

University of Colorado at Colorado Springs
DEPARTMENT OF ATHLETICS
2007-2008 STUDENT-ATHLETE HANDBOOK

TABLE OF CONTENTS

• Department Directory.....	2
• Letter from the Director of Athletics.....	3
• 2006-2007 Highlights.....	4
• Mission Statement.....	5
• Student-Athlete Awards.....	6
• Student-Athlete Code of Ethics.....	7
• Eligibility Requirements.....	8
• Disciplinary Procedure for Unethical Behavior.....	8
• Student-Athlete Advisory Committee.....	9
• Advising and Counseling.....	10
• Playing and Practice Seasons.....	10
• Athletic Scholarships.....	11
• Terms and Duration.....	11
• University Missed Class Time Policy.....	12
• Letter from the FAR	13
• Rocky Mountain Athletic Conference Membership	14
SPORTS MEDICINE	
• Training Room Rules and Regulations	15-16
• Medical Eligibility Requirements.....	17-20
• UCCS Drug Testing Policy.....	21
• NCAA Banned Substances and Nutritional Ergogenic Aids.....	22
OVERNIGHT PARKING	
• Restricted overnight parking.....	23



August 2007

Dear University of Colorado at Colorado Springs Student-Athletes,

It is an honor and a pleasure for me to be writing this letter to all of you. As the athletic director here I am looking at a group of young athletes who have already begun to put the "Mountain Lions" on the map. The athletic administration is working to create an environment where you can **dominate** the map!

As we work for more scholarship funds, state of the art facilities, and a place in the heart of the campus and community, your efforts to compete at your personal best will set the stage for the future. Our new interim field house will break ground in October and the completion date is fall of 2008! All athletic teams will have availability for practice times and new locker rooms for all programs will be in place. Our coaches will all have offices in the Four Diamonds area.

You have already proven that you can compete at the highest levels both on the field and in the classroom. With **63** Academic All-Conference and **33** All-Conference athletes everyone is amazed by your heart or work ethic. You are setting the stage for all future athletes who will compete as Mountain Lions. The other athletes, coaches, and administrators in the conference know that with every passing day UCCS is closer to no longer being known as the "**sleeping giant**" of Division II athletics.

Congratulations to all on our second annual competition, the Steel and Silver Series, with the Colorado State University at Pueblo! We won the competition by a score of 25-8. The most impressive aspect was our overall GPA of 3.14 as a department.

I have no doubt that you will continue to represent this department and your chosen university with class, intelligence and supreme effort. Remember the Mountain Lion is a majestic, effective, and tenacious hunter. Keep this mind when you are competing against a Thunderwolf, a Roadrunner or an Antelope!

Good luck in all your athletic and academic endeavors this year.

Sincerely,

Stephen W. Kirkham
Director of Athletics
University of Colorado at Colorado Springs



2006-2007 HIGHLIGHTS

ACADEMIC ALL-AMERICANS

Patrick Hannaway, Men's Basketball
Lindsay Shandera, Softball

ALL- AMERICANS

Shannon Payne, Women's Cross Country
Jenna Dorsey-Spitz, Women's Cross Country
Sarah Shepard, Indoor Track
Stacy Haney, Softball
Rachel Hancock, Softball

ALL REGION

Ashley Birger, Women's Cross Country
Jenna Dorsey-Spitz, Women's Cross Country
Shannon Payne, Women's Cross Country
Patrick Hannaway, Men's Basketball
Rachel Hancock, Softball
Stacy Haney, Softball
Lindsay Shandera, Softball

RMAC CHAMPIONS

Men's Golf

ACADEMIC ALL RMAC

63 Athletes

ALL-RMAC

33 Athletes

University of Colorado at Colorado Springs Statement on Athletics

Intercollegiate athletics are intended to be an integral part of the overall program within the University. Concomitant with the dedication to excellence of the overall educational program of the University of the student-athlete's opportunity to acquire experiences outside the classroom that are in keeping with the general goals of the University. The privilege of participating in intercollegiate athletics is intended to enhance the overall educational experience of the participant. This is in keeping with the National Collegiate Athletic Association, which governs intercollegiate athletics:

"The competitive athletic program of the colleges is designed to be a vital part of the educational system. A basic purpose of this association is to maintain intercollegiate athletics as an integral part of the educational program and the athlete an integral part of the student body, and by doing so retain a clean line of demarcation between college athletics and professional sports."

The concept of student-athlete demands that both the academic and athletic interests must be the concern of all units of the University. This means that the student-athlete shall be encouraged to achieve the highest level of academic success, and to complete the course work for a degree. At the same time while participating at the highest level of NCAA athletic competition, the program and process of the Athletic Department must conform to the academic, ethical, and moral values of the University. This we believe can only be accomplished through the joint efforts of all parts of the University community.

Hence, UCCS believes that intercollegiate athletic programs must be an integral part of the University's academic mission. Athletics give student-athletes an opportunity for significant learning experiences within and without the traditional classroom, fostering the educational and leadership growth that will stand them in good stead upon graduation. Thus, while we recognize that athletics are significant in creating student enthusiasm and loyalty, maintaining ties with alumni and friends, we also affirm our belief that our objective to excel in sports can and must be in conformity with the traditional university goals of scholarship and service.

University Award

McLaughlin Award

Presented to the male and female student-athletes with a cumulative grade point average of 3.0 or higher who have demonstrated not only excellent athletic ability, but outstanding commitment to fellow student-athletes and the community as well.

