Exception.** If you wish to transfer to a Division III school, you will be eligible to compete immediately if you have not participated previously in intercollegiate athletics. If you have participated in intercollegiate athletics, you must have been academically and athletically eligible for competition had you remained at that institution.

***APPEALS COMMITTEE PROCEDURES**

- Student-Athlete submits a written appeal to the committee within 5 days after the student has received written notification that the 'permission to contact' or one-time transfer exception (transfer-residence requirement) has been denied.
- This written appeal should include the following:
 - The student-athlete's name, student ID number, year in school and sport;
 - Reasons for believing that the decision was unfair; and
 - Copies of any relevant documents that support the student-athlete's position
- The Appeals Committee notifies the Athletic Director (or his/her designee) that an appeal has been received.
- The student-athlete may request that the appeal hearing be conducted in person or via telephone
- The Appeals Committee (consisting of the Vice Provost for Student Life, Vice President for Enrollment Management, Associate Vice President for Student Financial Services and the Director of Financial Aid) reviews the appeal.

***HEARING PROCEDURES**

Once the hearing is scheduled, the following guidelines will be followed:

- The Vice Provost for Student Life serves as Chair of the Committee and will guide the hearing.
 - The student-athlete and the representative(s) from the Athletics Department will be offered the opportunity to present their cases and members of the Appeals Committee will be offered the opportunity to question the student-athlete and the representative(s) from the Athletics Department.
 - All parties will be excluded during the Appeals Committee's deliberations.
 - The student-athlete will receive a written response of the committee's decision within 15 business days of submitting the written request for an appeal.
 - Decision of the Committee is final.
- A student-athlete who fails to appear after notification of a date for his/her appeal hearing will be deemed to have waived his or her right to a hearing.***

CHAPTER 4 – FINANCIAL AID

NCAA REGULATIONS

NCAA has specific regulations regarding the receipt of financial aid and the amount of aid a student-athlete may receive. You may not receive financial aid that exceeds the cost of attendance. The "cost of attendance" is an amount calculated by the Iona College Student Financial Services office, which includes the total cost of tuition, room and board, books and fees, transportation and other expenses related to attendance at Iona College.

As per NCAA rules (Bylaw 15.01.3), any student-athlete who receives financial aid other than that administered by the student-athlete's institution shall not be eligible for intercollegiate athletics competition, unless the aid is:

- Money from anyone whom you are naturally or legally dependent on;
- Financial aid that has been awarded to you on a basis other than athletics ability;
- Financial aid from an entity outside Iona College that meets the requirements specified in the Division I Manual (Bylaw 15.01.)

***Please note: You must report to Iona College any financial aid that you receive from a source**

other than Iona College. However, you do not need to report to Iona College financial aid received from anyone upon whom you are naturally or legally dependent.

ATHLETIC SCHOLARSHIPS

An athletic scholarship is financial aid awarded to a student-athlete based on his/her athletic ability. An athletic scholarship may not be awarded in excess of one academic year. In most cases, the Head Coach and Director of Athletics will recommend to the Office of Student Financial Services that a student-athlete's athletic scholarship be renewed each academic year. However, it is permissible for the Head Coach and/or Director of Athletics to recommend that a student-athlete's athletic scholarship not be renewed for the subsequent academic year. *Renewal of athletic aid is not automatic.

RENEWAL

All student-athletes whose athletic scholarships are to be renewed or not renewed for the ensuing academic year will be notified prior to July 1st.

Renewal packets sent to the student-athlete will include:

- Letter to inform student-athlete of renewal
- Financial aid contract

****All Athletic Financial Aid contracts should be mailed back in order for scholarship to be posted to your account.**

In order to receive any type of financial aid, including an athletic scholarship, from Iona College, all students are REQUIRED to complete and submit the following forms to the SFS Office each academic year: ****All Financial Aid paperwork must be filed before April 15th each year.**

- Free Application for Federal Student Aid (FAFSA)- this form should be completed on-line and you should request that your information be sent to Iona College
- Iona College Application for Financial Aid
- Parent and Student Federal Income Tax Returns – returns for the previous year
- Tuition Assistance Program (TAP) – New York State residents only

NON-RENEWAL

Due to the fact that financial aid is awarded for one year, it is possible that a student-athlete's aid may not be renewed. In the event that aid is not renewed, the student-athlete will receive notification and shall be provided with, upon request, a hearing before the Athletic Aid Appeals Committee

***(See Athletics Aid Appeals Committee Procedures below).**

REDUCTION OR CANCELLATION DURING PERIOD OF AWARD

Institutional financial aid based in any degree on athletics ability may be reduced or cancelled during the period of the award if the recipient:

- 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 at any time for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the academic term in which the aid was reduced or cancelled

Fraudulent Misrepresentation:

If a student-athlete is awarded institutional financial aid on the basis of declaring intention to participate in a particular sport by signing a letter of intent, application or tender, action on the part of the grantee not to participate (either by not reporting for practice or after making only token appearances as determined by the institution) would constitute fraudulent misrepresentation of information on the grantee's application, letter of intent or financial aid agreement and would permit the institution to cancel or reduce the financial aid.

Misconduct:

An institution may cancel or reduce the financial aid of a student-athlete who is found to have engaged in misconduct by the college's regular student disciplinary authority, even if the loss-of-aid requirement does not apply to the student body in general.

***ATHLETICS AID APPEALS COMMITTEE PROCEDURES**

- Student-Athlete submits a written appeal to the Office of Student Financial Services (SFS) within 5 business days after the student has received notification that his or her award has been canceled, reduced or not renewed.
- This written appeal should include the following:
 - The student-athlete's name, student ID number, year in school and sport;
 - Reasons for believing that the decision was unjustified
 - Copies of any relevant documents that support student-athlete's position
- The Chair of the Athletics Aid Appeals Committee notifies the Athletic Director (or his/her designee) that an appeal has been received.
- The student may request that the appeal hearing be conducted in person or via telephone.
- The Athletics Aid Appeals Committee (consisting of the Director of Financial, Vice President for Enrollment Management, Vice Provost for Student Life and Associate Vice President for Student Financial Services) reviews the appeal.

***HEARING PROCEDURES**

Once the hearing is scheduled, the following guidelines will be followed:

- The Director of Financial Aid serves as Chair of the Committee and will guide the hearing.
- The student-athlete and representatives from the Athletics Department will be offered the opportunity to present their cases and members of the Appeals Committee will be offered the opportunity to question the student-athlete and the representatives from the Athletics Department.
- All parties will be excluded during the Appeals Committee's deliberations.
- The student will receive a written response within 15 business days of submitting the appeal to the Athletics Aid Appeals Committee.
- Decision of the Committee is final.

A student-athlete who fails to appear after notification of a date for his/her appeal hearing will be deemed to have waived his/her right to a hearing

NCAA SPECIAL ASSISTANCE FUND

Each year, Division I conferences receive funds from the NCAA to be used to assist student-athletes with financial needs. The guiding principles of the NCAA Special Assistance Fund are to meet the student athletes' needs in case of an emergency or essential nature for which financial assistance otherwise is not available. According to the guidelines set forth by the MAAC, the following student-athletes are eligible to apply for funds:

- Those who receive a Pell grant while participating on a varsity team.
- International Student-Athletes

The fund may be used for several purposes, including the following:

- Medical expenses—**EXCEPT** those covered by another policy
- Hearing aids
- Vision therapy
- Off-campus psychological counseling
- Travel expenses for a family emergency
- Clothing, shoes and other essentials (excluding athletic apparel and food).

