

**VALDOSTA  
STATE  
UNIVERSITY**



**2008-09  
STUDENT-ATHLETE  
HANDBOOK**

# 2008-09 Valdosta State University Student-Athlete Handbook

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## VSU QUICK FACTS

### FOUNDED:

1906

### ENROLLMENT:

11,600

### PRESIDENT:

Dr. Patrick J. Schloss

### ATHLETIC AFFILIATIONS:

NCAA Division II  
Gulf South Conference

### NICKNAME:

Blazers/Lady Blazers

### COLORS:

Red and Black

### ATHLETIC OFFICES:

#### **P.E. Complex**

(Main Suite – Sustella Ave.)

#### **S.L. Mason Building** – Temp. Location

(Football, Weight Room, Training)

#### **Athletic Fieldhouse** - Opening Dec. 2008

(Football, Soccer, Weight Rm, Training)

#### **Blazer Fieldhouse**

(Baseball)

#### **Athletic Little House**

(CC, Cheer, Golf, Softball)

### ATHLETIC PHONE NUMBERS:

229-333-5890 (General)

229-333-5844 (Football)

229-259-5562 (Baseball)

229-333-7405 (Softball)

### ATHLETIC FAX:

229-333-5972 (Director)

229-245-2494 (Football)

229-259-5561 (Baseball)

**RESPONSIBILITIES**  
**OF A VSU**  
**STUDENT-ATHLETE**



- 1) Always be aware that you are representing Valdosta State.
- 2) Make sure you fulfill your potential both as a student and an athlete.
- 3) Make sure you finish your college career with a degree.
- 4) Always abide by the rules and regulations of your team, the Department of Athletics, Valdosta State University, and the NCAA, as well as all federal, state and city laws.
- 5) Valdosta State University student-athletes should reflect the high standards of honesty and integrity set by the NCAA for the conduct of intercollegiate athletics.

# **ACADEMIC CALENDAR**

## **FALL 2008**

Registration .....	Thursday, August 14 – Monday, August 18
First Class Day .....	Monday, August 18
Labor Day Holiday.....	Monday, September 1
Mid Term.....	Thursday, October 9
Fall Break .....	M-T, October 13-14
Thanksgiving Break .....	W-F, November 26-28
Last Class Day .....	Monday, December 8
Exam Prep Day .....	Tuesday, December 9
Finals.....	W-F, December 10-12
Graduation .....	Saturday, December 13

## **SPRING 2009**

Registration .....	Thursday, January 8
First Day of Class .....	Monday, January 12
MLK, Jr. Holiday.....	Monday, January 19
Mid Term.....	Thursday, March 5
Spring Break.....	M-F, March 16-20
Last Class Day .....	Friday, May 1
Designated Make-up Day for M classes .....	Saturday, May 2
Exam Prep Day .....	Monday, May 4
Final Exams.....	T-F, May 5-8
Graduation .....	Saturday, May 9

# TELEPHONE DIRECTORY

\* Area Code is 229 and all prefixes are 333 unless otherwise noted

President - Dr. Patrick J. Schloss .....	5952
Vice-President, Academic Affairs - Dr. Louis Levy .....	5950
Department of Athletics .....	5890
Director of Athletics - Herb Reinhard .....	5462
Administrative Coordinator - Debbie Wisenbaker .....	5462
Senior Secretary - Mary Frances Hightower .....	5890
Senior Woman Administrator - Jennifer Head.....	5901
Sports Information Director - Shawn Reed.....	5903
Assistant Sports Information Director – Joshua Flanagan.....	5903
Director of Marketing and Athletic Sales – Tom Hughes .....	245-6402
Director of Ticketing and Game Operations – Chuck Carson .....	245-3762
Director of Athletic Development (Boosters) - Whit Chappell.....	249-2631
Faculty Athletic Representative, Director of Compliance and Academic Services - Bobby Tucker .....	5899
Sports Medicine Director - Russ Hoff.....	7161
PE Complex Training Room.....	5477
Old Gym Training Room (Football).....	5848
Blazer Fieldhouse Training Room (Baseball/Softball) .....	259-5565
Strength & Conditioning Coordinator - Michael Doscher.....	5846
Facilities Coordinator/Transportation - Mickey Woods .....	249-2704
<b>Baseball</b> Head Coach – Greg Guilliams .....	259-5563
Coord. of Ath. Academics Services and BB Asst. Coach – Todd Guilliams ..	259-5564
Baseball Assistant Coach– Mike Croley .....	259-5562
<b>Basketball Men's</b> Head Coach - Mike Helfer .....	5893
Basketball Men’s Assistant Coach – Nick Gast .....	5904
<b>Basketball Women's</b> Head Coach - Kiley Hill .....	5892
Basketball Women's Assistant Coach - Jennifer Head .....	5901
<b>Cheerleading</b> Head Coach – Dante Tennant .....	5378 (C) 630-6029
<b>Cross Country Men's/Women’s</b> Head Coach – Todd Smoot.....	(C) 563-0724
<b>Football</b> .....	5844
Head Football Coach – David Dean .....	5970
Senior Secretary – Debi Frocks .....	5970
Ass't Football Coaches -	
Joe Cauthen (Defensive Coordinator/Linebackers).....	5852
David Elsenrath (Offensive Line/Asst. Head Coach/Recruiting Coord.)..	5969
Earl Chambers (Defensive Line) .....	5851
Maurice Linguist (Defensive Backs) .....	5850
Buster Faulkner (Offensive Coordinator/Quarterbacks) .....	5944
<b>Golf</b> Head Coach - Jared Purvis .....	5377
<b>Softball</b> Head Coach - Thomas Macera .....	7405
<b>Red Hot’s Dance Squad</b> Head Coach – Kelli Fields .....	(C) 460-1825
<b>Tennis Men's &amp; Women's</b> Head Coach - John Hansen .....	5902 / (VCC) 241-2004
<b>Volleyball</b> Head Coach - Sia Poyer .....	5894
Alumni.....	5979
Auxiliary Services.....	5706
Bookstore.....	5666
Cashiers - Bursary.....	5718 / 5719
Counseling and Career Services.....	5942
Financial Aid.....	5935

*Telephone Directory Con't*

Food Services

University Food Court.....	259-2504
Meal Plans.....	5988
Menu Line.....	5396
Night Owl.....	5843
Oasis Snack Bar.....	5933
Palms Dining Hall.....	5853
The Loop.....	5671
Housing Office (Residence Life).....	5920
Infirmary.....	5886
Intramurals.....	5898
Post Office (Campus Mail).....	5672
Public Safety.....	333-7816 / <b>EMERGENCY 259-5555</b>
Recreation Center.....	5898
Registrar.....	5727
Residence Halls...	
Brown Hall.....	5918
Centennial Hall.....	5269
Converse Hall.....	5910
Georgia Hall.....	5917
Langdale Hall.....	5915
Lowndes Hall.....	5914
Patterson Hall.....	5913
Reade Hall.....	5912
Spectator.....	5685
Student Government.....	5674

*Extra Numbers...*

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## **MISSION STATEMENT**

The mission of the Department of Athletics is to develop student-athletes so they may achieve academic success and social development. This must be done within the academic framework of the institution, with consideration for the student-athlete's physical and emotional well being and in concert with the institution's overall mission. With respect to non-participants, the athletic program seeks to serve the region and enhance the development of the institution by fostering a sense of loyalty and community among students, faculty, staff, alumni, and supporters.

## **SUMMARY OF PROGRAM**

The Valdosta State Department of Athletics competes on the NCAA Division II level and is a member of the Gulf South Conference (GSC).

Valdosta State offers eleven sports, six for men: baseball, basketball, cross country, football, golf, and tennis, and five for women: basketball, cross country, fast-pitch softball, tennis and volleyball. The Department of Athletics also coordinates the cheerleading and basketball dance troupe programs for the institution.

## **THE PURPOSE OF THE GULF SOUTH CONFERENCE**

The purpose of the GSC is to regulate, control and promote all recognized activities of intercollegiate athletics sponsored by the member institutions. The highest standards of personal honor, NCAA eligibility and fair play are required. All member institutions agree to pursue and enforce such measures as may be necessary to prevent violations of NCAA and GSC by-laws, regulations, policies and procedures, and rules specific to each sport sponsored.

The administrative, athletic and faculty personnel of GSC member institutions and their respective student-athletes, agree to dedicate their efforts towards the promotion and practice of honor, integrity and true sportsmanship in all phases of intercollegiate athletics, including the solicitation and recruitment of potential student-athletes and the control of employees, students and spectators.

## **VALDOSTA STATE UNIVERSITY** **SPORTS HISTORY**

The proud history of Valdosta State intercollegiate sports dates back 54 years to the 1954-55 school year when the college instituted men's basketball, four years after the first male students enrolled.

Baseball followed in the spring of 1955, men's tennis was instituted in 1959 and men's golf came on board in 1960. In 1958, the college began a 14-year association with the National Association of Intercollegiate Athletics (NAIA) and the Georgia Intercollegiate Athletic Conference (GIAC).

Valdosta State joined the Division II ranks of the National Collegiate Athletic Association (NCAA) in 1973 and became affiliated with the South Atlantic Conference in 1974, adding men's cross country to the growing list of sports.

Women's sports came on the scene when tennis was instituted in 1973, followed by women's basketball and volleyball (briefly) in 1974, cross country in 1975 and softball in 1983. The women's program was affiliated with the Association of Intercollegiate Athletics for Women (AIAW) until the NCAA absorbed that group in 1982.

1982 was a historic year for Valdosta State athletics. Football became the sixth men's sport and 10th overall, and the college joined the Gulf South Conference, which embraced both the men's and women's programs. This fall marks the 26th year of that association.

The program expanded further in the fall of 1995 with the reinstatement of women's volleyball following a 15-year absence. The sport is the fifth for women and the 11th overall.

Valdosta State sports teams have had two nicknames, the Rebels from 1955-72, and the Blazers and Lady Blazers since 1973.