Departmental Awards

Student-Athlete of the Year

Presented to the male and female junior or senior student-athlete who displays excellence in one or more sports, is in good academic standing, and an attitude and character that represents the ideals of the intercollegiate athletics program.

Mountain Lion Award

Presented to those student-athletes who hold a cumulative grade point average of 3.0 or higher for a minimum of three years, with at least two semesters at CU-Colorado Springs and three years of intercollegiate playing experience.

Highest GPA Award

Presented to the male and female student-athletes with the highest cumulative grade point average and at least two years of intercollegiate participation.

Participation Awards

SAAC for 2007-08

1st Year	Certificate
2nd Year	Backpack
3rd Year	Blanket
4th Year	Ring or Plaque

STUDENT-ATHLETE CODE OF ETHICS

All men and women in the UCCS Department of Athletics are student-athletes. Learning in both the classroom and intercollegiate programs is necessary if emotional, social, intellectual and athletic growth is to occur. Each student's university experience ought to culminate in a degree in his or her chosen field of study. The Department of Athletics at UCCS has as its goal the graduation of all of our student-athletes as well as pursuing excellence in each sport.

Participation in the intercollegiate athletics at UCCS is a privilege. Consequently, each student-athlete is expected to comply with all the guidelines and policies of the University, the Rocky Mountain Athletic Conference, and the NCAA. In addition, the following standards must be observed:

1. Student-athletes shall perform to the better of their abilities both academically and athletically.
2. Student-athletes shall contribute their best effort to the success of the team.
3. Student-athletes shall conduct themselves both on and off the field in a way which brings credit to the team, the athletic program and the university.
4. Student-athletes shall abide by the letter as well as the spirit of university rules and regulations.
5. Student-athletes shall at all times respect and be courteous to all members of the university community and to visitors to the campus.
6. Student-athletes shall exhibit dignity in manner and dress when representing the university.
7. Student-athletes shall neither physically abuse, nor threaten another person, nor abuse any university owned or controlled property, or property associated with any university sponsored organizations or functions.
8. Hazing of any kind is not allowed. Any questions about the definition of Hazing should be put to the Director of Athletics.
9. Student-athletes shall not use, possess, nor distribute any steroids, narcotics, or dangerous drugs as designated by the NCAA (with exception of the use of drugs prescribed by a licensed physician).
10. Students-athletes shall not use alcohol or tobacco at any time during their team's competitive season or during an official team function. For purposes of this policy, an official team function is defined as any activity that is held at the direction of or under the supervision of the team's coaching staff.

Violations of these rules or other university rules governing student behavior (e.g., housing, student life) will be handled in accordance with the department's disciplinary policy for unethical behavior. The Dean's office will be notified in accordance with university rules. Behavior, which is not in accordance with such rules, may result in suspension, or expulsion from intercollegiate athletic competition.

Protocol for issues with team members, coaches, or athletic department personnel

Any issue a student athlete may have should first be discussed with the Head Coach. If an effective resolution cannot be reached at this level then the student athlete should contact the office of the Athletic Director.

Social Networking Policy

Student-athletes must be concerned with any behavior that might embarrass themselves, their teams, and/or University of Colorado at Colorado Springs. This includes any activities conducted online.

University of Colorado at Colorado Springs supports and encourages the individuals' expression of first amendment rights of free speech. This includes participating in online social networking sites (e.g. Myspace.com, facebook.com).

The University and Athletic Department does not place any restrictions on the use of these sites by student-athletes. However, we remind you that as a member of the UCCS Intercollegiate Athletics Department, you are a representative of the university and are always in the public eye. Please keep the following guidelines in mind as you participate on social networking web sites.

- Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site.
- Do not post information, photos, or other items online that could embarrass you, your team, or University of Colorado at Colorado Springs. This includes information, photos and items that may be posted by others on your page.
- Do not post your home address, local address, phone number(s), birth date or other personal information.
- Exercise caution as to what information you post on your website about your whereabouts or plans. You could be opening yourself up to predators.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes, while others want to get close to student-athletes to give them a sense of membership in the team.
- University of Colorado at Colorado Springs, including coaches and administrators, has the right to monitor these web sites.
- Student-athletes could face discipline and even dismissal for violation of Policies and Procedures or philosophies of University of Colorado at Colorado Springs, the Athletic Department and/or the NCAA.

The UCCS Police Department and other local police and sheriff's offices check these websites regularly. In addition to the unfortunate reality of online predators, potential employers and internship supervisors also use these sites to screen candidates. Many graduate programs and scholarship committees now search these sites to screen applications. We advise UCCS student-athletes to exercise extreme caution in their use of social networking websites.

Department of Intercollegiate Athletics Disciplinary Procedure for Unethical Behavior

Any alleged violation of the Behavioral Standards of Conduct as put forth in the UCCS Student Handbook will result in suspension from all Athletic Activities until the Athletic Director has reviewed all circumstances regarding the incident in question. If the Athletic Director determines the Athlete has been found to be in violation of a rule or policy, the punitive actions could include any or all as outlined in the UCCS Student Handbook under University Sanctioning Options.

ELIGIBILITY REQUIREMENTS

Your athletic eligibility depends on you meeting the following requirements:

Grade-Point Average Requirements:

- You must maintain a 2.0 cumulative grade point average (GPA).
- If you fall below this 2.0 cumulative GPA in any given semester, the following semester you will not only be on academic probation, but also ineligible to compete.
 - If you fall below a 2.0 cumulative GPA after your first or second year, you may request a hearing/waiver from the Intercollegiate Athletic Advisory Committee through the Athletic Directors Office prior to the beginning of competition for that specific semester.
- You are eligible to practice during this probationary semester; however, if you do not raise your cumulative GPA to 2.0 or higher during this semester of probation, you will be dismissed from your respective team and will be no longer eligible to participate.