If you have any questions regarding the use of monies in this fund, please see the Senior Associate Athletics Director/SWA.

EMPLOYMENT EARNINGS—ALL SPORTS

Earnings from a student-athlete’s on/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. [Bylaw 12.4 and Bylaw 15.2.6]

CHAPTER 5 – ACADEMICS

The NCAA has rules regarding academic eligibility for student-athletes. The following chart outlines the academic requirements for continuing eligibility. In addition, institutional and department academic policies and procedures have been compiled to assist you, as a student-athlete at Iona College.

CONTINUING ELIGIBILITY REQUIREMENTS

ACADEMIC CLASS (First full-time enrollment)	2017-2018 Academic Year
Freshman (2017-18)	➤ Enrolled in at least 12 credits ➤ Initial eligibility & Amateurism certified by the NCAA Eligibility Center ➤ Must have earned a minimum 6 credits after each semester of full-time enrollment
Sophomore (2016-17) 3rd semester	➤ Enrolled in at least 12 credits ➤ Must have earned at least 24 credits the previous year with at least 18 earned during the academic year ➤ Must have earned a minimum 6 credits after each semester of full-time enrollment ➤ GPA requirement of 90% of overall GPA required for graduation (minimum 1.80)
Junior (2015-16) 5th semester	➤ Enrolled in at least 12 credits ➤ Must have earned at least 18 credits during the previous academic year ➤ Must have earned a minimum 6 credits after each semester of full-time enrollment ➤ Must have declared major ➤ GPA requirement of 95% of overall GPA required for

Senior (2014-15) 7th semester	graduation (minimum 1.90) ➤ 40% of degree must be completed ➤ Enrolled in at least 12 credits ➤ Must have earned at least 18 credits during the previous academic year ➤ Must have earned a minimum 6 credits after each semester of full-time enrollment ➤ Must have declared major ➤ GPA requirement of 100% of overall GPA required for graduation (minimum 2.00) ➤ 60% of degree must be completed
Fifth Year (2013-14) 9th semester	➤ Enrolled in at least 12 credits ➤ Must have earned at least 18 credits during the previous academic year ➤ Must have earned a minimum 6 credits after each semester of full-time enrollment ➤ Must have declared major ➤ GPA requirement of 100% of overall GPA required for graduation (minimum 2.00) ➤ 80% of degree must be completed

ACADEMIC INFORMATION

GRADING

A = Excellent

B+ = Very Good

B = Good

C+ = Above Average

C = Satisfactory

D = Minimal Passing

P = Passing – signifies satisfactory completion of course requirements and the earning of credit with quality points.

U = Unsatisfactory – no quality points assigned; student must repeat course.

F = Failure

FA= Failure Excessive Absences – signifies dismissal from a course due to unacceptable academic performance and absence from 20% or more of scheduled classes. This grade is computed as an "F" in the cumulative index.

N = Not Examined – signifies absence from final exam.

I = Incomplete – signifies that some requirement of a course, other than the final examination, has not been satisfied by the end of the term. Student must speak to instructor regarding the necessary arrangements that must be made.

W = Withdrawal - signifies withdrawal from a course with permission of the appropriate academic dean.

WF = Withdrawal–Failure – signifies withdrawal from a course while failing. This grade is computed as an “F” in the cumulative index.

WU = Unofficial Withdrawal – signifies special circumstances in which an academic dean authorizes withdrawal and assigns the grade.

H = Audit – signifies a course was not taken for credit.

SP= Satisfactory Progress – signifies a course is not complete as of the end of the present semester, but is continuing.

APPEAL OF AN ASSIGNED GRADE

Students who believe that an error was made in the assignment of a grade should discuss with the instructor the basis upon which the grade was determined. If after this review of the grading criteria for the course and the student's performance in it, the student is not satisfied with the grade, an appeal may be made to the departmental chair. Such appeal should be made in writing, stating the basis upon which the grade is questioned and requesting a departmental review. If, following the review, the student is not satisfied with the departmental decision; final appeal may be made to the academic dean of the department involved.

A student has until the tenth day of a new semester to have a grade other than an “I” changed. If a formal appeal is in progress, the date will be extended until the appeal is duly processed.

ACADEMIC DISCIPLINE

- **Probation** – granted by the Committee on Academic Standing, whenever a student's semester or cumulative index falls below the norm for graduation (2.00).
- **Suspension** – a temporary separation from the College, ordinarily imposed after an unsuccessful probationary period and a judgment is made that the studies should be interrupted for a designated period of time, usually six months or one year, before reinstatement would be considered.
- **Dismissal** – a permanent separation from the College ordinarily imposed because there is indication of poor probability of success.

REGISTRATION PROCEDURE

- A student must first schedule an appointment with his/her assigned faculty advisor for advisement before being able to register. The faculty advisor provides a list of course options that you are eligible to take. Always try to get at least six course options, so that alternative choices can be made if a particular course is closed.
- Never leave without having your course options placed on an official program card that has been signed by your faculty advisor. This is important because you will need it if you have to make changes to your schedule in the future. The Office of the Registrar will **NOT** make any changes to your class schedule without your advisement program card.
- After meeting with your faculty advisor, you should then confirm practice times for the following semester with your coaches, so as to ensure that conflicts between practice and class obligations are resolved before registering.
- Make sure that your PeopleSoft account is current, since this would allow you to register online.
- Before you will be able to register for classes, you must be free of any administrative holds on your account (e.g. Dean's Office hold, Health Office hold, or Student Financial Services hold). If you have a hold, go to the relevant office to rectify the issue.
- Remember, the key to getting the courses and class times you want is to be proactive and timely

in the process. Get advised early, and take advantage of the convenience of online registration.

WITHDRAWING FROM A COURSE

- All student-athletes have a "Athletics Withdrawal Hold" placed on their account each semester so that they can not drop a course without consulting with the Assistant Athletics Director for Academics. This is to ensure that you have the room that would allow you to drop a course and still be enrolled fulltime. Withdrawing from a course is an indication that you did not complete a course, and it is displayed on your final transcript.
- It is necessary that you be enrolled fulltime as a student-athlete if you wish to be eligible to participate in collegiate athletics. To be deemed full-time, you must be enrolled in a minimum of 12 semester credit hours for the duration of the semester. **Graduate School is 9 trimester/semester credits hours.*
- Upon getting approval to withdraw from a course, you must get the appropriate documentation to execute the process. Withdrawal forms are available in the Dean's Office as well as in the Office of Student Retention. The form has to be signed by the professor for the course that you are withdrawing from, as well as by a designated representative from the Dean's Office. You will then need to meet with the Assistant Athletics Director for Academics to have the "Athletics Withdrawal Hold" removed from your account. You will then need to submit your completed withdrawal form to Student Financial Services Office for processing (*form must be submitted to SFS on the same day you meet with the Assistant Athletics Director for Academics). Upon completing the process, you are strongly advised to hold on to the student copy of the signed withdrawal form until SFS has entered it on your academic transcript.