## **VSU ATHLETICS ... A BACKWARD & FORWARD GLANCE**

Valdosta State intercollegiate athletics enjoyed unprecedented success in 2007-08 with nine of the department's eleven sports posting winning records while eight participated in NCAA post-season play.

The football team led the way during the year as it claimed its second national title in four years when it defeated Northwest Missouri State 25-20 in a thrilling come-from-behind victory. The championship capped off a 13-1 season for the Blazers that saw three players – Sherard Reynolds, Cedric Jones and William Montford – earn All-America honors while head coach David Dean was the consensus National Coach-of-the-Year.

Both tennis teams continued their recent string of dominance on the national scene as the women advanced to the national semifinals for just the second time in program history while the men reached the NCAA quarterfinals. Both programs won Gulf South Conference championships during the year while three Blazers – Joerg Ekkenga, Florian Halb and Leos Jelinek – earned All-America accolades. Likewise, head coach John Hansen earned GSC and NCAA South Region Coach-of-the-Year honors for both the men and women.

Women's Basketball enjoyed one of its best seasons ever as the Lady Blazers rolled to a 26-6 record and a spot in the NCAA Sweet 16. Carley Peterson garnered honorable mention All-America after the year, the first VSU player to do so since 2006.

Softball continued to establish itself as a national power as the Lady Blazers tallied a 48-19 record, including a 17-6 GSC mark. VSU played in its third straight NCAA South Regional at the conclusion of the season, which saw three Lady Blazers – Alex Acosta, Robin Williams and Kristina Ely – earn All-America status. Ely became the VSU single season home run king as she hit 19 on the year while pitcher Kristen Lindsey set VSU's career strikeout record as she completed her career with 473.

Golf roared through the year with eight Top Five finishes in 11 tournaments, including a victory in the NDNU Invitational in March, while Brent Witcher and Cole Willis earned All-America recognition. Meanwhile, the Baseball squad, which returned just 11 players from the previous season while also seeing a turnover in the coaching staff, won the GSC East Division crown after being picked to finish fifth during the preseason. Closer Justin Lamb earned All-America honors after saving 11 games for the Blazers on the year.

VSU's success extended to its spirit squads as the Red Hot's Dance Team won the NDA National Open Division II title while the co-ed cheerleading squad finished fifth in the Small Co-Ed II Division while the All Girls Squad finished third in the All Girl II Division.

All told, 13 Blazers earned All-America honors after their respective seasons while 33 were recognized on their sport's All-Gulf South Conference Team. Additionally, 14 Blazers earned recognition on GSC All-Academic teams for excelling on the court or field while carrying at least a 3.20 grade point. Finally, VSU also claimed its fourth GSC Men's All-Sports Trophy.

**Looking Ahead ...**

The new year is filled with much promise. Football, under second-year headman David Dean, returns a talented roster that will once again be a favorite for the GSC and NCAA championships. Volleyball, with fourth-year head coach Sia Poyer, looks to regain the magic of a 21-win season from two years ago while both cross country squads, under the tutelage of first-year head coach Todd Smoot, welcomes a talented group for fall competition.

The winter sports – women’s and men’s basketball – will both look to continue recent strings of winning season. About 30 home games from November to February will be played in The Complex.

The spring sports – softball, baseball, tennis and golf – crank up in February and continue through the remainder of the school year. The softball team looks to return to the NCAA Regional tournament under its fourth-year head coach Thomas Macera. The baseball team will look to build on the success of 2008 as it fights to return to NCAA play. Tennis strives towards the same success as last year while golf will continue to be strong contenders in the GSC.

## **BASEBALL**

The sport has enjoyed great success throughout its 53-year history, winning over 1,400 games and the university’s first national championship in 1979. Baseball has also won eight regional and 14 conference titles and claims Division II’s all-time leader in wins in the person of retired head coach Tommy Thomas. Second-year head coach Greg Guilliams looks to further the success the Blazers enjoyed during his first season with the aim of returning to NCAA post-season play. Valdosta State plays its home games at beautiful Billy Grant Field, named in memory of VSU former athletic director, baseball and golf coach. The field is located at the north end of North Campus, 10 blocks from the university’s main campus.

## **MEN'S BASKETBALL**

Since becoming the universities first sport 53 years ago, men’s basketball has won more than 800 games, captured numerous conference championships and made several trips to national tournaments. The Blazers started a new era three seasons ago when Mike Helfer took control of the program. Over the course of the last seven years, the squad has compiled a 182-73 record, won two GSC eastern division conference titles, played in four conference tournaments and played in three NCAA South Region tournaments, hosting the school’s first ever regional event in 2004.

## **WOMEN'S BASKETBALL**

The Lady Blazers have been a perennial regional and national power in the sport since arriving on campus 30 years ago, putting well over 500 wins in the book. Advancing to post-season play is the norm, and the Lady Blazers’ proud history includes one appearance in the Final Four. Seven of the last eight teams have qualified for the conference tournament at the end of the regular season. Last year’s club finished 26-6 and advanced to the NCAA South Region Finals.

## **CROSS COUNTRY**

Members of the men’s and women’s cross country teams are familiar sights on the streets of Valdosta throughout the year, but especially during the fall months. These dedicated runners annually advance to conference and regional meets in addition to a grueling regular season schedule.

## **FOOTBALL**

Valdosta State instituted football and joined the Gulf South Conference in 1982, and the sport has enjoyed tremendous success, especially in the last eight years. The Blazers have won four of the last eight conference championships, advanced to post-season play seven times and reached the national championship game in 2002, 2004 and 2007. The 2002 team finished second in the nation while the 2004 and 2007 squads won the NCAA Division II national championship. The eight-year record is a sparkling 89-13 overall, including 63-7 against conference foes. Home games are played in Bazemore-Hyder Stadium, located directly behind University Center.

## **GOLF**

Blazer golf has been one of the most successful programs in the country in the last 18 years, earning 15 trips to the Division II national tournament since 1989. Six conference championship plaques and a host of All-America citations fill the trophy case in the Complex. The programs most recognized alumnus is PGA touring pro Briny Baird, who was a medalist in both the 1994 and 1995 NCAA national tournaments while playing for VSU. The NCAA Division II national tournament was held at Valdosta Country Club in 1999 while a 2005 super regional was played at Kinderlou Forest Golf Club.

## **SOFTBALL**

Softball began at Valdosta State as the slow-pitch variety in 1983 and made the transition to the fast-pitch game in 1988. The sport has been a tremendous addition to the VSU sports package, winning conference championships and advancing to four NCAA regional tournaments through the years. The 2008 squad spent the season ranked in the Top 20 in the nation and played in its third straight NCAA South Region. Home games are played at a beautiful state-of-the-art facility located behind the baseball field.

## **TENNIS**

Lady Blazer tennis has been a dominant program in the Gulf South Conference for years, annually fighting for conference and regional championships. The program has produced many All-Conference and All-America players and advanced to the national tournament the last five years. In 2008, the Lady Blazers won the GSC East Division with a perfect 4-0 mark and the GSC Tournament while advancing to the NCAA semifinals for the second time in program history.

The Blazers men's team has enjoyed the most success of any Blazer squad the last three years as it became just the third program to win a national championship in 2006 and advanced to the NCAA championship match in 2007 while making the NCAA quarterfinals in 2008. The squad has reached the NCAA championship match three times in the last five years, having also done so in 2004. Team members annually dominate all-conference selections, and the squad is perennially listed among the nation's top 10 teams. Home matches are played at the VSU Tennis Center adjacent to The Complex.

## **VOLLEYBALL**

Women's volleyball returned to campus in the fall of 1995 (it was also an intercollegiate sport from 1974-80). The team has qualified for five post-season tournaments since the sport was reinstated. Head Coach Sia Poyer, in his fourth year as head coach, looks to build success in the program after reaching the conference tournament two years ago. Home matches are played in The Complex.

## **ATHLETIC FACILITIES**

Valdosta State is proud to have some of the finest athletic facilities of any institution in the country. As a student-athlete you will spend many hours at your sports facility and we hope you will help the institution maintain it.

The Complex houses the Blazer basketball, Lady Blazer basketball and volleyball teams. One of the top Division II arenas in the country, The Complex seats 5,300.

Immediately adjacent to the Complex are the eight-lighted hard courts that are the home of Valdosta State tennis. The courts were renovated during the 2000-01 season and again prior to the 2008 season, and the tennis complex is now one of the best facilities in the GSC.

The Blazer baseball team plays at Billy Grant Field located on North Campus. The Billy Grant Field complex includes the baseball fieldhouse, which opened in the spring of 1997. The fieldhouse includes offices, training room, lockerrooms and an indoor batting and pitching building for baseball and softball. Stadium seating and a new press box were constructed at BGF in 2005.

The Lady Blazer softball team calls one of the newest athletic facilities home. The softball stadium, located directly behind Billy Grant Field at North Campus, opened in the fall of 1999 and is one of the premier facilities of its size in the country. A new \$400,000 state-of-the-art Softball Fieldhouse was opened in 2007 and houses lockerrooms.

The Blazer football offices will relocate to the new VSU Athletic Fieldhouse during the 2008-09 school year. The fieldhouse will feature a state-of-the-art weight room and athletic training facility as well as locker room space and a pair of practice fields. Valdosta State football is played in the city Board of Education-owned Bazemore-Hyder Stadium, which seats 10,000 plus, and was rebuilt from the ground up prior to the 2004 season.

The nationally-ranked Blazer golf team plays golf at Kinderlou Forest Golf Club, a beautiful 18-hole layout designed by Davis Love, III. Kinderlou will also serve as the host site for the Southeastern Collegiate Invitational, one of the top college tournaments in the South.

## **GULF SOUTH CONFERENCE**

As a student-athlete at Valdosta State you will compete in what is probably the toughest Division II athletic conference in the country, the Gulf South Conference.