Satisfactory Progress Requirements:

- You must meet Satisfactory Progress requirements set forth by your college of enrollment: Letters, Arts & Sciences (LAS), Business, Engineering, Nursing.
- These requirements are in addition to the normal progress and GPA requirements.
- The NCAA requires that you:
 - Enroll in a minimum 12 hours each fall and spring semester.
 - Declare a major by the end of your 4th semester.
 - Pass a minimum of 18 hours before the end of the spring semester and have passed a minimum total of 24 credit hours prior to the next fall semester.
- All courses taken must be applicable toward a degree in the College of Letters, Arts & Sciences, the College of Business, the College of Engineering and Applied Sciences, or Beth-El College of Nursing.

ADD before you DROP

You must coordinate with your coach and the compliance officer before you drop or add a course.

University of Colorado at Colorado Springs **Student-Athlete Advisory Committee (SAAC) bylaws**

PURPOSE

The Student-Athlete Advisory Committee (SAAC) of the University of Colorado at Colorado Springs serves a three-fold purpose, and it is as follows:

- To promote and enhance communication between the UCCS Athletic Administration and the student-athlete.
- To embellish the quality of student-athlete life at UCCS through implementing programs encouraging academic success, health, and community awareness such as the Exemplary Student Athlete Program.
- To encourage student-athlete participation in various programs and events developed within the athletic department, and facilitate further involvement in the SAAC by potential candidates.

MEMBERSHIP

The membership of the SAAC will be composed of two members from each of the 12 varsity sports at UCCS. Both members may not be seniors, and one must be of sophomore standing or higher. Each pair of representatives is responsible to be the liaison between their respective team and the SAAC.

QUALIFICATIONS

Requirements for participation in the UCCS SAAC are:

- To maintain academic eligibility throughout the course of the school term
- To adhere and support the said purposes of the SAAC.
- To attend the monthly meeting of the committee unless previously excused.

ELECTIONS

Elections are to be held within each varsity team prior to the last SAAC meeting of the school year. Coaches are responsible to either choose representatives autonomously, or conduct an election from which each varsity team will nominate two representatives. These two representatives are to be present at the last SAAC meeting of the year in order to meet their fellow committee members and to become acquainted with their individual duties.

EXECUTIVE COMMITTEE

The executive committee will be composed of the University of Colorado at Colorado Springs Athletic Department Designate, a faculty/staff advisor, and a four-person student committee, which will be elected at the first meeting of each new school year. These student-held positions are:

- Committee chairperson
- Representative to the Athletic Advisory Council (AAC)
- Campus representative to the Conference SAAC
- Recorder

PLAYING AND PRACTICE SEASONS

NCAA legislation requires each institution to monitor many aspects of each sport's playing and practice season. The following is a brief summary of this legislation.

1. During the Playing Season - A student-athlete's participation in countable athletically related activities are limited to
 - a maximum of four hours per day,
 - and a maximum of 20 hours per week.
2. Required Day Off - A student-athlete is required to have one day off each week from countable athletically related activities.
3. Outside of the Playing Season - A student-athlete's participation in countable athletically related activities outside the playing season shall be limited to
 - a maximum of eight hours per week
 - Individual Skill Instruction
 - May request individual skill instruction from their coach(es).
 - No more than four athletes at any time in any facility.

ADVISING AND COUNSELING

All undergraduate advising is available in the Student Success Center located in Main Hall, Room. The phone number to the Student Success Center is 262-3260. Depending on your college and major, all student-athletes will meet with one of the following advisors:

- | | |
|----------------------------|------------------------------------|
| • BUSINESS: | Contact: Glen Steimling, 262-3630 |
| • ENGINEERING: | Contact: Greg Augspurger, 262-3069 |
| • LETTERS, ARTS & SCIENCES | Contact: Greg Augspurger, 262-3069 |
| • NURSING: | Contact: Bev Kratzer, 262-3473 |

TRANSFER STUDENTS:

If you have not had your transfer credit course equivalencies determined by your major advisor, you must do so after meeting with your college advisor. University transfer hours are not the same as major course equivalencies. Therefore, contact your major advisor to make an appointment. You will need to bring the course catalog from the university you previously attended in order for your major advisor to make an appropriate determination.

SENIORS:

A senior student-athlete is defined as any active student-athlete who has completed 90 or more credit hours and/or is in his/her final year of eligibility for competition in his/her respective sport. LAS and Business senior student-athlete majors must make an appointment to conduct their graduation audit during the semester prior to graduation. Engineering senior student-athlete majors must make an appointment to conduct their graduation audit three weeks prior to the beginning of their final semester. Nursing majors will be contacted for their senior audit by their program director.

Commencement Date: May, 2008

FINANCIAL AID

Athletic Scholarships

The eligibility of student-athletes for intercollegiate competition is dependent on compliance with NCAA, conference (RMAC), and institutional regulations concerning financial aid.

In addition to financial aid that is administered by the University, it is acceptable to receive financial aid from the following sources:

- From anyone whom the student-athlete is naturally or legally dependent (parents or guardians)
- Athletic Department
- Academic or service club scholarships; and
- Legitimate loans, grants, on-campus employment, tuition waive and work study programs.

Earnings from a student-athlete's legitimate off-campus employment in excess of a full grant-in-aid is exempt, provided neither athletics department staff members nor representatives of the institution's athletic interests are involved in arranging the employment. Employment during official vacation periods is NOT countable as institutional financial aid.