SUMMER CLASSES

A student-athlete may attend summer sessions in order to make progress towards his/her degree and/or to be eligible for the upcoming fall semester. A student-athlete may not apply more than 6 semester hours of summer session courses toward the annual requirement of 24 semester hours needed to be eligible for intercollegiate competition. However, a student-athlete may apply more credits if he/she needs the additional credits to fulfill the percentage of degree or grade point average requirements.

TAKING A COURSE AT AN OUTSIDE INSTITUTION

Please be mindful of the following if you intend on taking a course at an outside institution:

- Before taking a course at an outside institution, you must get prior approval from the appropriate Dean's Office regarding what course you should take. This is to ensure that the intended course has an equivalent at Iona.
- **Furthermore, only grades that are a minimum "C" are transferable.**
- It is the obligation of the student to have an official transcript of the course forwarded to the Dean's Office. If this is not done, no transfer credit evaluation can be made, and there will be a delay in having your Iona transcript display the credit hours completed.
- A course taken at an outside institution is **not** factored into computing your Iona GPA.

ACADEMIC PROBATION AND SUSPENSION

If your cumulative or semester GPA falls below a 2.00, you will be placed on probation for the following semester. Being on probation means that you will be required to achieve a minimum GPA for that particular semester, along with any other conditions that are specified in the contract that the Dean's Office will have you sign. The following is designed to be informational and not as an official procedure for students on probation.

- If on probation, you will receive a letter from the Dean's Office notifying you of your academic status.
- You should follow up by scheduling an appointment with the Dean or an academic advisor in the Dean's Office for the school in which you are enrolled (School of Arts & Science or the Hagan School of Business).

- In that meeting, you will probably be given an academic contract to sign. The contract outlines what is expected of you academically for that semester, so as to be restored to good academic standing.
- In addition to the stipulations laid down by the Dean's Office, the academic support office of the Department of Athletics may give you additional requirements. This is intended to ensure that you make use of all the resources that are available to assist you in the effort to improve your academic standing.
- Failure to satisfy the conditions of the probation contract of the Dean's Office may result in suspension from the institution. You will be given the chance to appeal the suspension. If the Committee on Academic Standing upholds the suspension decision, you may then go to the Dean of your school and the Provost.
- Upon being suspended, the Committee on Academic Standing may suggest that a student attend another institution for a semester or a year, and that you take a full course load (minimum of 12 credit hours) each term. Upon completing this period of suspension, you may reapply for reinstatement, and your academic performance at the outside institution(s) will be evaluated as evidence of your ability to continue your studies successfully at Iona College.
- Failure to perform satisfactorily upon being reinstated may result in dismissal from the institution. This is a permanent separation from the institution on the grounds that you have indicated a low probability of being able to successfully complete your studies at Iona.

STUDY HALL

In addition to team study halls, which may be required by coaches, student-athletes who are placed on academic probation may be required to attend additional study hall hours by the Assistant Athletics Director for Academics. Student-athletes on probation are required to sign a contract with the Assistant Athletics Director for Academics (in addition to the contract that you sign with the Dean's Office). Stipulations of this contract will specify the **mandatory** number of hours that you must attend in the Academic Center, Library and/or Rudin Center for study hall and/or tutoring.

- If you are required to attend the Rudin Center, make sure you log in and out (your hours will be monitored by the Assistant Athletics Director for Academics).

MID-TERM GRADES

In order to accurately monitor the academic progress of student-athletes, mid-term grades will be submitted by professors for every student-athlete at the mid-point of each semester.

The Assistant Athletics Director for Academics will call in any student-athlete receiving a grade of "C" or below. Upon meeting with each student-athlete, a possible solution and action steps are determined. At that time, you may be referred for tutoring (Rudin Center), counseling or other support services at the college.

- If your name is on the list for having an unsatisfactory grade, it is **mandatory** that you meet with the Assistant Athletics Director for Academics!
- If a professor offers extra help sessions, you are strongly advised to utilize such assistance.

MISSED CLASS POLICY

WHEN CLASSES ARE IN SESSION:

- Student-athletes shall not miss any regular scheduled classes for any practice activities except as permitted by the following regulations.
- For home competition, student-athletes shall not miss classes prior to two hours before the scheduled competition time.
- For **away** competition with same day travel, student-athletes shall not miss any classes prior to 30 minutes before the scheduled time of departure.
- For **away** competition with overnight travel, no team shall depart more than 30 hours prior to the scheduled time of competition.

- Student-athletes will continue to present individual, written notifications provided by the Assistant Athletics Director for Academics, to their instructors at least one week prior to each contest that affects their class attendance.
- It is expected that the student-athletes will be responsible for submitting all assignments on time and that advanced arrangements will be initiated by the student-athlete for any tests/quizzes that will be missed.
- It is expected that coaches will not penalize student-athletes for missing practices due to conflicts with regularly scheduled classes for which student-athletes are enrolled.
- No competition will be scheduled on days when final exams are scheduled unless prior approval has been received from the Provost/Vice President for Academic Affairs.
- Student-athletes who believe that they have received a lack of reasonable accommodations of the provisions of this missed class policy by a faculty member may contact the appropriate chair and/or Dean regarding the situation.
- Student-athletes who believe that they have received a lack of reasonable accommodations of the provisions of this missed class policy by a coach may bring this matter to the attention of the Director of Athletics and/or the Senior Associate Athletics Director/SWA.

EXPLAINED ABSENCE LETTERS

All student-athletes are informed that class attendance is mandatory! You will miss a few classes due to your sport. This leaves no room to miss classes on your own.

Since a student-athlete's primary purpose for attending Iona College is to obtain an education, explained absence letters do **NOT** excuse a student-athlete from missing a class. The purpose is to inform the professor of the reason for the student-athlete's absence.

Explained absence letters are available for student-athletes who will miss class due to an athletic event and are solely for this purpose. You must inform your professors **at least a week in advance** when you will miss a class. If your coach has not given you an explained absence letter (a week before you leave), come to the Assistant Athletics Director for Academics immediately.

- It is your responsibility to give the letter to each of your professors.
- You are still responsible for all class materials and/or exams that have been missed.
- Make arrangements to take an exam, hand in a paper, etc., **before** you leave.
- Explained absence letters will not be given out after you have already missed the class(es).

END OF YEAR SURVEY

Each year, the Department of Athletics conducts an end of the year survey with all student-athletes. Survey includes questions regarding the value of student-athletes' athletic experiences, the extent of the athletics time demands encountered by student-athletes and concerns related to the administration of the student-athletes' specific sports.

THE SAMUEL RUDIN ACADEMIC RESOURCE CENTER

Location: Amend Hall – Basement

Phone: 914-633-2217

Hours:

Monday – Thursday	8:00 am – 8:00 pm
Friday	8:00 am – 6:00 pm
Saturday	12:00 pm – 6:00 pm

Any student-athlete experiencing academic difficulty is referred to the Samuel Rudin Center. The center's objective is to help students who want to learn more effectively, improve or review, and strengthen skills. Tutors are available in various areas for all students. All services are free and you do not need to make an appointment, although it is advised that students obtain a copy of the center's

tutor schedule and tutor subject area specialization sheet, so as to ensure that the best possible help is obtained in a particular subject area.