Headquartered in Birmingham, Alabama, the GSC membership roster includes:

Arkansas Tech University  
Christian Brothers University  
Delta State University  
Harding University  
Henderson State University  
Ouachita Baptist University  
Southern Arkansas University  
University of West Georgia  
University of Alabama-Huntsville  
University of Arkansas-Monticello  
University of Montevallo  
University of North Alabama  
University of West Alabama  
University of West Florida  
Valdosta State University

The conference is split into east and west divisions. The east is composed of Alabama-Huntsville, Montevallo, North Alabama, Valdosta State, West Alabama, West Florida and West Georgia. The west includes Arkansas Tech, Arkansas-Monticello, Christian Brothers, Delta State, Harding, Henderson State, Ouachita Baptist and Southern Arkansas.

The conference sponsors championships in football, soccer, cross country, basketball, baseball, golf and tennis for men and cross country, soccer, volleyball, basketball, softball and tennis for women. Separate All-Sports trophies are awarded each year to men's sports and women's sports, and the conference selects a male and female student-athlete to receive separate commissioner's trophies. Valdosta State won its fourth men's all-sports trophy in 2007-08 and its third women's award in 2000-2001. VSU won both the men's and women's all-sports awards during the 1996-97 year, becoming just the second conference school to win both in the same year.

## VSU'S GSC ALL-SPORTS CHAMPIONSHIPS

<u>Men</u>	<u>Women</u>
1996-97	1994-95
2001-02	1996-97
2003-04	2000-01
2007-08	

## FINANCIAL AID

Athletic teams at Valdosta State are provided with a specific number of grant-in-aids in accordance with budgetary restrictions and NCAA bylaws. These grants are awarded by Valdosta State upon recommendation of the head coach and the approval of the Director of Athletics. An athletic grant-in-aid is restricted to educational expenses, such as tuition, fees, room, board and course-related books.

**Athletic financial aid is renewable on a yearly basis, but can be altered or canceled during the year if you render yourself ineligible for competition, or fraudulently misrepresent any information on an application, letter of intent or financial aid agreement, or engage in serious misconduct warranting substantial disciplinary penalty, or voluntarily withdraw from a sport for personal reasons.**

Renewal of athletic financial aid shall be made on or before July 1 prior to the academic year in which it is to be effective. Under NCAA regulations, if the institution decides not to renew or decides to reduce aid for the next academic year, upon request, you will be granted a hearing before the institutional agency making the award. The decision to renew the aid is left to the discretion of the institution.

## Textbooks

If books are part of your scholarship, the Department of Athletics will furnish textbooks required for your courses. You must check with the Department of Athletics textbook library for book re-issues before a voucher is issued for use at the University Bookstore. Book/Voucher issuing will take place in the P.E. Complex. Check with your Mary Frances Hightower in the Athletic Office for additional information.

Student-athletes who are issued books from the previous term must return those books to the **Athletic Office (not your coach)** before new books will be issued.

Student-athletes must pay half the used price for all books that are not returned. Student-athletes who do not return books or remit proper payment will have a hold placed on their account, which will prevent them from being able to register or have their transcript released.

### ***Additional Financial Aid***

Additional financial assistance, such as outside grants and loans, must be in compliance with NCAA rules and regulations and must be reported annually. Therefore, it is of great importance that you check with your coach and the Director of Athletics before accepting any financial aid.

## **Pell Grants**

In many cases, Pell Grant funds may be used to supplement your athletic scholarship. Your athletic grant-in-aid will outline stipulations regarding Pell Grants.

## **Charges Not Paid By Athletic Financial Aid**

Listed below are institutional charges that will not be paid by the VSU Department of Athletics:

1. Parking fines/tickets on or off campus
2. Refundable deposits to the institution
3. Parking decals/registration
4. Charges for damaged or lost college property
5. Orientation Fees

## **Illegal Benefits**

Illegal aid is a topic that needs to be of great concern to you because it is a serious violation of NCAA rules and could cause you to lose all future eligibility.

In addition to gifts and/or money, illegal benefits are also the following:

1. receiving more than the allotted number of complimentary admissions at any price;
- or**
2. selling complimentary admissions at any price;
- or**
3. receiving material benefits that are not available to the general student body.

## **RENEWALS AND NONRENEWALS OF ATHLETIC AID**

The renewals of institutional financial aid based in any degree on athletics ability shall be made on or before July 1 before the academic year in which it is to be effective. The institution shall promptly notify in writing each student-athlete who received an award the previous academic year and who

has eligibility remaining in the sport in which financial aid was awarded the previous academic year whether the grant has been renewed or not renewed for the upcoming academic year. Notification of financial aid non-renewals must come from the institution's regular financial aid authority and not from the institution's athletics department.

#### **PERMISSIBLE EXPLANATIONS FOR AID TO BE REDUCED OR CANCELED**

- a. Renders himself or herself ineligible for intercollegiate competition.
- b. Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement.
- c. Engages in serious misconduct warranting substantial disciplinary penalty.
- d. 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 term in which the aid was reduced or canceled. Further, if the financial aid is canceled before a regular academic term (e.g., preseason practice period), the aid may not be provided to another student-athlete during the ensuing academic term.

#### **HEARING OPPORTUNITY**

If aid is not renewed for reasons other than stated above, the student-athlete is given the opportunity to schedule a hearing. Contact Bobby Tucker, Director of Compliance and Academic Services, for more information about scheduling a hearing.

## **ACADEMIC ELIGIBILITY**

The first priority of a student-athlete at Valdosta State University is to achieve academic success. In order to be successful in the classroom, the student-athlete must follow the University-outlined academic policies and procedures. These procedures are found in the undergraduate catalog.

## **ACADEMIC INTEGRITY**

Student-athletes are expected to complete all academic work free from fraud or deception. Following are typical academic dishonesty violations; however, they are not to be considered all-inclusive.

1. No student shall receive or give or attempt to receive or give assistance not authorized by the instructor in the preparation of an essay, laboratory report, examination or other assignment included in any academic course.
2. No student shall take or attempt to take, steal, or otherwise procure in an unauthorized manner any material pertaining to the conduct of a class, including but not limited to tests, examinations, laboratory equipment, and roll books.
3. No student shall sell, give, lend, or otherwise furnish to any unauthorized person material which can be shown to contain the questions or answers to any examinations scheduled to be given at any subsequent date in any course of study offered by the University, without authorization from the University.
4. Plagiarism is prohibited. Themes, essays, term papers, tests, and other similar requirements must be the work of the student submitting them.

## **SATISFACTORY PROGRESS REQUIREMENTS**

In order to compete in intercollegiate athletics, each student-athlete must meet all NCAA eligibility requirements for practice and competition. To be eligible in your sport for the following season, each athlete must pass a total of 24 hours during the fall, spring and summer terms that count toward graduation. If you make a D in a class and you have to repeat the class for your major, that class will only count once toward your 24 hours earned. In addition, the student-athlete must satisfactorily complete six-semester hours of academic credit the preceding regular academic term in which he/she has been enrolled full-time at any collegiate institution (summer school cannot be used to satisfy this requirement).

At the completion of 24-semester hours, the student-athlete must have a minimum GPA of 1.8, a GPA of 1.9 is required at the completion of 48-semester hours, and a GPA of 2.0 is required at the completion of 72-semester hours and all subsequent hours until graduation.

If you are a junior/community college transfer and transfer 48-degree credit hours into Valdosta State University, your cumulative grade point average at Valdosta State must be a 2.0 after the first year at Valdosta State. If you do not have a cumulative GPA of 2.0 at the end of spring semester, the student must return to Valdosta State for the summer term to raise his/ her cumulative GPA to a 2.0. If the student has a cumulative GPA of 2.0 or better, but has earned less than the required 24-credit hours for the academic year, he/she may choose to be a transient student at another institution for the summer term.

At the end of spring semester, the student-athlete needs to have passed at least 18-credit hours toward his/her 24 hours for the year. The NCAA will allow only six semester hours to be earned during the summer that will count toward your 24 hours.

#### 1. Credit Hour Requirements

- a. The student-athlete must be admitted as a regularly enrolled, degree-seeking student in accordance with the regular, published entrance requirements of Valdosta State University.
- b. The student-athlete must be enrolled as a full-time student maintaining a minimum of 12 credit hours per semester.
- c. The student-athlete must complete six-semester hours of academic credit the preceding regular academic term in which he/she has been enrolled full-time in any collegiate institution.
- d. If a student-athlete is enrolled in less than 12 credits, he/she is not eligible for practice or competition unless the student is in their final semester of the baccalaureate program and has prior approval from the Director of Compliance.

#### 2. Hours Earned During the Regular Academic Year

- a. A student-athlete must earn at least 18 credits for satisfactory progress during the fall and spring semesters of an academic year.

#### 3. Designation of Degree Program

- a. A student-athlete must designate a program of study leading toward a specific baccalaureate degree by the beginning of the fifth semester of enrollment (third year).

#### 4. Progress toward a Degree

- a. A student-athlete must achieve "satisfactory progress" as defined by the institution, toward his/her designated degree program.

## **ACADEMIC SERVICES AND TUTORING**

The student-athlete Academic Services Program has been created to assist in the retention and graduation of student-athletes at Valdosta State.

The Athletic Department will assist in/or provide tutoring services for student-athletes should there be a need. To request tutoring services, contact Traci Gast, Graduate Assistant for Athletics

Administration, at 293-6069. Student-athletes who have excessive class absences or miss tutoring sessions will not be eligible for future tutoring services provided by the Department of Athletics.