NCAA regulations restrict the total amount of financial aid a student-can receive.

University of Colorado at Colorado Springs is not responsible for all incidental expenses which are incurred, i.e. phone bills, parking violations, dorm damage, bookstore miscellaneous items, etc.

By NCAA legislation, the athletic department cannot provide any "extra benefit" (Bylaw 16.12.2.1) which is not provided to the general student body. These extra benefits include: access to the Internet, computer usage, copy service, use of FAX machines, postage or express mail delivery, discounts and credits, free or reduced-cost services, telephones, credit cards, entertainment services, or other prohibited benefits.

Terms and Duration

The athletic scholarship will be awarded on a semester OR annual basis.

Athletic scholarships, as regulated by the NCAA, are awarded for no longer than one year, and can be renewed annually. Written notification of renewal, increase, or cancellation of an athletic award will be sent to the student-athlete by July 1st.

For those student-athletes receiving athletic aid on a semester basis, written notification of aid for the spring semester will be issued during the first week of December.

Campus Class Attendance Guidelines

Students are expected to attend all meetings of classes for which they are registered, including the first and last scheduled meetings and the final examination period. Instructors hold the right and responsibility to establish attendance policies for their courses. Each instructor is advised to inform all classes in writing at the beginning of each semester concerning his/her attendance policies.

If attendance affects course grades, students must be provided with explicit written information concerning that fact no later than the end of the first week of classes. Such information shall be specific with regard to the penalty incurred for each absence and the means, if any, to compensate for the absence. It is recognized that there may be certain situations where the student may not be permitted to make up the absence(s).

Students participating in University-sanctioned activities should consult with instructors prior to registration, but no later than the end of the first week of classes, to determine the class attendance policy. At this time, the student should provide the instructor with a schedule of planned absences, preferably signed by the University official directing the activity, in order to allow the instructor to evaluate and advise the student on the possible impact of the planned absences. In this case the instructor will consider absences due to participation in approved University activities, as outlined above, to be excused absences, on par with those due to other unavoidable circumstances such as illness. Faculty judge the validity of student absences from class and may require documentation for excused absences. For classes requiring mandatory attendance incompatible with the number of planned absences, students will be advised to register, if possible, during a semester in which they will not be participating in the University-sanctioned activity. As with any academic issue, students may exercise their right to appeal adverse attendance decisions. Should the instructor and student be unable to agree on appropriate accommodation under this policy, either party shall have the right to request mediation from (in order) the department chair, the academic dean, and the vice chancellor for academic affairs.

The campus class attendance guidelines were developed in conjunction with the Faculty Committee on Educational Policies and University Standards and approved by the Faculty Representative Assembly on December 12, 2003.

University of Colorado at Colorado Springs
Professor Charles M. Shub Faculty Athletics Representative
1420 Austin Bluffs Parkway
P.O. Box 7150
Colorado Springs, Colorado 80933-7150
(719)262-3492

To all instructors of The University of Colorado at Colorado Springs student athletes:

As a result of this University's commitment to the Rocky Mountain Athletic Conference, athletic contests are now scheduled by the conference and not our own coaching staff. This arrangement may require that student athletes be excused from scheduled classes, particularly on Fridays when travel is required,. Therefore, I am sending you this letter about the issue of absences necessitated by scheduled athletic events.

There is no formal policy mandating that participation in scheduled athletic events must be treated as an excused absence for the student athlete. However, the student athlete is representing the institution in an officially sanctioned event.

This participation does not excuse the athlete from either mastering the material covered during the missed class nor from turning in assignments at the scheduled time.

In the interest of achieving a clear understanding and agreement between faculty and student athletes, the student athlete is expected to submit to each academic instructor on the first day of class in a semester the schedule of athletic events, given to the student by the coach and authorized by that coach, that will force the student to miss a particular class. (The particular class[es] should be highlighted on the schedule by the student.)

This gives the instructor the opportunity to tell the student whether such an arrangement is satisfactory and what adjustments the student will have to make to successfully complete the course. In addition, the student is expected to remind the instructor in writing one week in advance of each missed class that a particular class will be missed and to ask what work can be done to compensate for the missed class.

It is understood that in the event of post-season tournaments, for which the schedule cannot be predicted at the beginning of a semester, the athletic department will provide instructors with schedules as soon as possible.

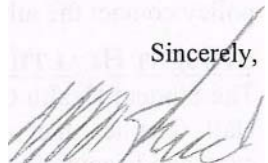
If a post-season tournament match is scheduled in conflict with a final exam, that student should not be penalized for missing the exam, but it is up to the discretion of the individual instructor to determine how the student can complete the final exam requirement.

In any case, if the instructor finds that the athletic demands are excessive for a particular course, the student should be advised of this well in advance of the end of the drop/add period so that the student can find another course.

I would appreciate being apprised of such a decision so that I might facilitate prevention of a repeat occurrence in the Future.

Coaches have told me that they are eager to hear from instructors about the progress of their student athletes and especially about academic problems that could become serious. I would also like to offer my services in helping to facilitate communication between academics and athletics. Coaches can be reached at the telephone number on the form accompanying this letter. My e-mail is cdash@cs.uccs.edu and my campus telephone number is 719-262-3492 (184 Engineering). My home phone number is in the telephone book.