CHAPTER 6 – SPORTS MEDICINE

The JB Buono Athletic Training Room is open from 9:00am - 5:00pm ---- Monday through Friday. Changes to this schedule will be posted. Due to scheduling on weekends; rehabilitation and treatment will not be available unless prior arrangements are made with an athletic trainer.

- The athletic training room will open one hour prior to practice time and two hours before home games.
- The athletic training room will remain open 30 minutes after a practice or game.

Note: Student-athletes may not use their time in the athletic training room as an excuse for being late to a team responsibility or class. Please arrange your schedules accordingly.

ATHLETIC TRAINING ROOM RULES

1. The athletic training room is co-ed and appropriate attire is required of all student-athletes using this facility.
2. All equipment, book bags and sports bags, including laundry loops, are not permitted into the athletic training room.
3. No food or drink is permitted in the athletic training room.
4. Cleats may not be worn in the athletic training room.
5. Abusive or foul language will not be tolerated.
6. Headphones are not permitted to be used during treatments.
7. Water coolers, ice chests, water bottles, and medical kits should be treated with respect and returned to the athletic training room in a clean, serviceable condition.
8. Water bottles will be issued to each team, and are expected to be returned following each practice or competition. Water bottles will not be issued for individual workouts.
9. All ace bandages must be returned after practice/game so they may be cleaned before the next day usage.
10. Do not remove any equipment /supplies from the training room without permission from an athletic trainer.
11. Please make sure that all used bandages, tape, etc, are disposed of properly.

PHYSICAL EXAM PROCEDURES

- Upon entrance to Iona College's intercollegiate athletics program, student-athletes are required to have a complete physical examination by their own physician prior to participating on any intercollegiate team.
- All required forms are available on the Iona College Athletics website by clicking on Inside Athletics and then Sports Medicine. The pre-participation medical forms include: demographics, insurance information, comprehensive health history, physical exam form, drug testing consent form, signed Student-Athlete Injury/illness Awareness form, and signed authorization for release of medical information (HIPPA). You must have proof of sickle cell trait test results or complete the waiver form (you may also be tested at the Iona College Wellness Center). See Sickle Cell Trait Testing section below.
- Student-athletes must submit physical by their own physician prior to participating. This physical exam must be administered within six months prior to participation. Note that physical examinations are valid for one year from the date of physical examination.

CLEARANCE TO PARTICIPATE

- All student-athletes must be examined and cleared by a physician every school year. An orthopedic screening will be administered by the college's orthopedic surgeon; the student-athlete must also pass this screening prior to being cleared to participate.
- No student-athlete will be allowed to participate until the aforementioned forms are completed, signed and given to the Iona College sports medicine staff. This includes a copy (front and back) of the student's primary insurance card.

SICKLE CELL TRAIT TESTING

- Sickle Cell Trait testing is mandated by the NCAA and the Iona College Athletics Department. Before being cleared to participate, one of the following criteria must be met:
- All student-athletes must:
 - a. sign the Iona College sickle cell trait testing waiver or
 - b. be tested for sickle cell trait with reported results
- Multi-sport student-athletes need only one physical examination per academic year.
- In the event of an injury, the athletic trainer and/or team physician must clear the athlete to participate in a practice or game.

INJURY/ILLNESS REPORTING

- All student-athletes have the responsibility to report their injuries to the sports medicine staff. This includes injuries that may appear minor to the student-athlete. All student-athletes need to complete, sign, and submit the Student-Athlete Injury/Illness Awareness form to the sports medicine staff to be filed.

CONCUSSION MANAGEMENT

- In order to protect the student-athlete's health while participating in intercollegiate sports at Iona College and in the event of head trauma, a Concussion Management Policy will be followed by the sports medicine staff and physicians. The Concussion Management Policy is designed to ensure that no student-athlete returns to play too soon. There are established guidelines that will be followed before a student-athlete is cleared to participate. A copy of the Concussion Management Policy can be found in the athletic training room.

TREATMENT AND REHABILITATION POLICY

- All student-athletes must make an appointment in order to receive treatment/rehabilitation.
- All student-athletes must sign in when entering the athletic training room.
- Rehabilitation and treatment hours are 9:00am – 3:00pm Monday through Friday.
 - *Please note that services will be rendered based on the time of your appointment.
 - There is no rehabilitation or treatment on the weekend
- Student-athletes who are unable to receive treatment or rehabilitation during the designated hours due to class schedule may receive treatment or rehabilitation by appointment only and if approved by the athletic trainer.
- Rehabilitation programs and treatment will be followed as recommended by the physician or athletic trainer.
- All prescription medications must be purchased by the student-athlete.
- The athletic training room **will not** be the primary provider of over-the-counter medications.

IONA COLLEGE “IN-HOUSE” DRUG TESTING POLICY

- The Department of Athletics implemented an in-house drug testing policy in July of 2011.
- The purpose of this policy is to ensure compliance and adherence of student-athletes to the NCAA drug testing policy.
- Prohibited substances include: anabolic steroids, cocaine, marijuana, barbiturates, amphetamines, ecstasy and ephedra-based substances, and dietary supplements.
- All student-athletes will be required to sign a consent form regarding this policy prior to medical clearance.
- There will be routine, unannounced drug tests. Selection may be random or by “reasonable suspicion” via coaches, administrators, teammates, and/or athletic trainers.
- In addition, a “safe harbor”/self-disclosure program has been established regarding the Iona College Drug Testing Policy. This program allows student-athletes to self-identify themselves if they are having issues with substance abuse. This student-athlete will be tested upon disclosure and will have to admit into a 30-day counseling program. A re-test will then be administered to the student-athlete after the 30 days. Failure of re-test will be considered a second offense.
- **Sanctions:**
 - First offense includes 10% of practices and games in traditional season.
 - Second offense includes 50% of practices and games in traditional season.
 - Third offense results in loss of athletic eligibility at Iona College.

** Please note that a full, written copy of the Iona College Drug Testing Policy is available in the office of the Director of Athletics.

PHYSICIAN REFERRAL

- Any student-athlete that requires outside medical attention, other than emergencies, must be referred **ONLY** by the athletic trainers, in order for benefits to be paid.
- All documentation concerning clearance or playing status must be brought to the Athletic Trainer after seeking outside medical care outside our team physician and HSS network prior to returning to play.
- Student-athletes referred to a physician must complete the secondary insurance claim with an athletic trainer.

INSURANCE REQUIRED OF ALL STUDENT-ATHLETES

- All student-athletes must have medical insurance coverage through a parent or guardian or themselves.
- Student-athletes' insurance serves as primary insurance for all medical services.
- Student-athletes must provide a copy of his/her insurance card when submitting physical form.

INSURANCE PROVIDED BY IONA COLLEGE

- Iona College provides medical insurance for all student-athletes as secondary coverage.
- The Insurance Policy is administered by the Allen J. Flood Co. INC, 2 Madison Avenue, Larchmont, NY 10583.
 - * Please refer to the Sports Medicine link on the college's athletics website for the procedures for filing a claim.
- All medical bills must first be submitted to the student-athlete's primary insurance carrier. Iona's insurance carrier will make payments on bills that are not covered, or are denied, by the student's

primary insurance carrier.

- Submit copies of **ALL** explanation of benefits (E.O.B.) to the address listed above.
- Braces & prescription medications are **NOT** covered by the Iona College secondary insurance policy.
- Pre-existing conditions are not covered by the Iona College secondary insurance policy.

