ALL student-athletes are required to abide by University rules and regulations as defined in the Catalog and Student Handbook. Students should become familiar with these publications as well as with this handbook.
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Statement of Philosophy</td>
<td>3</td>
</tr>
<tr>
<td>II. Sportsmanship</td>
<td>4</td>
</tr>
<tr>
<td>III. Athletic Department Directory</td>
<td>5</td>
</tr>
<tr>
<td>IV. Eligibility</td>
<td>7</td>
</tr>
<tr>
<td>V. Ethical Conduct</td>
<td>9</td>
</tr>
<tr>
<td>VI. University Policies and Regulations</td>
<td>10</td>
</tr>
<tr>
<td>VII. Academics</td>
<td>14</td>
</tr>
<tr>
<td>VIII. Amateurism</td>
<td>17</td>
</tr>
<tr>
<td>IX. Awards, Benefits and Expenses</td>
<td>19</td>
</tr>
<tr>
<td>X. Alcohol, Tobacco and Drug Policies</td>
<td>21</td>
</tr>
<tr>
<td>XI. Nutrition</td>
<td>31</td>
</tr>
</tbody>
</table>
Varsity Athletics at Illinois Wesleyan
Statement of Philosophy

Illinois Wesleyan University’s Department of Athletics strives for excellence in all that we do. We are educators as well as coaches, and we labor to motivate our student-athletes toward success in the classroom as well as in their chosen sports. Our sports programs are focused on the development of the student-athlete rather than on entertainment for spectators, though we are proud that our teams earn the loyalty and support of the University and local community.

Athletics at Illinois Wesleyan promotes the development of team and individual skill, always encouraging the will to win, while more importantly, demonstrating strong sportsmanship skills. We pursue these attributes with a commitment to the physical and emotional well-being and the social development of our student-athletes.

At Illinois Wesleyan, athletes are students first and are held to the same strict admissions and academic requirements as non-athletes. Student-athletes must work toward graduation as ardently as they do towards victory. The Department of Athletics expects graduation rates, retention rates, and grade point averages to meet or exceed those for non-athletes.

Our Department is dedicated to providing an environment with equitable opportunities for all student-athletes and staff. We endeavor to be leaders in gender equity, diversity, and integrity.

May 2005
SPORTSMANSHIP FOR ILLINOIS WESLEYAN ATHLETES

Victory with Honor - “We will endeavor to win each and every contest with great integrity, effort, and sportsmanship. If we shall falter, we will accept defeat like a champion and honor our opponent. We will respect all of our competitors, but fear none.”

Illinois Wesleyan University student-athletes have a tradition of success in the classroom and on the field of play. Recently, we have made stronger commitments to serve others in our community with the same success and vigor.

As a Titan athlete, the image of class should be portrayed in all of your actions on your particular field of play. We expect you show respect for game officials and game management. Complaining or whining during or after a game is unacceptable. Profanity in any form in competition reflects poorly on you, our team, and the university. Little ears and eyes are always upon you so make sure you are passing along the right way to play and act to all future Titans.

As a player, personal humility and good manners are an important part of what we want and expect from Illinois Wesleyan athletes. Showing off after a big play and making it about you is not how we do things. It’s always about US! All of you have had others that have made an impact on who you are and who you will become. Whether it be a teammate, a friend, a parent, a relative, a coach, a trainer, or a sibling. All have had an influence on your successes and have helped you overcome failures. Displaying genuine positive emotions, celebrating great plays with teammates, and encouraging others around you is a sign of great sportsmanship. Competition and sportsmanship are not mutually exclusive…they are one in the same.

If you are a spectator at a contest involving other Titan teams, your cheering should be positive and in support of IWU rather than insulting or derogatory to our opponent. If, as an athlete on the field of play, you are the target of insulting crowd behavior, ignore it, rise above it and respond with good play rather than with gestures or comments. When you are focused on your responsibilities and in tune with your teammates, those comments will be muted.

My hope is that you represent IWU in a first class manner in the classroom, on the court or field, and in all that you do.