Sincerely,



Charles M. Shub
Professor and
Faculty Athletics Representative



ROCKY MOUNTAIN ATHLETIC CONFERENCE

Western Division

Adams State College
Fort Lewis College
Mesa State College
New Mexico Highlands University
Colorado State University Pueblo
University of Western New Mexico
Western State University

Alamosa, CO
Durango, CO
Grand Junction, CO
Las Vegas, NM
Pueblo, CO
Silver City, NM
Gunnison, CO

Eastern Division

Chadron State College
Colorado Christian University
Colorado School of Mines
Metropolitan State College of Denver
University of Colorado @ Colorado Springs
University of Nebraska - Kearney
Regis University

Chadron, NE
Lakewood, CO
Golden, CO
Denver, CO
Colorado Springs, CO
Kearney, NE
Denver, CO

Training Room Rules and Regulations

Training Room Rules

- No foul or abusive language in the training room
- Respect and be courteous to one another and the training room staff
- The training room is a coeducational facility, so wear appropriate apparel.
- No horseplay in the training room this can lead to injury of you or others and damage to equipment.
- Shoes must be worn in the training room at all times, unless otherwise requested by the training room staff.
- No spikes in training room.

Reporting Injuries

It is important to report all injuries to a member of the training staff. Often things that seem minor at that particular time can present problems overnight. If you sustain an injury and it doesn't feel better the next day please report it to the training staff. DO NOT wait a week or so to see somebody, this can lead to missed time at practices and events. A list of contact numbers will be provided at the end of this page.

Injury Treatment Policy

- All new injuries **MUST** be reported to the training room staff as soon as possible. This can be done in several ways:
 - Talk to training staff before or after practice session.
 - Call training room (262-3004) the next day and talk to training staff or leave a message.
 - Call Brian at (719) 271-4214.
- If a call wasn't able to be made please show up in the training room at least 45 minutes prior to practice and expect to be evaluated and treated.
- If an injury is not reported until practice time the athlete is expected to participate in practice or event.
- No athlete will be late to practice or event due to training room time so plan accordingly.
- After an injury is evaluated, it is the athlete's job to sign up of rehabilitation times (dry erase board) if needed and continue to do so until released by treating Athletic Trainer.
- Treatments and rehabilitation will **NOT** be given during practice times unless that athlete is unable to participate and given permission by the head coach.
- If an athlete is late or doesn't show for a scheduled treatment time (without informing the training staff by one of the methods above), that athlete is expected to participate.

Equipment Issue

The training staff is willing to lend any material necessary to help overcome an injury or for rehabilitation. Any of these items that are borrowed will be signed out on the individual's injury report. Upon return, the item should be checked off (please make sure you have a training staff member do this, don't leave until you see them do this). Any un-returned items will be hunted down and then the person will be asked kindly to return the item before other actions are taken. Our training facilities are on a small budget so please if a pad, splint, or cast is made for you return it so that another individual might make use of it.

Taping Policies

- If after an injury the athlete requires taping for protection, then the athlete must perform rehabilitation exercises to strengthen the area to prevent a reoccurrence. *
- If prevention is the issue, then wrapping the areas for support will be tried first.
- Based on availability ankle braces may be provided to the student-athlete

Taping Beliefs

- Not just for games
- Need to do rehab everyday to get taped everyday
- Not for when “my ankles feel weak”
- Not for “looking good”, medical reason only

* If an athlete that normally gets taped misses a day without prior notice I assume that he/she is healthy and will not require taping again.

For Questions and Concerns please call:

Brian Hardy
Head Athletic Trainer
(719) 262-3004
(719) 271-4214
bhardy@uccs.edu

Medical Eligibility Requirements

Freshman and/or First Year Student-Athletes

Each enrolled freshman or 1st year student-athlete must complete a full medical eligibility packet. This packet will include the following:

- A complete “Medical History” form
(http://www.web.Uccs.edu/sports_medicine/Medical%20Questionnaire%2004.pdf)
- A completed “Assumption of Risk, Consent to treat, HIPPA and Emergency Contact Form”
(http://www.web.Uccs.edu/sports_medicine/Risk_Treatment_HIPPA.pdf)
- A completed “Parent's Insurance and Insurance Notification Form”
(http://www.web.Uccs.edu/sports_medicine/Insurance%20Info%20Form%2003.pdf)
- A completed “Nutritional Supplement Disclosure Form”
(http://www.web.Uccs.edu/sports_medicine/Supplement%20Disclosure%2003.pdf)
- A completed “Student-Athlete Nutritional Health Questionnaire Form”
(http://www.web.Uccs.edu/sports_medicine/Uccs%20Student%20Athlete%20Nutritional%20Questionnaire.pdf)

And

- A completed Medical Examination by the Sports Medicine Staff at University of Colorado at Colorado Springs

All of these forms are available on the “Sports Medicine” link from the University of Colorado at Colorado Springs Athletic website. There are two ways that they can be completed. One, is the medical eligibility packet can be downloaded at home, filled out and brought to campus on the first day of classes. The second way, is the forms can be picked up in the Athletic Training Room as each student-athlete arrives on campus. In either case, all forms and evaluations MUST be completed before the first day of practice. If they are not, then the student-athlete is not allowed to practice or compete with their intended sport until they are completed. If the student-athlete does practice or compete with their respective sport without the proper paperwork a suspension may be handed out by the Sports Medicine Staff at University of Colorado at Colorado Springs.

A daily list of student-athletes will be delivered to the appropriate coaches (until all forms are completed) to distinguish which players are eligible and which student-athletes, may not participate (as well as the information that they need to become eligible).