CLAIM FILING PROCEDURES

- When it is necessary for an athlete to seek outside medical attention from a physician, a claim form from the **college's Insurance carrier** must be completed and signed by the student-athlete and the athletic trainer.
- After completion of the insurance claim form, a photocopy is made and filed in the **Sports Medicine Office**. The original form, with an attached copy of the student-athlete's primary medical insurance, will be sent to the **college's insurance carrier**. The provider will submit bills for services to primary and secondary insurance carriers.

TEAM PHYSICIAN:

Riley Williams III, M.D.
Hospital for Special Surgery

Mailing Address:

535 E. 70th Street
New York, NY 10021

Office Address:

Belaire Building, 1st floor
525 East 71st Street
New York, NY

Telephone #: 212-606-1855

Fax #: 212-774-2895

INSURANCE COMPANY:

Please Refer to the SPORTS MEDICINE Section of the Iona College Athletics Website.

CHAPTER 7 – DRUG TESTING

IONA COLLEGE DRUG TESTING

PURPOSE

In order to insure that our student-athletes comply with NCAA substance abuse guidelines and meet Iona College Athletics Department standards for representation, the Sports Medicine Department, in conjunction with the Department of Athletics, the Office of Counseling Services, and the Office of Alcohol and Other Drug Education, has implemented a drug and alcohol education and screening policy. A student-athlete is defined as any student appearing on the official roster at any

time during the current academic year. This is to include 5th year student-athletes, academically ineligible student-athletes, and student-athletes out due to injury or illness. This testing policy will also extend to any student acting as a manager for any varsity sport at Iona College.

TESTING SELECTION

All teams will be selected at random by the Drug Free Sport. Once teams have been selected, the Director of Athletics will notify the Coordinator of Compliance and the Head Athletic Trainer of the teams to be tested. The Head Athletic Trainer will contact Drug Free Sport (the administrators of the drug test) to coordinate a testing date and time. Once a date and time has been chosen, the Coordinator of Compliance will e-mail the selected team's rosters to Drug Free Sport. Drug Free Sport will randomly select the student-athletes to be tested and will supply to the Coordinator of Compliance the selected student-athletes by e-mail. The Coordinator of Compliance will notify the selected student-athlete(s). The selected student-athlete(s) will report to the office of the Coordinator of Compliance to complete the Drug Testing Notification Form.

Any student-athlete who fails to appear for his/her scheduled test will be considered in violation of the drug testing policy, and will be subject to sanctions as described in the following section. If a student-athlete fails to appear for a test and has had prior discipline related to a drug violation, the failure to appear will be treated as a failed test, and the student-athlete will be subject to second or third-time positive test sanctions.

REASONABLE SUSPICION

A student-athlete may be subject to testing at any time when the Director of Athletics or his/her designee determines there is individualized reasonable suspicion to believe the participant is using a prohibited drug. Such reasonable suspicion may be based on objective information as determined by the Director of Athletics, or by an associate/assistant Director of Athletics, head coach, assistant coach, head athletic trainer, assistant athletic trainer, or team physician, and deemed reliable by the Director of Athletics or his/her designee. Reasonable suspicion may include, without limitation: 1) Observed possession or use of substances appearing to be prohibited drugs, 2) Arrest or conviction for a criminal offense related to the possession or transfer of prohibited drugs or substances, or 3) Observed abnormal appearance, conduct, or behavior reasonably interpretable as being caused by the use of prohibited drugs or substances. Among the indicators which may be used in evaluating a student-athlete's abnormal appearance, conduct, or performance, are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, physical appearance changes, academic/athletic motivational level, emotional condition, mood changes, and legal involvement. If suspected, the Director of Athletics or his/her designee will notify the student-athlete, and the student-athlete must stay with a member of their coaching staff, the athletics administration staff, or the sports medicine staff, until an adequate specimen is produced. Note: the possession and or use of illegal substances may be determined by means other than urinalysis. When an individual is found to be in possession and/or using such substances, he/she will be subject to the same procedures that will be followed in the case of a positive urinalysis.

SELF DISCLOSURE/SAFE HARBOR PROGRAM

Student-Athletes will have one opportunity during their athletic career at Iona College to voluntarily self-identify themselves as having a problem with substance abuse or illegal drug use, before being selected for testing, without administrative sanctions being imposed. A student-athlete who wants to voluntarily self-identify themselves for evaluation and/or counseling can do so by approaching a coach, athletic trainer, administrator, physician, or counselor. **A student-athlete must initiate this "safe harbor" program before being selected for a drug test.**

A student-athlete eligible for the Iona College Safe Harbor Program may refer himself or herself to the Program for voluntary evaluation, testing and counseling. A student is not eligible for the Program after he or she has been informed of an impending drug test or after having received a positive Iona College or NCAA drug test.

The Iona College Counseling Center will work with the student to prepare a Safe Harbor treatment plan, which may include confidential drug testing. The student-athlete will be tested for banned substances upon entry into the Safe Harbor Program and such a positive initial test will not result in any administrative action except those listed in this section (the team physician may suspend the student from play or practice if medically indicated). A student will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NCAA or Conference postseason competition.

If a student-athlete is determined to have new substance use after the initial Safe Harbor Program test (as determined by follow-up testing), or fails to comply with the Safe Harbor Program treatment plan, the student-athlete will be removed from the Safe Harbor Program and be subject to appropriate sanctions as detailed in the Iona College drug testing program. Entering the Safe Harbor Program will be treated as a positive test as it relates to sanctions and any positive test after the initial Safe Harbor Program test will be treated as the next subsequent positive.

While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of students eligible for random drug testing by Iona College. Student-Athletes in the Safe Harbor Program may be selected for drug testing by the NCAA.

The Director of Athletics, the Senior Women's Administrator/Senior Associate Athletics Director, the Head Athletic Trainer, the student-athlete's Head Coach and the Team Physician may be informed of the student's participation in the Safe Harbor Program. The athletic trainer assigned to that sport also may be notified, if medically appropriate. The assistant coach(es) also may be informed at the discretion of the head coach. Other college employees may be informed only to the extent necessary for the implementation of this policy.

SANTIONS FOR USE OF BANNED DRUGS

A student-athlete, who is found to have utilized a substance on the list of banned drugs shall be subject to the sanctions described below:

First Positive Test

1. The student-athlete has 5 business days from the date of notification to make an appointment for a consultation with the Iona College Counseling Center, located on the second floor in Spellman Hall. The necessity of any further meetings with this office and the student-athlete will be determined after this consultation.
2. The student-athlete shall be suspended for a minimum of 10% of the countable contests of the traditional season and commence effective with the next scheduled traditional season that the student-athlete is eligible to participate in. Any fraction of this penalty will be rounded up to the next full contest (i.e. 3.2 contests will result in suspension for a full 4 contests).

3. Upon completion of the initial consultation and the suspension, the student-athlete shall then be allowed to resume practice and competition, providing he or she continues with any further scheduled consultations with the Iona College Counseling Center if necessary. Failure to attend scheduled consultations will result in a loss of athletic eligibility for a period of one year.