## **STUDENT-ATHLETE CLASS ATTENDANCE POLICY**

Valdosta State University expects all students to attend all regularly scheduled class meetings held for instruction or examination. It is recognized that class attendance is essentially a matter between students and their instructors. Instructors must explain their absence policy in the course syllabus. All students are held responsible for knowing the specific attendance requirements as prescribed by their instructors and for the satisfactory make-up work missed by absences. The University's absence policy states that a student who misses more than 20% of the scheduled classes of a course will be subject to receiving a failing grade in the course. The Athletic Department has implemented an additional statement concerning the absences of its student-athletes that states the following:

- **First (1<sup>st</sup>) missed day** – Student athlete meets with head coach
- **Second (2<sup>nd</sup>) missed day** – Student athlete will meet with the Athletic Director, his/her parents will be notified and they will miss the next practice. “Missing practice” means that the student athlete will not physically be at the practice site.
- **Third (3<sup>rd</sup>) missed day** – Student athlete will be held out of the first 25% of their next competition. For clarification purposes that will mean the first quarter for football, the first 10 minutes of the game for basketball, the first three innings of a baseball game, first two innings of a softball game and the first set in volleyball. In the sports of cross country, golf and tennis, student athlete will miss the next match, meet or tournament.
- **Fourth (4<sup>th</sup>) missed day** – Student athlete will miss the next game(s) equal to the number that is 10% of the regular season schedule. Student athlete can only receive athletic related summer aid upon the approval of the Athletic Director. Scholarship can be reduced or canceled for following semester.
- **Fifth (5<sup>th</sup>) missed day** – Student athlete will miss another 10% of scheduled regulars season competition. Student athlete can only receive summer aid upon the approval of the Athletic Director. Scholarship can be reduced or cancelled for following semester.

Due to the demanding travel and competition schedule of student-athletes, there may be instances when the student-athlete will miss several class meetings. It is the responsibility of the student-athlete to notify the instructor as soon as one is aware that a class will be missed. It is also the responsibility of the student-athlete to make up any exams, labs, and assignments missed due to athletic participation. For further information or assistance, please contact Bobby Tucker at 333-5899.

## **CLASS ABSENCES AND PROBLEMS**

1. Student-athletes are urged to schedule classes so as to minimize conflicts with practice and competition.
2. When practice schedules conflict with class schedules, student-athletes are expected to attend class.
3. Student-athletes should meet with each professor at the beginning of each semester to present a copy of the athletic schedule and discuss the procedure to promptly make up any assignments missed due to competition.
4. Student-athletes are encouraged to interact with professors on a regular basis. If you need assistance, see your professor as soon as possible.

5. Class excuses are provided by the Athletic Office and student-athletes are required to give professors the excuses prior to athletic event, home or away. This responsibility falls solely on the student-athlete.

## **SCHEDULING CLASSES**

Due to the additional time demands placed upon student-athletes, they will be given an advantage in scheduling with the following conditions:

1. All student-athletes are permitted to register on the very first day the registration system is open for registration for the following term. This early registration time is officially for graduate students and senior students enrolled at the University. However, due to strict time constraints, student-athletes are able to register during this time. This is a special privilege the University has offered to student-athletes. Do not take it for granted!
2. If the student-athlete does not register on this specific early registration date, registration priority will fall back on the student-athlete's academic classification in the following order: Graduate students and seniors; juniors; sophomores; freshmen. If you wait until your academic classification to register, you may have limited classes available to you and creating a schedule that fits with your athletic schedule may be complicated.

## **CREDIT FOR ATHLETIC PARTICIPATION**

- Student-athletes may receive one (1) academic credit per year for their participation in athletics.
- Student-athletes must schedule this credit, **KSPE 1390 Varsity Athletics**, during their regular scheduling period.
- If a student-athlete withdraws from the sport for any reason during the semester in which they scheduled the credit, it is his/her responsibility to officially "drop" the course utilizing the normal drop/add procedure.

## **GRADE POINT AVERAGE**

Your grade point average or GPA is extremely important and you should know it and understand how to calculate it. To compute your GPA, divide your hours taken into the total number of grade points earned. A grade of an A is equal to four (4) grade points, a B is three (3), a C is two (2) points and a D is one (1). Your grade point average is used to determine your eligibility as well as your ability to graduate. Take care of it.

## **ADDING AND DROPPING CLASSES**

All student-athletes **MUST** see Bobby Tucker (333-5899) before any classes are dropped. He needs to know how dropping a class will affect your 24-hours toward satisfactory progress and monitor that you are enrolled in at least 12-hours during the season.

## **MAJOR CHANGES**

According to NCAA guidelines, the student-athlete does not have to declare a major until the beginning of his/her fifth semester (third year) of full-time attendance, disregarding summer sessions. When the student-athlete chooses a major, the 24-hours required by the NCAA each year for satisfactory progress, must be acceptable toward the designated degree. During the first two years of enrollment, a student-athlete may use any credits acceptable toward any VSU degree program to count towards the satisfactory completion of 24-credit hours required for continuing eligibility. The student-athlete may change majors at any time during the school year, but he/she is still responsible for the 24-hours that must be earned and counted toward the designated degree. The student-athlete needs to see Bobby Tucker before changing majors and complete the necessary paperwork for the Registrar's Office.

## **INTERNATIONAL STUDENT-ATHLETES**

All international student-athletes are required to complete the International Student-athlete Eligibility Form prior to athletic competition. Please see Bobby Tucker in the Athletic Office for these forms. International student-athletes are required to make contact with VSU's Office of International Programs to assure that all appropriate paperwork is submitted for their records. Please contact that office at 333-7410 with any questions.

## **SEASONS OF COMPETITION**

A student-athlete shall not engage in more than four (4) seasons of intercollegiate competition in any one sport. At NCAA Division II institutions, a student-athlete shall complete his/her seasons of competition during the first 10 full-time collegiate semesters of collegiate enrollment (excluding summer terms). A student-athlete is considered to have used a semester when the student-athlete is officially registered full-time during a regular term of the academic year and attends the first day of classes for that term, even if the student-athlete drops to part-time status during that first day of classes.

## **COMPETITION OUTSIDE THE INSTITUTION**

Outside competition is any athletic competition against any other outside athletic team (including an alumni team) that does not represent the intercollegiate athletics program of the same institution. A student-athlete becomes ineligible for intercollegiate competition for the remainder of the season in his/her sport if he/she competes as a member of any outside team in any non-collegiate, amateur competition during the institution's intercollegiate season in the sport. Please check with your coach regarding **ANY** outside competition activities you may wish to pursue.

## **PLAYING AND PRACTICE SCHEDULES**

- A student-athlete may not participate in countable athletically-related activities for more than 20 hours per week during the sports championship season.
- Any competition counts as three (3) hours regardless of the actual duration of the contest.
- Practice may not be conducted at any time (including vacation periods) following competition, except between contests, rounds or events during a multi-day or multi-event competition.

- Practice may not exceed four (4) hours per day.
- Each team must have one day off per week, except during participation in one conference and post-season championship and any post-season certified bowl games or National Invitation Tournaments, and during participation in NCAA championships.
- *Non-championship season activity* – 24 days of practice (includes competition) in a 45-day period.
- Countable athletic-related activities include, but are not limited to:
  - a. practice
  - b. athletics meetings with a coach
  - c. competition
  - d. field, floor or on-court activity
  - e. setting up offensive and defensive alignment
  - f. on-court or on-field activities called by any member of the team and confined primarily to members of that team
  - g. required weight-training and conditioning activities
  - h. required participation in camps/clinics
  - i. visiting the competition site (cross-country and golf only)
  - j. participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff
  - k. discussion or review of game films
  - l. participation in a physical activity class for student-athletes only and taught by a member of the athletic staff

Outside the championship season, a team may only do conditioning/weight lifting and skill development activities. This activity may not exceed two hours per day, eight hours per week, and there must be two days off per week. Skill development may not exceed two (2) hours per week per athlete. There may not be more than four (4) athletes present at any one time in any facility when a coach is present for skill development.

No class time may be missed for practice activities.

## **TRANSFER FROM VALDOSTA STATE UNIVERSITY**

The Department of Athletics ultimately hopes all student-athletes will complete their four years of eligibility and graduate from at Valdosta State University. However, there may be conditions that necessitate a student-athlete transferring to another institution. The NCAA has established transfer regulations that must be met for a student-athlete to become eligible at the institution to which he/she transfers. While enrolled at VSU, a student-athlete must receive permission from VSU to communicate with athletic department personnel at another four-year institution. You should contact Bobby Tucker, Director of Compliance and Academic Services, to obtain permission to communicate and for advisement on the NCAA transfer regulations.

## **ATHLETIC EQUIPMENT POLICY**

All equipment issued to the student-athlete will be his/her responsibility.

1. All equipment issued must be returned within two weeks of completion of the season. If not, a hold will be put on the student-athlete's records until the equipment is returned or paid for.

2. Do not lend or exchange clothing without notifying your coach. All clothing is issued to a particular student-athlete. If equipment is not returned, the person who was assigned that equipment is held responsible.
3. Only garments used for participation in VSU athletic activities will be laundered.

## **SPORTS CAMPS AND CLINICS**

A student-athlete who is employed in any sports camp or clinic must meet the following requirements:

- a. must perform duties that are of a general supervisory nature in addition to any coaching or officiating assignments;
- b. compensation must be the going rate for camp counselors;
- c. a student-athlete who only lectures or demonstrates at the camp/clinic, may not receive compensation for his/her appearance at the camp/clinic.

A student-athlete with remaining eligibility may not conduct his/her own camp/clinic.

## **PRIVATE LESSONS**

A student-athlete may conduct private lessons in his/her free time as long as the following guidelines are met:

- a. compensation is the going rate;
- b. the lessons are not conducted on the university's facilities; and
- c. none of the university's equipment is used during the lesson.

## **COMPLIMENTARY ADMISSIONS**

Valdosta State University provides four (4) complimentary admissions per eligible athlete, in their respective sport, in events where admission is charged: football, volleyball, basketball, baseball and softball. This also includes the cheerleaders and Red Hot's dance team. Complimentary tickets shall be distributed only to persons designated by the student-athlete upon proof of identification and the signing of a receipt. Paper tickets will not be given to student-athletes.

## **APPEARANCE**

As a Valdosta State University student-athlete, you are highly looked upon representatives of the university. As a result, you should carry yourself in a respectable manner whether you are on the court, on campus, in the classroom, or in the community.

## **GAMBLING ACTIVITIES**

Staff members of a member conference, staff members of the athletic department of a member institution and student-athletes shall not knowingly:

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

## **HAZING**

This policy applies to all Valdosta State University students, clubs, and registered student organizations.