If there are any questions please don't hesitate to contact a member of the Sports Medicine Staff for clarification. If a student-athlete is questioning you on specifics, we suggest that you direct them to the Sports Medicine Staff for answers to their questions. Ignorance of rules and regulation will not be an excuse to be able to participate without the needed medical information. Below is the contact information for the Head Athletic Trainer:

Brian Hardy, ATC
1420 Austin Bluffs Parkway
PO Box 7150
Colorado Springs, CO 80933
Office: (719) 262-3004
Fax: (719) 262-3131
Email: bhardy@uccs.edu
Website: www.web.uccs.edu/sports_medicine

Second Year Student-Athletes

The second year student-athlete medical eligibility is quite a bit easier. The following are forms that need to be filled out and returned to the Sports Medicine Staff before the first day of practice:

- A complete “Medical History” form
(http://www.web.Uccs.edu/sports_medicine/Medical%20Questionnaire%2003.pdf)
- A completed “Assumption of Risk, Consent to treat, HIPPA and Emergency Contact Form”
(http://www.web.Uccs.edu/sports_medicine/Risk_Treatment_HIPPA.pdf)
- A completed “Parent's Insurance and Insurance Notification Form”
(http://www.web.Uccs.edu/sports_medicine/Insurance%20Info%20Form%2003.pdf)
- A completed “Nutritional Supplement Disclosure Form”
(http://www.web.Uccs.edu/sports_medicine/Supplement%20Disclosure%2003.pdf)
- A completed “Student-Athlete Nutritional Health Questionnaire Form”
(http://www.web.Uccs.edu/sports_medicine/Uccs%20Student%20Athlete%20Nutritional%20Questionnaire.pdf)

Notice that there is no medical evaluation on the above list. A medical evaluation will only be required if there is a history of prolonged injury, illness, or disease in either the student-athlete or the student-athlete’s immediate family. Some of these historical problems include, but are not limited to, early cardiac disease, any type of disease or syndrome, difficulty breathing, possible orthopedic injuries not cleared by our team physician, etc. A more specific list will be provided in a supplemental section of this handbook.

Once again, all of these forms are available on the “Sports Medicine” link from the University of Colorado at Colorado Springs Athletic website. There are two ways that they can be completed. One, is the medical eligibility packet can be downloaded at home, filled out and brought to campus on the first day of classes. The second way, is the forms can be picked up in the Athletic Training Room as each student-athlete arrives on campus. In either case, all forms and evaluations MUST be completed before the first day of practice. If they are not, then the student-athlete is not allowed to practice or compete with their intended sport until they are completed. If the student-athlete does practice or compete with their respective sport without the proper paperwork a suspension may be handed out by the Sports Medicine Staff at University of Colorado at Colorado Springs.

A daily list of student-athletes will be delivered to the appropriate coaches (until all forms are completed) to distinguish which players are eligible and which student-athletes, may not participate (as well as the information that they need to become eligible).

If there are any questions please don’t hesitate to contact a member of the Sports Medicine Staff for clarification. If a student-athlete is questioning you on specifics, we suggest that you direct them to the Sports Medicine Staff for answers to their questions. Ignorance of rules and regulation will not be an excuse to be able to participate without the needed medical information.

Medical Eligibility Forms / Procedures

Medical History Form must be filled out and turned into the sports medicine department

This form needs to be filled out by everybody that participates in athletics at University of Colorado at Colorado Springs. It provides the sports medicine staff (Certified Athletic Trainers, Physicians, etc.) with previous medical history of a student-athlete, and their immediate family, which can be useful in future care provided.

An Assumption of Risk, Consent to Treat, HIPPA and Emergency Contact Information Form must also be filled out and returned to the sports medicine department.

This is a multi-purpose form that informs the student-athlete of the inherent risk associated with participating in any athletic activity within the intercollegiate athletic department at University of Colorado at Colorado Springs. The subsequent sections are permissive, with a signature they allow the sports medicine staff to evaluate and treat any injury that might occur during an intercollegiate activity as well as allowing the sports medicine department to disclose information about those injuries to the individuals listed on the form and only those people. The last section is to gain information on emergency contacts.

A Parent's Insurance and Insurance Notification Form must also be filled out and on file in the sports medicine department.

This form is to filled out and returned to the sports medicine department before season begins. Due to some of the information it might be easier to fill it out prior to leaving home or returning to school. It allows the sports medicine department to keep tabs on the insurance needs of our student-athletes. Without this information on hand in an emergency situation it will be difficult to have the student-athletes needs met in a timely manner. For more information please refer to "Insurance Info" on the menu bar to the left and specifically the "Information Letter"

A Nutritional Supplement Disclosure and Review Form must also be filled out and returned to the sports medicine department.

http://www.web.uccs.edu/sports_medicine/Supplement_Disclosure_03.pdf This form if filled out properly ensures that student-athlete are not using NCAA banned substances that might cause that individual to test positive in a randomized drug test and significantly effect their athletic eligibility.

A Student-Athlete Nutritional Health Questionnaire must also be filled out and returned to the sports medicine department.

Due to an increase in nutritional concerns and women's health issues we also ask our female student- athletes as well as our male distance runners to fill out a questionnaire that can be used to help determine possible nutritional concerns or a history of injury that might be associated with nutritional concerns.

Secondary Insurance Information

As the sports medicine staff at University of Colorado at Colorado Springs we are very excited about the upcoming 2004-2005 athletic season as well as you son or daughter's interest in the Mountain Lion athletic programs. We wish the best for your athletes and hope that the upcoming years at University of Colorado at Colorado Springs is successful both academically and athletically.