Second Positive Test:

1. The student-athlete has 5 business days from the date of notification to make an appointment for a consultation with the Iona College Counseling Center, located on the second floor in Spellman Hall. The necessity of any further meetings with this office and the student-athlete will be determined after this consultation.
2. The student-athlete shall be suspended for a minimum of 25% of the countable contests of the traditional season and commence effective with the next scheduled traditional season that the student-athlete is eligible to participate in. Any fraction of this penalty will be rounded up to the next full contest (i.e. 8.75 contests will result in suspension for a full 9 contests).

Third Positive Test:

1. The student-athlete has 5 business days from the date of notification to make an appointment for a consultation with the Iona College Counseling Center, located on the second floor in Spellman Hall. The necessity of any further meetings with this office and the student-athlete will be determined after this consultation.
2. The athlete will lose his/her athletic eligibility including athletic financial aid for the remainder of his/her time as a student at Iona College.

NCAA DRUG TESTING

PURPOSE

Established so that no one participant might have an artificially induced advantage, so that no one might be pressured to use chemical substances in order to remain competitive, and to safeguard the health and safety of participants. *(Available for your review: NCAA Drug Testing Education Program Booklet on file in the sports medicine facility).*

- Prior to the beginning of the school year, all athletes will be given information concerning the drug-testing program. A consent form will be signed and dated under the supervision of the Coordinator of Compliance and/or an Athletics Department Administrator.
- The NCAA conducts random drug testing **year-round**. Those who have been chosen for testing will be notified no more than 48 hours before the testing date.
- If you are notified that you have been chosen, you will be required to meet with the Assistant Athletics Director for Compliance to sign an official NCAA Drug Notification Form. The form contains the location of the test and the date and time that you need to report for testing.

INELIGIBILITY FOR USE OF BANNED DRUGS

A student-athlete, who is found to have utilized a substance on the list of banned drugs, shall be declared ineligible for further participation in postseason and regular-season competition in accordance with the ineligibility provisions in NCAA Bylaw 18.4.1.5.1.

DURATION OF INELIGIBILITY

A student-athlete who tests positive (in accordance with the testing methods authorized by the Executive Committee) shall be charged with the loss of a minimum of one season of competition in all sports if the season of competition has not yet begun for that student-athlete or a minimum of the equivalent of one full season of competition in all sports if the student-athlete tests positive during his or her season of competition (i.e., the remainder of contests in the current season and contests in the subsequent season up to the period of time in which the student-athlete was declared ineligible during the previous year). The student-athlete shall remain ineligible for all regular-season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the student-athlete's positive drug test and until the student-athlete retests negative (in accordance with the testing methods authorized by the Executive Committee) and the student-athlete's eligibility is restored by the Committee on Student-Athlete Reinstatement.

BREACH OF NCAA DRUG-TESTING PROGRAM PROTOCOL

A student-athlete who is in breach of the NCAA drug-testing program protocol (e.g., no-show, tampering with sample) shall be considered to have tested positive for the use of any drug other than a "street" drug.

TRANSFERS

If the student-athlete transfers to another NCAA institution while ineligible, the institution from which the student-athlete transferred must notify the institution that the student-athlete is ineligible. If the student-athlete immediately transfers to a non-NCAA institution while ineligible and competes in collegiate competition within the 365-day period at a non-NCAA institution, the student-athlete shall be ineligible for all NCAA regular-season and postseason competition until the student-athlete does not compete in collegiate competition for a 365-day period. Additionally, the student-athlete must retest negative (in accordance with the testing methods authorized by the Executive Committee) and request that eligibility be restored by the Committee on Student-Athlete Reinstatement.

TESTING POSITIVE ON SECOND OCCASION

If the student-athlete tests positive a second time for the use of any drug, other than a "street drug" as defined in Bylaw 31.2.3.4, he or she shall lose all remaining regular-season and postseason eligibility in all sports. If the student-athlete tests positive for the use of a "street drug" after being restored to eligibility, he or she shall be charged with the loss of a minimum of one additional season of competition in all sports and also shall remain ineligible for regular-season and postseason competition at least through the next calendar year.

NON-NCAA ATHLETICS ORGANIZATION'S POSITIVE DRUG TEST

The Executive Committee shall authorize methods for drug testing any student-athlete who has disclosed in the student-athlete statement he/she has a positive drug test administered by a non-NCAA athletics organization. A student-athlete under a drug-testing suspension from a national or international sports governing body that has adopted the World Anti-Doping Agency (WADA) code shall not participate in NCAA intercollegiate competition for the duration of the suspension.

LIST OF NCAA BANNED DRUGS

The Sports Medicine staff, Strength & Conditioning Coach and Coaches are here to assist in educating and informing student-athletes about the dangers of the substances below. It is strongly recommended that student-athletes consult with the trainer's office before using any

supplements (even supplements sold over the counter). However, it is also the responsibility of each student-athlete to be aware and seek out information on such substances prior to use. The Athletics Department stresses the importance of checking the labels of all supplements prior to ingesting them. In addition, the NCAA has additional requirements for prescription medication so any student-athlete who is taking medication that is prescribed by his/her physician must have this documented with the sports medicine staff.

Please note that the list of banned drugs is subject to change by the NCAA Executive Committee, and student-athletes shall be held accountable for all banned drug classes on the current list. Updates to the list of banned drugs can be found via the NCAA Web site (www.ncaa.org/health-safety).

The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure.

- a. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example. For example, chewing tobacco is not permitted and is banned by the NCAA.**

1. The NCAA bans the following classes of drugs

- a. Stimulants;
- b. Anabolic Agents;
- c. Alcohol and Beta Blockers (banned for rifle only);
- d. Diuretics and Other Masking Agents;
- e. Street Drugs;
- f. Peptide Hormones and Analogues;
- g. Anti-estrogens; and
- h. Beta-2 Agonists.

[Note: Any substance chemically related to these classes is also banned.]

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

2. Drugs and Procedures Subject to Restrictions

- a. Blood Doping;
- b. Local Anesthetics (under some conditions);
- c. Manipulation of Urine Samples;
- d. Beta-2 Agonists permitted only by prescription and inhalation; and
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

3. NCAA Nutritional/Dietary Supplements Warning

• Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!

- (1) Dietary supplements are not well regulated and may cause a positive drug test result.
- (2) Student-athletes have tested positive and lost their eligibility using dietary supplements.
- (3) Many dietary supplements are contaminated with banned drugs not listed on the label.
- (4) Any product containing a dietary supplement ingredient is taken at your own risk.

***It is your responsibility to check with your athletics staff before using any substance.**

Some examples of NCAA Banned Substances in each class

[NOTE: There is no complete list of banned drug examples!]

Check with your athletics staff to review the label of any product, medication or supplement before you consume it!

1. Stimulants

e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents

e.g., boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

3. Alcohol and Beta Blocker

e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics and Masking Agents

e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs

e.g., heroin; marijuana; tetrahydrocannabinol (THC); etc.

6. Peptide Hormones and Analogues

e.g., human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. Anti-Estrogens

e.g., anastrozole; clomiphene; tamoxifen; formestane; etc.

8. Beta-2 Agonists

e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs, unless otherwise noted, is also banned!

[NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769 or www.drug-freesport.com/rec password ncaa1, ncaa2 or ncaa3.**]

***It is your responsibility to check with your athletics staff before using any substance.**

CHAPTER 8 – STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee exists to provide a forum for student-athletes to discuss issues of concern and to increase communication with the Athletics Department. The committee

discusses issues such as department policies and procedures, as well as current and proposed NCAA legislation. In addition, the SAAC encourages support for the Iona College Athletics Department through both on-campus and local community service initiatives.