All rites and ceremonies of induction or private actions by individuals which tend to occasion or allow mental or physical suffering are prohibited. Specifically, hazing is defined as any action taken or situation created, intentionally, whether on or off campus, to produce mental or physical discomfort, embarrassment, harassment, ridicule, or the breaking of school rules.

Activities considered to be hazing include two elements: (1) coercion, either overt or covert, and (2) production of physical or mental discomfort, in either the participant(s) or spectators. Such activities suggested or ordered by a group or a member of a group to new or trial members will be considered to carry with them covert coercion even if the activity is defined as “voluntary”.

Paddling in any form, physical and psychological shocks and creation of excessive fatigue are always considered hazing. Other activities which very often carry with them elements of hazing are: quests, treasure hunts, scavenger hunts, road trips, or any other such activities; wearing apparel in public which is conspicuous and not normally in good taste; engaging in public stunts and buffoonery; morally degrading or humiliating games and activities; late work sessions which interfere with scholastic activities; and any other activities which are not consistent with the regulations of the community. This is not to be considered an all-inclusive list.

Note: This definition is consistent with and partially taken from the Official Statement of Position by the University Fraternity Secretaries Association which was endorsed and affirmed by the National Inter-fraternity Conference in 1974. The University also recognizes the Fraternity Insurance Purchasing Group (FIPG) definition of hazing.

## **SEXUAL HARASSMENT**

The administration, faculty, staff, and students of Valdosta State University realize that any type of harassment creates an environment hostile to the goals of this institution. Therefore, we establish this sexual harassment policy for the VSU community. While sexual harassment is a violation of law, the procedures described are not of a legal nature, and they do not preclude appropriate legal action. This policy seeks to protect the rights of the complainants, the respondents, those persons involved in implementing this policy, and the integrity of VSU as an institution of higher learning.

Valdosta State University is committed to a working and learning environment that is free of discriminatory intimidation. The exploitation of institutional, academic, or supervisory authority to sexually harass students, faculty, or staff members is a form of illegal sex-based discrimination in violation of [the] law as well as Valdosta State University policy. Such conduct will not be tolerated on this campus or in connection with any university function wherever conducted.

To avoid the potential for sexual harassment and conflict of interest, it is expressly provided that no sexual relationship should exist between supervisor/evaluator and subordinate or between teacher and student. If a sexual relationship develops, the responsibility for evaluating, grading, etc. shall be transferred promptly to another individual.

## **DEFINITION OF SEXUAL HARASSMENT**

### **GENERAL**

The Equal Opportunity Commission's Guidelines on sexual harassment states that unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature constitute sexual harassment when:

1. submission to such conduct is made explicitly or implicitly a term or condition of an individual's employment,
2. submission to or rejection of such conduct by an individual is used as the basis for employment decisions affecting an individual, or,
3. such conduct has the purpose or effect of unreasonably interfering with an individual's work performance or creating an intimidating, hostile, or offensive working or learning environment.

### **QUID PRO QUO SEXUAL HARASSMENT**

Explicit or implicit promises of rewards for cooperation via misuse of institutional authority, e.g., to affect a subordinate's employment/admission, professional/academic advancement, salary/financial aid, performance ratings/grades, tenure/graduation, etc.

Explicit or implicit threats of punishment for non-cooperation via misuse of institutional authority, e.g., to affect a subordinate's employment/admission, professional/academic advancement, salary/financial aid, performance ratings/grades, tenure/graduation, etc.

### **HOSTILE ENVIRONMENT SEXUAL HARASSMENT**

Speech or conduct that creates a hostile or offensive working or academic environment; interferes with an individual's work/scholastic performance; prevents an individual's full enjoyment of professional or educational opportunities; or induces conformance, stress, anxiety, fear, or sickness on the part of the harassed person.

Such speech or conduct is reasonably regarded as offensive and substantially impairs the academic or work opportunity of students, colleagues, and co-workers. If it takes place in the teaching context, it must also be persistent, pervasive, and not germane to the subject matter. The academic setting is distinct from the workplace in that wide latitude is required for professional judgment in determining the appropriate content and presentation of academic material.

Implicit in the definition of sexual harassment is the assumption that it prevents the realization of the complainant's full potential as an employee or student. All persons who sexually harass another rob victims of the freedom to do their tasks. Consequently, sexual harassment is considered unethical and unprofessional as well as illegal and against university policy.

## INTERNET WEBSITES

Your reputation, along with that of the Valdosta State University Department of Athletics, is of utmost importance. If you have a web posting on facebook.com, myspace.com, or any other similar sites be aware these pages can be seen by anyone with internet access. These sites are being monitored. **DO NOT** post photographs portraying incriminating or illegal acts. Not only will it give you and Valdosta State University a bad image, but it can also jeopardize future job opportunities. If such pictures are found, you will be instructed to remove them. Failure to do so will result in further action and consequences.

## SPORTS MEDICINE

At Valdosta State University, the Sports Medicine/Athletic Training department is committed to offering quality medical care to every one of our athletes. Even though we hope your athletic experience at Valdosta State will be injury free, it must be made clear that there is a risk factor: **BY PARTICIPATING IN INTERCOLLEGIATE ATHLETICS YOU MAY BECOME SERIOUSLY INJURED**. These risks of playing (or practicing) include, but are not limited to, death, severe neck and spinal injuries, severe injuries to bones, joints, and other areas of the body.

### Staff

The athletic training staff is comprised of five (5) full-time certified athletic trainers, three graduate assistants, and a group of athletic training students who are studying in VSU's nationally accredited Sports Medicine/Athletic Training major. These students work under the direction of the team physicians and the certified athletic trainers.

### Team Physician

The Sports Medicine staff includes licensed physicians. The Farber Student Health Center (SHC) is staffed with a physician, physician assistant/nurse practitioner and nurses. The SHC is open during normal business hours and is available to all student-athletes. Student-athletes **must** present a valid student ID to be seen at the SHC.

Dr. Kurt Jacobson of the Hughston Sports Medicine Clinic in Columbus, Georgia, serves as our team orthopedic specialist. Dr. Jacobson holds a clinic every Tuesday at the Hughston Clinic's Valdosta office. **All** appointments with Dr. Jacobson must be scheduled by one of the full-time athletic trainers. Dr. Ben Hogan, a local primary care physician, serves as a clinical practitioner providing primary care and sports medicine services to student-athletes. He is on call when the SHC is closed and for referrals.

### Athletic Insurance Coverage

The athletic insurance policy we carry on all of our athletes is an excess policy. That means the parent/guardian's insurance must be filed first. Whatever amount is **NOT** covered by the parent/guardian's insurance will be processed by the Athletic Department. However, the student-athlete and the parent/guardian must be aware of the fact that **ONLY ATHLETIC-RELATED ACCIDENTS THAT OCCUR DURING A PRACTICE OR GAME ARE COVERED BY THE ATHLETIC INSURANCE POLICY**. For this reason we **STRONGLY ENCOURAGE** all athletes to carry personal insurance on themselves, should they be injured off the athletic field (such as in the dorm, on campus, etc.). Student-athletes that are not receiving aid from the Department of Athletics are required to have medical insurance with minimum coverage guidelines.

## Injury Reporting Procedures

All injuries and illnesses, athletic related or not, are to be reported to the certified athletic trainer responsible for that sport. If a student-athlete has an injury or illness that might interfere with practice or competition, the certified athletic trainer must be informed **AS SOON AS POSSIBLE**. Student-athletes who are unable to report information, due to severity of injury or illness, should call one of the certified athletic trainers. An athlete who does **NOT** see or inform their certified athletic trainer will be considered healthy for practice/competition.

Any time a student-athlete is to see a physician; the certified athletic trainer must be notified. A referral form will be sent with the athlete. This insures payment should the physician charge or refers to another medical specialist. Failure to follow this procedure will result in the individual athlete being responsible for all costs resulting from the visit to the physician and all referrals thereafter.

## Athletic Training Room

There are three athletic training rooms on our campus. One is located in the Physical Education Complex for all sports and for the laboratory sessions in the Athletic Training Education Program. There is a second athletic training room temporarily located in the S.L. Mason Building on Azalea Dr. which will move to the New Athletic Fieldhouse on Jane St. in December 2008. This athletic training room is used primarily by football but is open to all Valdosta State University athletes. The third athletic training room is in the baseball fieldhouse and is used primarily by baseball and softball but again is open to all athletes. All three facilities are co-educational.

Since these rooms are medical facilities, the following rules are enforced:

1. All athletes are required to wear shorts & shirts for treatment.
2. The sports medicine staff is here to serve you. We will always treat you in a professional manner and will expect the same courtesies in return.
3. No eating, drinking, or tobacco use is allowed.
4. No athletic spikes or cleats are allowed.
5. Do not bring excess equipment (such as football gear, gloves, bats, basketballs, etc...) into the athletic training room(s).
6. No athlete shall excuse himself or herself from a practice or competition due to injury/illness unless the certified athletic trainer or team physician(s) has given clearance.
7. If, for any reason, an athlete goes to the Student Health Center, they must have a written referral from the certified athletic trainer responsible for their sport.
8. Athletes must shower before any treatment will be given after a practice or competition.
9. Please return all loaned items to the athletic training room from which it was loaned. Failure to do so will result in an academic hold,

which will not allow the student-athlete to register for classes or graduate.

10. The telephone and computer in the athletic training room are not to be used by student-athletes.
11. No one is **EVER** late for practice or competition because s/he was detained in the athletic training room. Give yourself plenty of time for treatment and/or taping.
12. Cell phones must be in the non-ring mode. Non-emergent calls are not permitted. Some facilities prohibit the use of cell phones.
13. Athletes are not to stay in the athletic training room during practice. All athletes must dress out for practice, even though injured, unless otherwise cleared by the certified athletic trainer or team physician.