Our athletic department goes to great lengths to provide the best medical coverage possible for our student-athletes. This includes not only helping to increase their potential for success, but also attempting to minimize the risk of injury at our institution. Although we also realize that the ability of an student-athlete to become injured in competition or practice is still a possibility, so the remainder of this letter is to explain the policies and procedure that are in place for insurance claims that are associated with these injuries. The NCAA discourages any college or university from providing coverage or paying bills incurred for expenses related to illnesses or conditions which are not sustained as a direct result of an accident in our intercollegiate sports program (this include pre-existing conditions and non-athletic injuries).

At University of Colorado at Colorado Springs we do carry a secondary excess insurance policy on all of our student-athletes to help defray the cost of a major injury. This policy has a deductible of \$2,000 which can be met through primary insurance payment and/or out-of-pocket expenses. The NCAA also has a catastrophic insurance for all of its member institutions that cover over \$65,000 of medical expenses. So our coverage bridges the gap between \$2,000 to \$65,000. This policy also has its own conditions that must be met before they assume cost of any injury. These conditions are:

Covered entities:

The plan covers student-athletes, cheerleaders, student managers and student trainers of the University of Colorado at Colorado Springs for bodily injury sustained by any such person while participating in intercollegiate sports including scheduled games, supervised practice sessions, conditioning and authorized group or team travel to and from such events.

Uncovered Entities:

Injuries or charges resulting from, for or during the following are NOT covered: Intoxication or otherwise "under the influence"; criminal activity, brawling, fighting or rioting; self-inflicted injury; employment related activity; and sickness.

Before your student-athlete is eligible for participation at University of Colorado at Colorado Springs there are five circumstances that must be met. The first is that each student-athlete must be covered on a primary insurance plan either under a parent/guardian's name or their own name. Secondly, that policy must NOT exclude intercollegiate athletics participation (the general student insurance offered University of Colorado at Colorado Springs DOES NOT cover intercollegiate athletic participation). Thirdly, the insurance coverage must be for the entire school year, practice and non-traditional seasons must be covered. If the coverage is an HMO then the rules and regulations governing that policy must be followed. And lastly, any student-athlete that will be eligible for use of this policy must be seen by the University of Colorado at Colorado Springs Sports Medicine Staff (Certified Athletic Trainer, University of Colorado at Colorado Springs Team Physician, or medical representative of the University of Colorado at Colorado Springs Athletic Department). If the student-athlete does not meet these circumstances then they forfeit the right to claim benefits under University of Colorado at Colorado Springs secondary insurance provider.

Claim Procedures

All billing of injuries sustained from participation in a intercollegiate competition or practice will be send directly to either the parent/guardian or student-athlete's address unless the college instructs the medical office otherwise. In some instances the college will receive a copy of the bill, however the primary bill will not be sent to the university.

Policy and Procedure

- Submit all bills incurred to you family employer group or plan first. There will be two outcomes:
 1. The company will honor the claim and pay all or a portion of the bills incurred. An explanation of benefits (EOB) will be mailed to you, please forward a copy of this to the athletic department for filing with other medical records.
 2. The company will not honor it and send you a letter of denial. Please forward this to the athletic department also.

- If the balance remains after you family employer group insurance or plan has contributed toward the claim, sent the claim sheet from the insurance company and a copy of the itemized bill incurred to the college's athletic department.

If you receive a letter of denial from you family employer group insurance or plan administrator, send the letter of denial and a copy of the bills incurred to the college's athletic department. If no coverage is available, a letter from your employer with verification will be necessary. Any claim(s) needs to be submitted to the athletic department within 90 days of the original claim having been denied by your insurance company.

If the bills incurred are not paid by your family employer group insurance or plan the claim will be sent from the athletic department to our insurance carrier's office for processing. There will be no payment if the \$2,000 deductible is not met in the billed charges. If they need any additional information, please cooperate with them. And they will process the claim in the least possible amount of time. It is in your best interest to have the claims settled promptly since all the bills incurred are in your name.

Please Note:

If the primary family coverage is through an HMO (health maintenance organization), you must follow the proper procedures required by your plan in order for the university's insurance to satisfactorily complete its portion of the claim. This is especially important if your plan requires pre-authorization to have your son/daughter treated out of your plan's service area.

To insure that the best interests of your son/daughter are being met, the Athletics' Department at University of Colorado at Colorado Springs has decided on the following course(s) of action.

- A current copy of the insurance card for your son/daughter must be in their medical records, so have them bring it with them to the physical dates.
- A signed statement stating that the insurance policy for your son/daughter does not specifically exclude varsity and/or intercollegiate athletics participation
- A signed statement stating that in the event of a change in insurance for whatever reason, within 5 working days verbal notification will be given to the Sports Medicine Department and within 10 working days written notification of the updated policy will be forwarded.
- In the event that none of these actions can be meet or you decide not to meet them, your son/daughter will be excluded from participating and competing in varsity athletics unless:
- Both legal guardian(s) or parent(s) and the student-athlete sign an agreement stating that they will be responsible for bills incurred during varsity or intercollegiate athletics participation and will not hold the school financially or otherwise responsible.

Again, we apologize for any inconvenience that this may present, but we are concerned about out student-athletes' well-being and any potential harm which may arise by not having adequate insurance coverage.

In the case of a minor, or upon the consent of a student-athlete of minority age, we will attempt to contact the parents of a student-athlete before initiating medical care by outside providers (hospitals, doctors, etc.). If it is necessary to proceed with treatments before the family can be reached, a signed authorization will permit us to render the emergency care and/or immediate care that any parent would rightfully expect from us (see consent form).