Mike Wagner
Athletic Director
IWU ATHLETIC PERSONNEL (KEY CONTACTS)

Mike Wagner, Athletic Director  
(Compliance, Personnel and Budgetary Issues)  
Office: 309-556-3341  E-mail: mwagner@iwu.edu

Jerry Olson, Professor of Business Administration and Faculty Athletic Representative  
Office: 309-556-3170  Email: golson@iwu.edu

Norm Eash, Associate Athletic Director, Head Football  
(Chair of Physical Education, NCAA Compliance)  
Office: 309-556-3344  E-mail: neash@iwu.edu

Tony Bankston, Associate Athletic Director and Director of the Shirk Athletic Complex  
(Shirk Facility & Event Manager)  
Office: 309-556-3380  E-mail: bankston@iwu.edu

Kim Nelson-Brown, Associate Athletic Director, Head Volleyball  
(Senior Women’s Administrator, Academic Issues, Awards)  
Office: 309-556-3349  E-mail: knbrown@iwu.edu

Bill Kauth, Head Athletic Trainer  
(Drug Free Sport Contact)  
Office: 309-556-3601  E-mail: bkauth@iwu.edu

Candy Anderson, Assistant Athletic Trainer  
Office: 309-556-3601  E-mail: canders4@iwu.edu

Stew Salowitz, Sports Information Director  
Office: 309-556-3206  E-mail: salowitz@iwu.edu
Fax: 309-556-3804

Tony Robbins, Equipment Room Manager and Assistant Director of the Shirk Athletic Complex  
Office: 309-556-3604  E-mail: arobins@iwu.edu

Mindy McCluskey, Office Coordinator  
Office: 309-556-3196  E-mail: mmcclusk@iwu.edu
## COACHING STAFF

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Office</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seth Carson</td>
<td>Assistant Football Coach</td>
<td>309-556-3196</td>
<td><a href="mailto:scarson@iwu.edu">scarson@iwu.edu</a></td>
</tr>
<tr>
<td>Tony Dulak</td>
<td>Head Women’s Soccer</td>
<td>309-556-3343</td>
<td><a href="mailto:adulak@iwu.edu">adulak@iwu.edu</a></td>
</tr>
<tr>
<td>Teresa Fish</td>
<td>Head Men’s &amp; Women’s Swimming, Aquatics Director</td>
<td>309-556-3382</td>
<td><a href="mailto:tfish@iwu.edu">tfish@iwu.edu</a></td>
</tr>
<tr>
<td>Mary Frahm</td>
<td>Assistant Volleyball Coach, Assistant to the Athletic Director</td>
<td>309-556-3469</td>
<td><a href="mailto:mfrahm@iwu.edu">mfrahm@iwu.edu</a></td>
</tr>
<tr>
<td>Patrick Freeman</td>
<td>Head Women’s Golf</td>
<td>309-556-3612</td>
<td><a href="mailto:pfreemanpi@gmail.com">pfreemanpi@gmail.com</a></td>
</tr>
<tr>
<td>Tommy Gilbert</td>
<td>Assistant Swimming and Diving Coach</td>
<td>309-556-3345</td>
<td><a href="mailto:tgilbert@iwu.edu">tgilbert@iwu.edu</a></td>
</tr>
<tr>
<td>Reed Hoskins</td>
<td>Assistant Football Coach</td>
<td>309-556-3438</td>
<td><a href="mailto:rhoskins@iwu.edu">rhoskins@iwu.edu</a></td>
</tr>
<tr>
<td>Greg Huffaker</td>
<td>Head Cross Country, Asst. Track &amp; Field</td>
<td>309-556-3239</td>
<td><a href="mailto:ghuffake@iwu.edu">ghuffake@iwu.edu</a></td>
</tr>
<tr>
<td>Zach Iannucci</td>
<td>Head Men’s Lacrosse Coach</td>
<td>309-556-3795</td>
<td><a href="mailto:ziannucc@iwu.edu">ziannucc@iwu.edu</a></td>
</tr>
<tr>
<td>Greg Lumb</td>
<td>Head Men and Women’s Tennis</td>
<td>309-556-3196</td>
<td><a href="mailto:glumb@iwu.edu">glumb@iwu.edu</a></td>
</tr>
<tr>
<td>Dennis Martel</td>
<td>Head Baseball</td>
<td>309-556-3335</td>
<td><a href="mailto:dmartel@iwu.edu">dmartel@iwu.edu</a></td>
</tr>
<tr>
<td>Jeff McDonald</td>
<td>Asst. Football, Recruiting Coordinator</td>
<td>309-556-3079</td>
<td><a href="mailto:jmcdonal@iwu.edu">jmcdonal@iwu.edu</a></td>
</tr>
<tr>
<td>Tiffany Prager</td>
<td>Head Softball Coach</td>
<td>309-556-2755</td>
<td><a href="mailto:tprager@iwu.edu">tprager@iwu.edu</a></td>
</tr>
<tr>
<td>Jim Ott</td>
<td>Head Men’s Golf</td>
<td>309-763-4058</td>
<td><a href="mailto:jott@iwu.edu">jott@iwu.edu</a></td>
</tr>
<tr>
<td>Ron Rose</td>
<td>Head Men’s Basketball</td>
<td>309-556-3340</td>
<td><a href="mailto:rose@iwu.edu">rose@iwu.edu</a></td>
</tr>
<tr>
<td>Lindsey Rosecrans</td>
<td>Head Women’s Lacrosse</td>
<td>309-556-3348</td>
<td><a href="mailto:rosecra@iwu.edu">rosecra@iwu.edu</a></td>
</tr>
<tr>
<td>Matt Runyan</td>
<td>Director of Illinois Wesleyan Tennis</td>
<td>309-556-3196</td>
<td><a href="mailto:mrunyan@iwu.edu">mrunyan@iwu.edu</a></td>
</tr>
<tr>
<td>Kyle Schaulls</td>
<td>Head Men’s Soccer</td>
<td>309-556-2033</td>
<td><a href="mailto:kschauls@iwu.edu">kschauls@iwu.edu</a></td>
</tr>
<tr>
<td>Chris Schumacher</td>
<td>Head Track and Field</td>
<td>309-556-3624</td>
<td><a href="mailto:cschumac@iwu.edu">cschumac@iwu.edu</a></td>
</tr>
<tr>
<td>Mia Smith</td>
<td>Head Women’s Basketball</td>
<td>309-556-3611</td>
<td><a href="mailto:msmith@iwu.edu">msmith@iwu.edu</a></td>
</tr>
</tbody>
</table>
NCAA ELIGIBILITY:

General Principles
- **Drop/Add Course**: A student-athlete no longer shall be considered enrolled in a minimum full-time program of studies (after dropping a course that places the student below full-time status) when the dropped course becomes official.
- **Final Semester**: A student-athlete may compete while enrolled in less than a minimum full-time program of studies, provided the student is enrolled in the final semester or quarter of the baccalaureate or graduate program and the institution certifies that the student is carrying the courses necessary to complete degree requirements.
- **Seasons of Participation**: A student-athlete shall not engage in more than four seasons of intercollegiate participation in any one sport and it must be completed within the first 10 semesters or 15 quarters in which the student is enrolled.

Criteria for Determining Season of Eligibility
- **Minimum Amount of Participation**: A season of intercollegiate participation shall be counted when a student-athlete participates (practice or competes) during or after the first contest.
- **Hardship Waiver**: A student-athlete may be granted an additional year of participation by the conference for reasons of “hardship.” Hardship is defined as an incapacity resulting from an injury or illness that has occurred under all of the following conditions:
  a) The injury or illness occurs in one of the four seasons of intercollegiate participation.
  b) Occurs before the completion of the first half of the traditional playing season in that sport.
  c) Occurs when the student-athlete has not competed in more than three contests or dates of competition or one-third contests or dates of competition in his or her sport.

CCIW ELIGIBILITY:

- **Transfers**: A transfer who participated in a sport at another conference school shall not be eligible to participate for a second CCIW school in that sport until one year after the student’s last date of participation at his or her first school. (Revised 4/06)

- **Junior Varsity Squads**: Members of junior varsity squads must be academically eligible in order to participate.
CCIW ATHLETIC ELIGIBILITY STANDARDS:

Full-time status (3.0 or more units; **must be enrolled or attending**)

32 units (and courses) needed to graduate.

**GPA:**

To participate as a freshman after the first term of enrollment 1.50

To participate as a sophomore 1.75

To participate as a junior/senior 2.00

**Units Completed:**

Freshmen (after first semester) 3.00

Second season of sport 6.00

Third season of sport 12.00

Fourth season of sport 18.00

GPA is based on the number of semesters/years at the university.
Units completed are based on the number of seasons of participation in the sport.
ETHICAL AND UNETHICAL CONDUCT

Individuals employed by the University and all participating student-athletes shall act with honesty and sportsmanship at all times so that intercollegiate athletics, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the high standards associated with competitive sports.