### **Summary**

Once again, the Sports Medicine/Athletic Training staff at Valdosta State University is here for you. Your health care is of the utmost importance and comes before winning. Our selection of physicians was made with that thought in mind. We realize the responsibility we hold in taking care of you while you are away from your homes. Our level of care and concern is understood, and we take pride in the fact that we are offering every student-athlete at Valdosta State the most current medical care in the profession of Sports Medicine.

## **DRUG TESTING POLICY**

Effective Fall Semester, 2001, the VSU Athletic Department instituted a random drug testing program. VSU's program will be in addition to the random drug testing performed by the NCAA for both out of competition and championship events. For detailed information on VSU's drug testing program, please refer to the drug-testing policies and procedures in this student-athlete handbook.

## **HIPAA**

Valdosta State University has in place policies and procedures in order to comply with the Health Insurance Portability and Accountability Act (HIPAA). These specific policies can be found on the university's web site in the department of Legal Affairs. It is the intent of the Department of Athletics to respect the confidentiality of student-athletes health information and comply with HIPAA. It is necessary for our medical staff to communicate within the athletic department and sometimes to the media regarding the health status of student-athletes. The HIPAA forms are utilized to obtain permission from the student-athlete to release this information.

## COMMUNITY SERVICE

Community service is an important component of your student-athlete experience at Valdosta State. Many opportunities exist for you to participate in community service activities and include mentoring programs, and nursing home and school visitation. **Each student-athlete is expected to participate in six (6) hours of community service per academic year.** The majority of these hours can be handled through team-sponsored activities and are coordinated through each team's representatives to the Student-Athlete Advisory Committee.

The F. Lamar and Nancy Pearson Community Service Award was presented for the first time in April, 2001, and goes to the athletic team that has the highest number of community service hours. The 2006-07 winner was the golf team. The golf team had a total of 322 community service hours which averaged out to 23 hours per team member.

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### F. Lamar and Nancy Pearson Community Service Award Winners

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<i>2007-08</i>	<i>Golf</i>
<i>2006-07</i>	<i>Golf</i>
<i>2005-06</i>	<i>Football</i>
<i>2004-05</i>	<i>Baseball</i>
<i>2003-04</i>	<i>Volleyball</i>
<i>2002-03</i>	<i>Softball</i>
<i>2001-02</i>	<i>Softball</i>
<i>2000-01</i>	<i>Softball</i>

# **2007-08 HONORS**

## **NCAA All-American**

Alex Acosta (softball), Joerg Ekkenga (men's tennis), Kristina Ely (softball), Florian Halb (men's tennis), Leos Jelinek (men's tennis), Cedric Jones (FB), Justin Lamb (baseball), William Montford (football), Carley Peterson (women's basketball), Sherard Reynolds (football), Robin Williams (softball), Cole Willis (golf), Brent Witcher (golf)

## **NCAA All-Region**

Alex Acosta (softball), Joerg Ekkenga (men's tennis), Kristina Ely (softball), Florian Halb (men's tennis), Devario Hudson (men's basketball), Leos Jelinek (men's tennis), Cedric Jones (FB), Justin Lamb (baseball), William Montford (football), Daniel Muniz (baseball), Carley Peterson (women's basketball), Sherard Reynolds (football), Robin Williams (softball), Cole Willis (golf), Brent Witcher (golf)

## **ESPN The Magazine Academic All-District**

Alex Acosta (softball), Travis Harrison (football), Zach Parker (football), Ewelina Gad (women's basketball), Khaleh Thomas (women's basketball), Robin Williams (softball)

## **GSC Player-of-the-Year**

Alex Acosta (softball), Brent Witcher (golf)

## **GSC Freshman-of-the-Year**

Tina Trautman (women's tennis)

## **GSC All-Conference**

Alex Acosta (softball), Chase Blackwood (baseball), Andi Braswell (softball), Ricky Coleman (men's basketball), Gerald Davis (football), Raphaele Durante (women's tennis), Joerg Ekkenga (men's tennis), Kristina Ely (softball), Natali Gumbrecht (women's tennis), Florian Halb (men's tennis), Travis Harrison (football), Devario Hudson (men's basketball), Leos Jelinek (men's tennis), Cedric Jones (football), Jon Koenigsfeld (baseball), Justin Lamb (baseball), Maurice Leggett (football), Glen Lemke (baseball), Kristen Lindsey (softball), Audrey Massingill (softball), William Montford (football), Daniel Muniz (baseball), Carley Peterson (women's basketball), Sherard Reynolds (football), Nina Risto (women's basketball), Dominique Rothlaender (women's tennis), Michael Terry (football), Will Thompson (baseball), Tina Trautman (women's tennis), Robin Williams (softball), Cole Willis (golf), Blaine Wilson (baseball), Brent Witcher (golf)

## **GSC All-Academic**

Alex Acosta (softball), Rebecca Aszman (softball), Joerg Ekkenga (men's tennis), Kristina Ely (softball), Natali Gumbrecht (women's tennis), Florian Halb (men's tennis), Adam Harmych (baseball), Travis Harrison (football), John Koenigsfeld (baseball), Daniel Muniz (baseball), Zach Parker (football), Carley Peterson (women's basketball), Khaleh Thomas (women's basketball), Robin Williams (softball)

## **GSC Coach-of-the-Year**

John Hansen (men's and women's tennis)

## **Regional Coach-of-the-Year**

John Hansen (men's and women's tennis)

## **National Coach-of-the-Year**

David Dean (FB)

## **National Strength and Conditioning Coach-of-the-Year**

Michael Doscher

## **VSU Male/Female Student-Athlete-of-the-Year**

Leos Jelinek (men's tennis), Kristina Ely (softball)

## **Male/Female Student-Athlete Academic Award**

Travis Harrison (football), Khaleh Thomas (women's basketball)

September 4, 2008

Dear Valdosta State University Student-athlete:

The Department of Intercollegiate Athletics at Valdosta State University recognizes that drug use is a problem in our society. This problem is so wide spread across the United States that it has led to the development of educational programs and drug testing in schools, the work place, and athletic competition. We have a constant reminder of addiction with so many high-profile professional athletes having ongoing substance abuse problems. For these reasons, we have implemented an "Alcohol, Substance Abuse and Drug Screening/Testing" program. I feel this program is important for two reasons:

1. to protect the Valdosta State University student-athlete from the risks and dangers of alcohol and drug abuse through such measures as drug and alcohol education, drug testing, drug counseling/rehabilitation, and when appropriate, sanctions; and
2. to provide an educational program and early intervention strategies before our student-athletes are subject to NCAA testing.

If we can identify a problem early enough, we may be able to make a difference for the student-athlete. The problems accompanying substance abuse and addiction are complex and, thus, much time and thought have gone into developing our policy. It is my hope that we can ultimately prevent substance abuse, or intervene with appropriate methods to correct problems if and when they occur.

If you have any questions or comments, feel free to contact me at (229) 333-5462. We are committed to fostering a competitive athletic program and to the development of student-athletes who are productive citizens and who are excellent role models for the younger generation.

Sincerely,

A handwritten signature in black ink, appearing to read "Herb Reinhard". The signature is stylized with a large, looping "H" and "R".

Herb Reinhard  
Director of Athletics

HR/dw

Updated August 9, 2001

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Any changes will be incorporated in this page. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example. Bylaw 31.2.3.1 Banned Drugs - The following is the list of banned-drug classes:

**(a) Stimulants:**

amiphenazole  
amphetamine  
bemigrade  
benzphetamine  
bromantan  
caffeine<sup>1</sup>  
chlorphentermine  
cocaine  
cropropamide  
crothetamide  
diethylpropion  
dimethylamphetamine  
doxapram  
ephedrine  
ethamivan  
ethylamphetamine  
fencamfamine  
meclofenoxate  
methamphetamine  
methylene-dioxymethamphetamine  
(MDMA) (Ecstasy)  
methylphenidate  
nikethamide  
pemoline  
pentetrazol  
phendimetrazine  
phenmetrazine  
phentermine  
picrotoxine  
pipradol  
prolintane  
strychnine  
and related compounds \*

**(b) Anabolic Agents:**

anabolic steroids  
androstenediol  
androstenedione  
boldenone  
clostebol  
dehydrochloromethyl-testosterone  
dehydroepiandrosterone (DHEA)  
dihydrotestosterone (DHT)  
dromostanolone  
fluoxymesterone  
mesterolone  
methandienone  
methenolone  
methyltestosterone  
nandrolone  
norandrostenediol  
norandrostenedione  
norethandrolone  
oxandrolone  
oxymesterone  
oxymetholone  
stanozolol  
testosterone<sup>2</sup>  
and related compounds \*  
Other anabolic agents  
clenbuterol

**(c) Substances Banned for Specific Sports:**  
**Rifle:**  
alcohol  
atenolol  
metoprolol  
nadolol

pindolol  
propranolol  
timolol  
and related compounds \*

**(d) Diuretics:**

acetazolamide  
bendroflumethiazide  
benzthiazide  
bumetanide  
chlorothiazide  
chlorthalidone  
ethacrynic acid  
flumethiazide  
furosemide  
hydrochlorothiazide  
hydroflumethiazide  
methyclothiazide  
metolazone  
polythiazide  
quinethazone  
spironolactone  
triamterene  
trichlormethiazide  
and related compounds \*

**(e) Street Drugs:**

heroin  
marijuana<sup>3</sup>  
THC (tetrahydrocannabinol)<sup>3</sup>

**(f) Peptide Hormones and Analogues**

chorionic gonadotrophin (HCG - human chorionic gonadotrophin)  
corticotrophin (ACTH)  
growth hormone (HGH, somatotrophin)

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

erythropoietin (EPO)  
sermorelin

**(g) Definitions of positive depends on the following:**

<sup>1</sup> for caffeine-if the concentration in urine exceeds 15 micrograms/ml.

<sup>2</sup> for testosterone-if the administration of testosterone or the use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

<sup>3</sup> for marijuana and THC-if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

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

**Supplements**

Nutritional supplements are not strictly regulated and may contain substances banned by the NCAA. For questions regarding nutritional supplements, please visit the [National Center for Drug Free Sport Resource Exchange Center \(REC\) Web site](#).