If a student-athlete sustains an illness or injury outside of intercollegiate practice/competition, University of Colorado at Colorado Springs Sports Medicine Department will provide treatment and rehabilitation, but medical expenses will be the sole responsibility of the student-athlete's family.

Thank you for your understanding and I truly hope that your student-athlete will have a fun and healthy varsity experience.

UCCS Drug Testing Policy

Policy statement

Student-athletes shall not use, possess, nor distribute any illegal drugs or drugs banned by the NCAA. This includes but is not limited to recreational drugs such as marijuana and cocaine or performance enhancing drugs such as anabolic steroids and ephedrine. Involvement with illegal or banned drugs is in direct violation of university policy but also in violation of the Exemplary Student-Athlete Code.

Behavior identification

You will be subjected to drug testing, if the athletic department staff and/or other student-athletes observe certain identifiable behaviors relating to drug use. The UCCS Counseling Center staff will serve as consultants to the Athletic Department to review observed behaviors.

Objective Criteria

The UCCS Counseling Center staff will serve as consultants to the Athletic Department to review observed behaviors. The identifiable behaviors that may warrant an investigation related to drug use are as follows:

Drug testing

Upon identification of objective behaviors, acknowledged by coaches, athletic department staffer teammates and after consultation with the UCCS Counseling center, the student-athlete in question will be tested for drug use on the basis of reasonable suspicion.

Drug testing procedures

The student-athlete will be notified by the Head Athletic Trainer to provide a urine sample at a designated collection point in Colorado Springs. The Athletic Department will pay for the drug test. Depending on the results of the drug test and the circumstances surrounding the situation of the student-athlete, the student-athlete may be subjected to ongoing drug tests for a period of time as determined by the Athletic Director.

Penalties

The student-athlete will be subjected to the Disciplinary Procedures outlined in the Student-Athlete Handbook. If any University policy or any State or National laws have been broken, the student-athlete will be subjected to the disciplinary procedures dictated by those respective organizations.

Follow up procedures

Depending on the criteria imposed on the student-athlete by the Athletic Director, if the student-athlete is found to be in violation of this policy, the student-athlete will be immediately subjected to the criteria outlined in the second offense wording outlined in the Disciplinary Procedure for Unethical Behavior.

Return to sport criteria

When the student-athlete demonstrates compliance with the Athletic Director's imposed criteria, the Athletic Director, at his discretion shall make a final decision on the student-athlete's future involvement with athletics at UCCS.

NCAA Banned-Drug Classes

2002-2003

The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee. Contact NCAA education services or www.ncaa.org/sports_sciences/drug_testing for the current list. 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.

NOTE: Nutritional supplements are not strictly regulated and may contain substances banned by the NCAA.

Bylaw 31.2.3.1. Banned Drugs

The following is the list of banned-drug classes, with examples of substances under each class:

methamphetamine
methylene-
dioxymethamphetamine
MDMA (ecstasy)
methylphenidate
nikethamide
pemoline
pentetrazol
phendimetrazine
phenmetrazine
phentermine
phenylpropanolamine (ppa) effective August 2003
picrotoxine
piprado!
prolintane
strychnine
and related compounds
(a) Stimulants:
amiphenazole
amphetamine
bemigrade
benzphetamine
bromantan
caffeine' (guarana)
chlorphentermine
cocaine
cropropamide
crothetamide
diethylpropion
dimethylamphetamine
doxapram
ephedrine
(ephedra, ma huang) ethamivan ethylamphetamine
fencamfamine meclofenoxate

b) Anabolic Agents:
methyltestosterone
nandrolone
norandrostenediol
norandrostenedione
norethandrolone
oxandrolone
oxymesterone
oxymetholone
stanozolol
testosterone
and related compounds
Other anabolic agents
clenbuterol
Anabolic steroids
androstenediol
androstenedione
' boldenone '

clostebol
dehydrochlormethyl-
testosterone dehydroepiandrosterone
(DHEA)
dihydrotestosterone (DHT) dromostanolone
fluoxymesterone
mesterolone
methandienone
methenolone
(c) Substances Banned for Specific Sports:

Rifle:

pindolol
propranolol
timolol
and related compounds
hydroflumethiazide
methyclothiazide
metolazone
polythiazide
quinethazone
spironolactone
triamterene
trichlormethiazide
and related compounds
alcohol
atenolol
metoprolol
nadolol

(d) Diuretics:

acetazolamide
bendroflumethiazide
benzthiazide
bumetanide
chlorothiazide
chlorthalidone
ethacrynic acid
flumethiazide
furosemide
hydrochlorothiazide
THC
(tetrahydrocannabinol)3

(e) Street Drugs:

heroin
marijuana3
(O 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:

1 for caffeine—if the concentration in urine exceeds 15 micrograms/ml.

2 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.

3 for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

Student-Athlete Parking for Overnight Trips

Public Safety tickets for FAILURE TO DISPLAY A PERMIT, Monday through Friday 7:00 am to 10:00 pm.

For Athletes & Coaches leaving for overnight road trips that do not have a Hub Permit Public Safety is willing to work with coaches on parking arrangements.

Before the start of team travel the coach must e-mail the Assistant Athletic Director of Operations with the NAMES AND LICENSE PLATE numbers of the vehicles parking overnight. All non-HUB permit holders must have their vehicle moved by Monday prior to 6:00am.

The athletic department will not be responsible for tickets received while traveling overnight. It is the responsibility of the coach and their athlete's to avoid any issues with parking.