Student-Athlete Membership & Responsibilities:

- Each team is required to have two SAAC Representatives.
- Representatives will be selected by the head coach
- Representatives are required to attend **all** monthly meetings and SAAC related activities.

Community Service:

- Each team will be required to perform at least two community service acts per year.
- The SAAC will be responsible for at least one community service event per year.
- The SAAC will be responsible for one SAAC event per year.

Executive Officers:

- The NCAA encourages each campus' SAAC to create an executive office to monitor and oversee the operations of the SAAC. All offices will serve a one-year term and will be elected by the SAAC. The following are the offices and their main responsibilities:
- ✓ **President** – Prepare and facilitate SAAC meetings and communicate messages to the SAAC members with the assistance of the Moderator.
- ✓ **Vice President** - Assist the President in functions of the SAAC and obtain responsibility in the President's absence. Help SAAC members coordinate their team community service activities.
- ✓ **Secretary** – Record meeting minutes; write and deliver all proposed statements from the SAAC to the Administration. Send meeting minutes to the SAAC members and moderator after each meeting. Prepare and send monthly emails to the Iona Community with upcoming athletic events and athletic accomplishments from the previous months.
- ✓ **SGA Representative**– Attend weekly SGA meetings as the SAAC representative. Provide SGA with athletic updates and provide SGA reports at the SAAC meetings.
- ✓ **Social Media Representative**– Maintain SAAC social media outlets (ex. facebook, twitter, instagram)

CHAPTER 9 - DIRECTORY

ATHLETICS DEPARTMENT DIRECTORY

MAIN ATHLETICS NUMBER

914-633-2654

HYNES ATHLETICS CENTER CONTROL DESK

914-637-7733

<u>Title</u>	<u>Name</u>	<u>Phone</u>	<u>E-mail</u>
ADMINISTRATION			
Director of Athletics	Rick Cole Jr.	914-633-2311	rcole@iona.edu
Deputy Director of Athletics	Matt Glovaski	914-633-2627	mglovaski@iona.edu
Senior Associate AD/SWA	Jamie Fogarty	914-633-2320	jfogarty@iona.edu
Senior Associate AD/Athletic Communications	Brian Beyrer	914-633-2676	bbeyrer@iona.edu
Senior Associate AD/Sports Medicine	Sam DeRosa	914-633-2333	sderosa@iona.edu
Assistant AD/Admin & Team Operations	Jessica Rosenberg	914-633-2654	jrosenberg@iona.edu

Assistant AD/Facilities & Operations	Tyler Cardinal	914-633-2332	tcardinal@iona.edu
Assistant AD/ Business	Sean Burke	914-633-2071	sburke@iona.edu
Assistant AD/Marketing & Tickets	Joe Scribani	914-633-2491	jscribani@iona.edu
Assistant AD/Campus Recreation	EJ Ferraro	914-633-2672	eferraro@iona.edu
Assistant AD/ Compliance	Katie Steiner	914-637-7797	ksteiner@iona.edu
Assistant AD/Athletic Communications	Pat McWalters	914-633-2334	pmcwalters@iona.edu
Assistant AD/Academic Services	TBD	914-633-2503	TBD
Faculty Athletics Representative	Dr. Frank Fazio	914-633-2238	ffazio@iona.edu

ACADEMIC SERVICES

Assistant Director	Tiffani Triolo	914-633-2523	ttriolo@iona.edu
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ATHLETIC COMMUNICATIONS

Assistant Director	Jonathan Stanko	914-633-2310	jstanko@iona.edu
Assistant Director	Steven Kultzow	914-633-2057	skultzow@iona.edu

CAMPUS RECREATION

Coordinator	Bryan Davis	914-633-2598	bdavis@iona.edu
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SPORTS MEDICINE

Head Trainer	Sam DeRosa	914-633-2333	sderosa@iona.edu
Assistant Trainer	Leah Dior	914-633-2333	ldior@iona.edu
Assistant Trainer	Whitney Larson	914-633-2333	wlarson@iona.edu
Assistant Trainer	TBD	914-633-2333	TBD

STRENGTH AND CONDITIONING

Head Coach	Kelly Shaver	914-633-2665	kshaver@iona.edu
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COACHING STAFF

Baseball

Head Coach	Pat Carey	914-633-2319	pcarey@iona.edu
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Men's Basketball

Head Coach	Tim Cluess	914-633-2304	tcluess@iona.edu
Associate	Jared Grasso	914-633-2568	jgrasso@iona.edu
Assistant	Mark Calzonetti	914-633-2113	mcalzonetti@iona.edu
Assistant	Tim Maloney	914-633-2367	tmaloney@iona.edu

Women's Basketball

Head Coach	Billi Godsey	914-633-2321	bgodsey@iona.edu
Associate	Ashlee Kelly	914-633-7721	akelly@iona.edu
Assistant	Mandy Pennewell	914-637-2415	apennewell@iona.edu
Assistant	Briana Hutchen	914-633-2658	bhutchen@iona.edu

Men's & Women's Cross Country/Track

Head Coach	Ricardo Santos	914-633-2314	rsantos@iona.edu
Assistant	Joe Pienta	914-633-2102	jpienta@iona.edu
Assistant	Tony Mihalich	914-633-2102	amihalich@iona.edu

Golf

Head Coach	Sean Burke	914-633-2071	sburke@iona.edu
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Women's Lacrosse

Head Coach	Michelle Mason	914-637-2777	mmason@iona.edu
Assistant	Courtney Bertolone	914-637-2777	cbertolone@iona.edu
Men's & Women's Rowing			
Head Coach	Tom Scifres	914-633-2031	tscifres@iona.edu
Assistant	Catherine Labine	914-633-2031	tdougherty@iona.edu
Men's Soccer			
Head Coach	James Hamilton	914-633-2315	jhamilton@iona.edu
Women's Soccer			
Head Coach	Sarah Brady	914-633-2131	sxbrady@iona.edu
Softball			
Head Coach	Melissa Inouye	914-637-7756	minouye@iona.edu
Men's & Women's Swimming & Diving			
Head Coach	Nick Cavatara	914-633-2323	ncavatara@iona.edu
Assistant	Daniel Koenig	914-633-2323	dkoenig@iona.edu
Volleyball			
Head Coach	Patric Santiago	914-633-2317	psantiago@iona.edu
Men's & Women's Water Polo			
Head Coach	Brian Kelly	914-633-2313	bkionapolo@aol.com