**Valdosta State University**  
**Department of Intercollegiate Athletics**  
**Alcohol, Substance Abuse and Drug Screening/Testing**  
**Policies and Procedures**

**I. Introduction:**

The Department of Intercollegiate Athletics at Valdosta State University recognizes that drug use is a matter of deep concern in our society. The use of prohibited drugs, alcohol, and the abuse of drugs and alcohol and other controlled substances, as well as chemical dependency to such agents, constitute a threat to the integrity of intercollegiate athletics and represents a danger to the health, welfare and career of the Valdosta State University student-athletes. The main purpose of this policy is to protect the Valdosta State University student-athlete from the risks and dangers of alcohol and drug abuse through such measures as drug and alcohol education, drug testing, drug counseling and rehabilitation, and when appropriate, sanctions.

**II. Objectives:**

The Department of Intercollegiate Athletics has established the following Alcohol and Drug Policy and Program objectives:

1. Provide an alcohol and drug free environment.
2. Educate student-athletes, coaches, and staff members about the physical, social, psychological, financial, and legal problems associated with alcohol abuse and drug use.
3. Identify student-athletes who are abusing alcohol or drugs and assure prompt counseling and treatment.
4. Provide a program to assist individuals who use or abuse drugs or alcohol to recognize their problem and be referred for counseling and rehabilitation.
5. Provide a fair administrative process for sanctions and appeals.

**III. Application of Policy:**

All student-athletes found in violation pertaining to drug abuse and testing will be subject to sanctions accumulating from the first violation. There will be no re-evaluation process for violation of the drug testing policy.

All student-athletes found in violation pertaining to the alcohol section will be subject to sanctions set forth in the policy. The student-athlete can appeal to the Athletic Director, following one calendar year of first offense, for removal of first offense from record. If a student-athlete is found in violation a second time following a successful appeal the student-athlete's right to removal is waived and sanctions accumulate from date of second violation.

**IV. Drug Testing**

Any prohibited drug in the NCAA Banned Drug Reference List (hereinafter "NCAA") and any subsequent additions to the original list, regardless of whether such drugs are prescribed or non-prescribed, legal, or illegal, and any other controlled dangerous substance may be tested. Included are "street drugs" (as defined by NCAA guidelines) REFER TO APPENDIX 3.

Testing for the presence of any prohibited drug by the NCAA (REFER TO APPENDIX 3) shall be in addition to, and not in place of, any testing done by Valdosta State University under this policy. As a condition of participation in Valdosta State University athletic programs each student-athlete shall be required to sign a release/consent form (prior to the start of each year of athletic participation), which states that he/she is aware that urine testing for the presence of drugs is permitted by the

NCAA and the VSU Athletics Department and participation in the drug testing program is mandatory.

Once the policy is signed by the student-athlete, the student-athlete thereafter will be subjected to unannounced, observed and/or unobserved, random drug testing for the presence of any prohibited drug. The determination of which student-athlete will be tested and the frequency of testing in response to an individualized reasonable suspicion shall be at the discretion of the Athletic Director.

The urine specimen will be divided into part "A" and part "B". If part "A" is positive then part "B" will be tested.

In signing the release/consent form, each athlete understands that failure to undergo testing will result in sanctions pertaining to a first violation (positive test). Failure to undergo testing a second time will result in sanctions pertaining to a second violation (positive test). Failure to undergo testing a second time will result in sanctions pertaining to a third violation (positive test).

The results of the testing, by the certified laboratory, will be reported to the Athletic Director. The parent-guardian, team physician, sport head coach, and other university officials may receive the results, if it is deemed appropriate by the Athletic Director.

## **V. Drug Testing Sanctions:**

### **A. First Violation (Positive Test):**

1. The Athletic Director, Head Athletic Trainer, Sport Head Coach, Team Physician, and, if the student is a minor, Parents/Guardians may be informed of the positive results unless a valid subpoena or court order is obtained.
2. Within 24 hours of notification of a positive test result, the student-athlete's part "B" of the sample will be tested at the student-athlete's expense to rule out a false positive. If part "B" of the sample results is positive, sanctions will go into effect.
3. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
4. Student-athlete will be required to undergo bimonthly urinalysis, starting immediately, at the student-athlete's expense for a minimum of 8 weeks or until such time as the student-athlete does not test positive, whichever period of time is longer. If the test results during continual urinalysis following a first violation shows an increase instead of a decrease of any prohibited drug, such an increase shall be deemed a second violation or if another prohibited drug is found will be deemed a second violation.
5. A first violation will result in one or more of the following sanctions:
  - a. Suspension – Suspensions of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all intercollegiate athletics for a period of time to be determined by the Athletic Director.
  - b. Cancellation of all or part of any athletic related financial aid.

### **B. Second Violation (Positive Test):**

1. The Athletic Director, Head Athletic Trainer, Sport Head Coach, Team Physician, and, if the student is a minor, Parents/Guardians may be informed of the positive test unless a valid subpoena or court order is obtained.

2. Within 24 hours of notification of a positive test result, the student-athlete's part "B" of the sample will be tested at the student-athlete's expense to rule out a false positive. If part "B" of the sample results is positive, sanctions will go into effect.
3. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
4. The student-athlete will be required to undergo biweekly urinalysis for a minimum of 8 weeks or until such time as the student-athlete does not test positive, whichever period of time is longer. If a test result during the continual urinalysis following a first violation shows an increase instead of a decrease of any prohibited drug, such an increase shall be deemed a second violation or if another drug is found will be deemed a second violation.
5. A second violation will result in one or more of the following sanctions:
  - a. Suspension –Suspension of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all intercollegiate athletics for a minimum of 60 days, be it in-season or out of season.
  - b. Cancellation of all or part of any athletic related financial aid provided by Valdosta State University.

**C. Third Violation (Positive Test):**

1. The Athletic Director, Head Athletic Trainer, Sport Head Coach, Team Physician, and, if the student is a minor, Parents/Guardians may be informed of the positive results unless a valid subpoena or court order is obtained.
2. Within 24 hours of notification of positive test results, student-athlete's part "B" of the sample will be tested at the student-athlete's expense to rule out a false positive. If part "B" of the sample results is positive, sanctions will be issued.
3. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
4. A third violation will result in one or more of the following additional sanctions:
  - a. Suspension –Suspension of the student-athlete from further participation (all practice and scheduled athletic contests against opposing teams in any intercollegiate athletic programs) for one year from the date of the positive test, be it in season or out of season.
  - b. Cancellation of all athletic related financial aid provided by Valdosta State University.

Violations of the Valdosta State University Drug Policy are cumulative such that the number of violations of the policy, by a student-athlete, is calculated over each student-athlete's career at Valdosta State University, not on a yearly basis.

Each student-athlete must advise the Head Athletic Trainer prior to providing any urine sample of all medications, whether prescriptive or non-prescriptive, that the student-athlete is presently taking or has taken within the preceding thirty days, and the medical reason.

Student-athletes that are suspended may be reinstated only upon the consent and approval of the Sport Head Coach and Athletic Director. A condition of reinstatement may be that the student-athlete be required to undergo additional counseling and rehabilitation as determined by Valdosta

State University and to provide urine samples resulting in negative test results for a minimum period of six months.

The failure to report to counseling will subject the offender to punishment as if the violation was a second violation.

## **VI. Regulations Regarding Drugs**

The Valdosta State University student-athlete is subject to all local, state, and federal regulations concerning drugs. If a student-athlete is charged with a drug offense, disciplinary procedures (immediate separation from the athletic department and cancellation of athletic financial aid, etc.) as deemed necessary by the Athletic Director may be implemented pending final disposition of all charges.

## **VII. Alcohol**

- A. The Valdosta State University student-athletes are subject to all local, state and federal regulations concerning the use/consumption of alcoholic beverages. If the student-athlete is convicted of the following:

### **Driving Under the Influence**

#### **1. First Violation:**

- a. The Athletic Director, Head Athletic Trainer, Sport Head Coach, and, if the student is a minor, Parents/Guardians may be informed unless a valid subpoena or court order is obtained.
- b. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- c. A first violation could result in one or more of the following sanctions: (1) Suspension of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all intercollegiate athletics for a period of time determined by the Athletic Director in consultation with the Sport Head Coach. (2) Cancellation of all or part of any athletic related financial aid.

#### **2. Second Violation:**

- a. The Athletic Director, Head Athletic Trainer, Sport Head Coach, and, if the student is a minor, Parents/Guardians may be informed unless a valid subpoena or court order is obtained.
- b. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- c. A second violation will result in one or more of the following sanctions: (1) Suspension of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all

intercollegiate athletics for a minimum of 60 days, be it in season or out of season. (2) Cancellation of all or part of any athletic related financial aid provided by Valdosta State University.

**3. Third Violation:**

- a. The Athletic Director, Head Athletic Trainer, Sport Head Coach, and, if the student is a minor, Parents/Guardians may be informed unless a valid subpoena or court order is obtained.
- b. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- c. A third violation will result in one or more of the following sanctions: (1) Suspension of the student-athlete from further participation (scheduled athletic competition against opposing teams and scheduled team practice) in all intercollegiate athletics for a minimum of one year, be it in season or out of season.

**Drunken and Disorderly Conduct**

**1. First Violation:**

- a. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- b. The student-athlete will be required to participate in community service for a length of time as determined by the Department of Intercollegiate Athletics.

**2. Second Violation:** Refer to Driving Under the Influence, Second Violation.

**3. Third Violation:** Refer to Driving Under the Influence, Third Violation

**Public Intoxication**

**1. First Violation:**

- a. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- b. The student-athlete will be required to participate in community service for a length of time as determined by the Department of Intercollegiate Athletics.

**2. Second Violation:** Refer to Driving Under the Influence, Second Violation.

**3. Third Violation:** Refer to Driving Under the Influence, Third Violation.

**Minor in Possession**

**1. First Violation:**

- a. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.