If NCAA regulations or University policies are violated, proper disciplinary or corrective action will be taken.

ψ Unethical Conduct (NCAA): Examples of unethical conduct are not limited to, but may include the following:
1. Refusal to furnish relevant information when requested by the NCAA or the University.
2. Participation in arranging for fraudulent academic credit or false transcripts.
3. Knowing involvement in any type of improper inducement, extra benefit or improper financial aid.
4. Knowingly furnishing false or misleading information regarding matters relevant to an NCAA violation.
5. Association with any type of meeting between a student-athlete and an agent.

ψ Banned Drugs: Any University staff member who has knowledge of a student-athlete’s use of a substance on the list of banned drugs (see Bylaw 31.2.3.2) shall follow proper university procedures for reporting such abuse. If they do not follow such procedures, they will be subject to disciplinary or corrective action (Bylaw 19.5.2.2.1).

Many student-athletes assume if nutritional supplements can be purchased at health food stores they must be allowed under NCAA rules. THIS IS NOT TRUE! Reliance on the advice of the clerk at the store, the distributor at the gym or anyone who is not with the athletics program has resulted in erroneous information about whether the product contains any NCAA banned substance. This false information sometimes results in positive drug tests for banned ingredients contained in the product. Appeals based on this argument have not been successful in overturning a positive drug test penalty. Some common nutritional supplements are creatine, DHEA, androstenedione, 19-norandrostenedione, glucosamine, ma huang (ephedrine), amino acids and ginseng. Many fat burners and weight gain products contain nutritional supplements. Nutritional supplements can come in pill, powder, liquid and bars.

ψ Gambling: University staff member and student-athletes shall not knowingly:
1. Provide information to anyone involved in organized gambling activities.
2. Solicit a bet on any intercollegiate team.
3. Solicit a bet on any university team.
4. Solicit or accept a bet for any team that has tangible value (i.e. cash, shirt, dinner)
5. Participate in any gambling activity that involves intercollegiate or professional athletics, through a bookmaker, a parlay card, or any other method employed by organized gambling.
Illinois Wesleyan encourages the entire community to engage in positive dialogue and actions involving different life experiences. The following are violations of school policy:

**Discrimination and Racial Abuse/Harassment Policy:**

- **Harassment and Intolerance**
  Illinois Wesleyan University does not tolerate harassment based on racial, ethnic, gender, religious or other hostility. Such harassment is intolerable to all members of the university community: faculty, staff, trustees, alumni, and students. The University will take appropriate disciplinary action against those found to have committed harassment, up to and including dismissal from the university. It is defined as verbal, written or physical conduct which refers to the race or which communicates slurs based on ethnicity, sexual or religious orientation, or disabilities and where such conduct has the purpose or effect of unreasonably interfering with an individual’s academic, social or work participation in the Illinois Wesleyan University Community.

  These protections are extended to prohibit the harassment directed at the following groups or perceived groups:
  - gay • lesbian • transgender • bisexual • religion • ethnic group • disabled

  Specific examples of harassment include, but are not limited to:
  - Using slurs
  - Name-calling
  - Creating derogatory graffiti
  - Making offensive jokes
  - Imitating stereotypes in speech or mannerisms
  - Displaying cartoons of stereotypes

- **Sexual Harassment**
  Illinois Wesleyan University (IWU) does not tolerate sexual harassment and is committed to providing and presenting an atmosphere free from such harassment in any form. All IWU employees and students have the right to work and study in an environment free from sexual harassment.

  Sexual Harassment has two elements. It must be of a sexual nature and unwelcome. Sexual harassment may consist of conduct which is verbal and/or physical. Sexual harassment can be perpetrated upon members of one’s own gender.
• **Sexual Assault and Related Offenses**
  Illinois Wesleyan University will not tolerate sexual assault of any kind including that of date or acquaintance rape. Attempted rape or sexual assault is also prohibited. Related offenses outlined in the policy may include, but are not limited to the unauthorized filming or viewing of sexual activity, i.e. the videotaping or watching of a consensual sex act without the knowledge of one or more of the participants, “peeping”, the use of “viewing rooms” and similar conduct. Other examples of offenses may include inappropriate sexual touching or fondling, or nondisclosure of known HIV status or known sexually-transmitted disease (STD) to an intimate sexual partner prior to engaging in high risk sexual conduct, i.e. the exposure of the body of one person to the bodily fluid of another in a manner that could result in the transmission of either HIV or STD. The University will pursue disciplinary action which may include suspension or dismissal from the University. It should be noted that a student may face civil suits and/or criminal prosecution as well as campus disciplinary action.