OFFICES ON CAMPUS

<u>Office</u>	<u>Phone Number</u>	<u>Location</u>
Campus Ministries	914-637-2772	LaPenta Student Union, 2 nd Floor
Campus Safety & Security	914-633-2245	LaPenta Student Union, 2 nd Floor
Campus Safety –Emergency	914-633-2560	Spellman Hall, Annex
The Gerri Ripp Center -Career Development	914-633-2462	Spellman Hall, 2 nd Floor
Counseling Center	914-633-2038	Spellman Hall, 2 nd Floor
College Bookstore	914-633-2356	LaPenta Student Union
Dean of Arts & Science	914-633-2207	Murphy Center
Dean of Hagan School of Business	914-633-2256	Hagan Hall
Health Services (Nurse)	914-633-2548	North Avenue
IT Information Desk	914-637-7716	Ryan Library
Mail Services	914-633-2513	Doorley Hall, Ground Floor
Off-Campus Housing	914-633-2243	LaPenta Student Union, 2 nd Floor
Registrar	914-633-2508	McSpedon Hall, 2 nd Floor
Residential Life	914-633-2336	LaPenta Student Union
Ryan Library	914-633-2343	Ryan Library
Samuel Rudin Academic Center	914-633-2217	Amend Hall, Basement
Student Development	914-633-2360	LaPenta Student Union
Student Financial Services	914-633-2497	McSpedon Hall, 2 nd Floor
Student Success	914-633-2270	LaPenta Student Union, 2 nd Floor
Telephone Services	914-633-2100	McSpedon Hall, 2 nd Floor

CHAPTER 10 - FOR YOUR INFORMATION:

Athletics Department Grievance Procedures:

Iona College Athletics Department is committed to resolving all complaints or grievances brought to its attention in the most equitable manner possible for all persons involved. Any student-athlete with a complaint or grievance involving an athletic team or coach should follow the following procedures:

1. Speak first with the Head Coach involved. Every effort should be made to discuss/resolve the situation at this level.
2. If the above is unsuccessful, you may schedule an appointment with the Director of Athletics and/or Senior Woman Administrator. It is the expectation of the Athletics Department that the situation be resolved internally. At that time the Director of Athletics or his designee, may schedule a meeting with all parties involved.
3. At that meeting or within a reasonable time period after, the Director of Athletics or his designee, shall notify the student-athlete of the final decision.

***Please Note: If you have a complaint about the non-renewal of your athletic scholarship, the process for appealing that decision is set forth in Chapter 4 - Financial Aid.**

Non-Discrimination Statement

Iona College does not discriminate in its educational programs or activities on the basis of race, color, national or ethnic origin, ancestry, age, religion or religious creed, disability or handicap, sex or gender (including pregnancy, sexual harassment and other sexual misconduct including acts of sexual violence such as rape, sexual assault, sexual exploitation and coercion), gender identity and/or expression, sexual orientation, military or veteran status, genetic information, marital status political or social affiliation or any other characteristic protected under applicable federal, state or local law. Retaliation is also prohibited. Iona will comply with state and federal laws such as Title IX, Title VI and Title VII of the Civil Rights Act, the Americans with Disabilities Act, Section 504 of the Rehabilitation Act of 1973, the Age Discrimination in Employment Act, and other similar laws that prohibit discrimination. Unlawful discrimination has no place at Iona College and offends the College's core values which include a commitment to equal opportunity and inclusion. All Iona employees, faculty members, students and community members are expected to share this commitment. Any member of the Iona College community has the right to raise concerns or make a complaint regarding discrimination under this policy without fear of retaliation. Any and all inquiries regarding the application of this statement and related policies may be referred to:

Tracey Wilmot
Director of Human Resources and Title IX Coordinator
Human Resources Office
McSpedon Hall
715 North Avenue
New Rochelle, NY 10801
(914) 633-2067 twilmot@iona.edu

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT OF 1974

Iona College informs students of the Family Educational Rights and Privacy Act of 1974, as amended. This Act, with which the institution intends to comply fully, was designated to protect the

privacy of educational records, to establish the right of students to inspect and review their educational records, and to provide guidelines for the correction of inaccurate or misleading data through informal and formal hearings. Students also have the right to file complaints with the Family Educational Rights and Privacy Act Office (FERPA) concerning alleged failures by the institution to comply with the Act.

Local policy explains in detail the procedures used by the College for compliance with the provisions of the Act. Copies of the policy can be found in the Registrar's Office. The Registrar's Office also maintains a directory of records which lists all educational records maintained on students by this institution.

Questions concerning the Family Educational Rights and Privacy Act may be referred to the Registrar.

STUDENT PARTICIPATION IN ESTABLISHED RELIGIOUS OBSERVANCES

It is the policy of Iona College that students should not experience adverse or prejudicial effects as a result of their religious beliefs or practices. If a student notifies an instructor in writing within fifteen days of the beginning of a semester that the student will be absent from class on a particular day or days due to participation in an established religious observance, there will be no penalty for absence. If an examination or other course requirement is missed, an opportunity will be provided to satisfy the requirement.

TITLE IX OF THE EDUCATION AMENDMENTS OF 1972 PROHIBITING SEX DISCRIMINATION IN EDUCATION

Iona College does not discriminate on the basis of sex in its educational programs or activities, as required by Title IX Regulations of the Education Amendments of 1972 and Part 86 of the Regulations of the Department of Health, Education and Welfare. This requirement not to discriminate in educational programs and activities extends to employment therein.

It is College policy that all members of the Iona community are responsible for assuring that the College is free from sexual harassment. A full description of policies and procedures regarding College policy on sexual harassment may be obtained in the Office of Human Resources.

For information regarding the College policy and procedures for Gender and Sexual Harassment, please contact:

Tracey Wilmot
Director of Human Resources and Title IX Coordinator
Human Resources Office
McSpedon Hall
715 North Avenue
New Rochelle, NY 10801
(914) 633-2067 twilmot@iona.edu

SECTION 504 OF THE REHABILITATION ACT OF 1973 AND THE AMERICANS WITH DISABILITIES ACT OF 1990

Iona College does not discriminate on the basis of handicap against otherwise qualified persons by excluding them from participating in, denying them the benefits of, or otherwise subjecting them to discrimination under any College program or activity. In addition, the College provides reasonable auxiliary aids and academic adjustments without charge.

For information regarding disability accommodations for students, please contact:

Marlin Thomas Section 504 Coordinator
Academic Resource Center, Amend Hall (914) 633-2226
mthomas@iona.edu

IMMIGRATION AND NATIONALITY ACT

(RL. 87-1 95)

This school is authorized under federal law to enroll non-immigrant alien students.

STUDENT CONSUMER INFORMATION REQUIREMENTS

In compliance with both federal and state law, Iona College makes available to students and prospective students information about instructional programs, costs of attending the institution, financial assistance available to students, refund policy, qualifications of faculty, graduation rates, and placement of graduates. The Vice Provost for Student Life is available to assist students in obtaining information specified in the Regulations (Part 53) of the Commissioner of Education. This information is available to prospective students through the director of Undergraduate Admissions.

TITLE VII AND EQUAL OPPORTUNITY

Iona College maintains a policy of non-discrimination on the basis of national or ethnic origin, race, creed, color, sex, marital status, veteran status, sexual orientation, affectional preference, citizenship status, or handicap in all its educational programs and employment practices, policies and procedures; there is no unlawful discrimination because of age. The College complies with all state and federal regulations pertaining to equal opportunity, non-discrimination and affirmative action.

In listing these statements, the College chooses to comply with governmental regulations in the letter and spirit of the law. Anyone who observes ways in which the College is in violation of these principles is encouraged to notify the Director of Human Resources and Ombudsperson for Iona College.

For information regarding the College policy and procedures for Harassment and Discrimination, please contact:

Dr. Michael Jordan

Ombudsperson

McSpedon Hall, First Floor

Office of the Provost

(914) 633-2206 mjordan@iona.edu