**2. Second Violation:**

- a. The student-athlete will be required to participate in appropriate counseling sessions with professional counselors for a length of time as determined by the Department of Intercollegiate Athletics and Valdosta State University Counseling Center.
- b. The student-athlete will be required to participate in community service for a length of time as determine by the Department of Intercollegiate Athletics.

**3. Third violation:** Refer to Driving under the Influence, Third Violation.

A. If the student-athlete pleads guilty to, or forfeits bond to any other charge where legal intoxication is determined, one or more of the following sanctions will be imposed:

1. Suspension of the student-athlete from further participation (scheduled team practice and athletic competition against opposing teams) in all intercollegiate athletics for a period to be determined by the Athletic Director.
2. Cancellation of all or part of any athletic related aid.
3. Community service hours deemed appropriate by the Athletic Director.
4. Mandatory participation in an alcohol and drug awareness program designated by Valdosta State University with fee being paid by the student-athlete.

B. If a student-athlete is charged with any of the offenses in paragraph A above, disciplinary procedures (suspension of athletic competition and/or practice, loss of financial aid, community service, etc.) as deemed necessary by the Athletic Director may be implemented pending final disposition of all charges.

C. The failure to report for counseling will subject the offender to punishment as if the violation was a second violation.

## **VIII. Probable Cause**

Student-athletes will be drug-screened and/or evaluated if there is probable cause to suspect alcohol, drug use, or abuse. The coaching staff, athletic training staff, or athletic director may be aware of or see certain signs, symptoms or changes in behavior that may cause them to suspect substance abuse. These staff members have a duty to report any suspicions to the Sport Head Coach, Athletic Director, or Head Athletic Trainer. A decision will be made regarding the need for counseling and/or testing.

Such behaviors may include, but are not limited to the following signs, symptoms and behaviors:

1. Student-Athlete begins to show:
  - Poor motivation
  - Sloppy hygiene and appearance
  - Lack of hustle on the field or court
  - Irritability or loss of temper
  - Failure to follow orders or lack of discipline
  - Unexplained absences
  - Common and routine injuries which will not heal or which are recurrent
2. Has recurrent problems with:
  - Being late to practice, team meetings, or functions
  - Missing appointments
  - Ignoring curfews

- Staying up too late
  - Falling asleep during day
  - Skipping meals
3. Appearance of the following signs and/or evidence of illness
- Dilated or constricted pupils
  - Droopy eyelid or reddish eyes
  - Excessive scratching and breaking out of skin
  - Constantly runny, red nose
  - Recurrent bouts of flu or colds that require medical attention
  - Appears over-stimulated or “hyper”
  - Becomes withdrawn and less communicative
  - Repeated automobile and traffic violations

## **IX. Review/Appeal Process**

If a student-athlete tests positive for a banned substance, he/she has the right to a review. The Athletic Director must receive a written request for a review within 48 hours of the notification of the positive test.

If the student-athlete wishes to appeal the methods of evaluation and treatment imposed, he/she must request a hearing before the Appeals Committee within 48 hours of being notified of a positive screen. The burden of proof is on the athlete to show any extenuating circumstances why the Department of Intercollegiate Athletics’ evaluation and treatment program is not appropriate.

If the student-athlete wishes to appeal a disciplinary decision or procedure, the Athletic Director must receive the written request for appeal within 72 hours of the student-athlete’s notification of the penalty.

The Athletic Director will notify the Appeals Committee of the appeal request. A hearing will be arranged in five (5) working days following the request by the student-athlete.

### **APPEALS COMMITTEE:**

1. An Athletic Department administrator (one of the following serves as chairperson: Athletic Director, Senior Women’s Administrator, or Faculty Athletics Representative)
2. An uninvolved Coach
3. A representative of the University’s Legal Counsel
4. A member of the full-time Athletic Training Staff
5. Chair, Student-Athletic Advisory Council
6. Vice President for Student Affairs or Representative

## **HOW DRUG USE MAY AFFECT ATHLETIC PERFORMANCE**

### **DRUG: COCAINE**

#### **EFFECT:**

- Over-stimulates reflexes
- Distorts vision
- Hurries muscle movement
- Weakens breathing
- Long-term use weakens muscles and nerves and makes them prone to injuries
- Alters normal appetite

### **DRUG: MARIJUANA**

#### **EFFECT:**

- Slows reflexes
- Long-term use weakens muscles and nerves and makes them prone to injuries
- Slow or non-reactive pupil distorts vision
- Hearing impairments

**DRUG: AMPHETAMINES**

**EFFECT:**

- Over-stimulates reflexes
- Distorts vision
- Alters normal appetite

**DRUG: ALCOHOL**

**EFFECT:**

- Reduces mental alertness for approximately 24 hours after a binge or about three beers or drinks

***HOW MARIJUANA AND COCAINE CAN CAUSE ATHLETIC INJURIES***

- Depletes energy
- Impairs visual perception
- Alters normal reflexes
- Drives out chemicals at nerve-endings
- Decreases immune and inflammatory mechanisms necessary for healing (i.e. routine simple injuries do not heal rapidly)
- Collects in fatty tissues around muscles, tendons, and ligaments (i.e. marijuana)
- Worsens normal simple injuries

***ANABOLIC STEROIDS***

This class of drug is a derivative of the male hormone testosterone. Testosterone will increase protein synthesis, when coupled with training and proper diet, may create an increase in lean muscle mass. Being a hormone, the anabolic steroid will interfere with the normal hypothalamic-pituitary-gonad thermostat and disturb the body's delicate hormone balance. This interference can produce detrimental side effects. Anabolic Steroids are banned by the N.C.A.A. and U.S.O.C.; all sports federations, and professional athletic organizations.

The Valdosta State University Department of Intercollegiate Athletics will not condone or tolerate the use of Anabolic Steroids by the student-athlete.

All of the following have been linked to steroid use:

- |  |                                |
|--|--------------------------------|
| 1. Aggressiveness leading to violence        | 13. Kidney disease             |
| 2. Mood swings                               | 14. Liver damage               |
| 3. Psychiatric disorders, psychotic episodes | 15. Enlarged prostate          |
| 4. Acne                                      | 16. Prostatitis                |
| 5. Balding                                   | 17. Breast enlargement (males) |
| 6. Hypertension                              | (In Females)                   |
| 7. High blood cholesterol                    | 1. Menstrual problems          |
| 8. Cardiac arrhythmias                       | 2. Breast atrophy              |
| 9. Diminished libido                         | 3. Excessive hair growth       |
| 10. Atrophy of the testicles                 | 4. Enlarged clitoris           |
| 11. Impotence                                | 5. Deepening of voice          |
| 12. Stunted growth                           |                                |

**VALDOSTA STATE UNIVERSITY**  
**DEPARTMENT OF INTERCOLLEGIATE ATHLETICS**

***DRUG SCREENING PROGRAM***

**Test Notification / Test Refusal**

**NAME:** \_\_\_\_\_ **SPORT:** \_\_\_\_\_

**Date of Notification:** \_\_\_\_\_ **Date of Refusal:** \_\_\_\_\_

**Date of Test:** \_\_\_\_\_ **Time: 8:30-12 and 2:15-4:30**  
**Report to the Farber Student Health Center with a student I.D.**

**Inform the receptionist that you have come for a drug test.**

I, the undersigned, acknowledge that I have been informed that I have been chosen to participate in the Valdosta State University Department of Intercollegiate Athletics Drug Screening Program which involves testing through urinalysis.

I, the undersigned, acknowledge that I have been informed that failure to undergo testing will result in drug testing sanctions pertaining to a first violation (positive test). Failure to undergo testing a second time will result in drug testing sanctions pertaining to a second violation (positive test). Failure to undergo testing a third time will result in drug testing sanctions pertaining to a third violation (positive test).

\_\_\_\_\_  
**Student-Athlete's Name Printed**

\_\_\_\_\_  
**Local or Cell Phone Number**

\_\_\_\_\_  
**VSU Student ID #**

\_\_\_\_\_  
**Student-Athlete's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**VSU Representative's Signature**

\_\_\_\_\_  
**Date**

---

You have been selected for VSU Drug Testing.

You have to report to The Farber Student Health Center on \_\_\_\_\_ at the following time(s)  
\_\_\_\_\_.

Take your VSU Student ID.

Be able to provide an acceptable urine sample. Do not overhydrate.

Make sure you allow enough time to be tested and get to class.

**Failure to appear is the same as a positive test!**

**VALDOSTA STATE UNIVERSITY  
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS  
DRUG SCREENING AND SUBSTANCE ABUSE PROGRAM**

**CONSENT TO PARTICIPATE**

I, \_\_\_\_\_ hereby acknowledge that I have received a copy of the Valdosta State University Department of Intercollegiate Athletics Drug Screening Policy and Substance Abuse Program (hereinafter "Program"). I further acknowledge that I have read the Policy and that I fully understand the provisions of the Policy.

I hereby voluntarily and without threat, inducement, or compulsion, consent to have a sample of my urine collected and tested for the presence of certain drugs or substances on a random, unannounced basis, in accordance with the provisions of the Drug Screening Policy, and at such times as required under the policy.

I further agree and consent to the disclosure of said records and results relating to me, **only** to those persons involved in the administration of the "Program", and **only** under the circumstances described in the "Program". This consent is given pursuant to all State and Federal privacy statutes and is a waiver of my rights to non-disclosure of such test records and results **only** to the extent of the disclosures authorized in the "Program".

I further state that I am at least eighteen (18) years of age and fully competent to sign this agreement. (If a minor under eighteen (18) years of age, parent or legal guardian signature must be provided.)

I do for myself, my heirs, and personal representatives further agree to defend, hold harmless, indemnify, forever release and discharge Valdosta State University, Board of Regents on behalf of its trustee, agents, and employees from all claims, and actions for damages arising out of my participation in the drug screening.

\_\_\_\_\_  
Student-Athlete's Name Printed

\_\_\_\_\_  
Student-Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent and/or Legal Guardian's Signature

\_\_\_\_\_  
Date