• **What to Do If You Are Sexually Assaulted:**
  If a student chooses to begin the criminal complaint process, immediate reporting of a sexual assault is imperative for both the apprehension of the offender and for the collection of evidence that is vital to the support of the complaint. IWU Security should be notified in order to facilitate this process with the Bloomington Police Department as well as to secure a crime scene when the assault has taken place on campus. IWU Security will assist in the notification of the police from other localities when the sexual assault has taken place out of Bloomington Police jurisdiction.

**Failure to Respond to or Comply with a University Official:** Failure to respond to or comply with a reasonable request by an authorized university official, including failure of a student to present his/her university identification card when requested by an authorized University official.

**Graffiti and Hate Crimes:** Students are requested to read statements regarding intolerance before proceeding with this section. Graffiti which defaces public or personal property or which defames an individual or group is prohibited. In addition to University restrictions, some graffiti, because of its offensive nature, may qualify under Illinois law as a hate crime.

Current Illinois statutes hold that “a person commits a hate crime when, by reason of the actual or perceived race, color, creed, religion, ancestry, gender, sexual orientation, physical or mental disability or national origin or another individual or group of individuals, s/he commits assault, battery, aggravated assault, misdemeanor, theft, criminal trespass to residence, misdemeanor criminal damage to property, criminal trespass to vehicle, criminal trespass to real property, mob action or disorderly conduct as these crimes are defined…respectively, or harassment by telephone defined in Sec. 1-1 of the Obscene Phone Call Act. Hate crime is a class 4 felony for a first offense and a class 2 Felony for a second offense or subsequent offense.” Illinois Wesleyan will pursue campus adjudication as well as criminal charges to the fullest extent of the law in matters of this nature. The University is committed to providing an environment that is free from hate and one in which civility and diversity can flourish.

**Hazing:** Illinois Wesleyan University has a zero-tolerance policy for hazing. Hazing is defined as: “Any action taken or situation created, intentionally, whether on or off campus premises, to produce mental or physical discomfort, intimidation, embarrassment, harassment, or ridicule.” Such activities may include but are not limited to the following: forced use of alcohol; paddling in any form; creation of excessive fatigue; physical and psychological shocks; wearing of public apparel which is conspicuous and not normally in good taste; engaging in public stunts and buffoonery; morally
degrading or humiliating games or activities; deprivation of sleep; and any other inappropriate activities which are not consistent with the institutional mission and governing policies. The institution will treat the hazing action of even one member of a group as constituting hazing by the group.

**Honesty:** Violations governed by the All-University Judicial Committee consist of:
1. Intentional falsification of data for use in university operations.
2. Forgery of documents or signatures for use in university operations.
3. Failure to give truthful and complete testimony at a disciplinary hearing conducted by the All-University Judicial Committee or the Vice President and Dean of Students.
4. Lying, misrepresenting and/or withholding information or facts to a University official.

The following two violations are not referred to the All-University Judiciary Committee, but as described below:

5. **Plagiarism:** Plagiarism is the representation of another person’s words or ideas as if they were one’s own. Put more bluntly, plagiarism is stealing. In the academic community, stealing words or ideas is considered every bit as reprehensible as stealing tangible objects such as money or computers.

6. **Cheating:** The University defines cheating as giving or receiving information, or using material, in exams, assignments, and projects when it is not allowed. Some examples of cheating include copying from another person during an exam, using “cheat sheets” or other proscribed materials during an exam, collusion on take-home exams or other assignments where it has been expressly prohibited, and the submission of a laboratory report based on falsified data or any data not obtained by the student in the manner indicated by the instructor. Note that the person who knowingly provides illicit information is liable to the same punishment as the person who receives it and uses it.

- **Disciplinary Action for both of the above (5 and 6):**
  a) For the first offense, the student’s grade in the course shall be penalized at the discretion of the instructor and depending on the circumstances of the case. The maximum penalty is an “F” for course. The student’s name shall be put on file in the Office of the Associate Provost of the Faculty, and a note of the offense shall be sent to the student’s advisor for counseling purposes. The student is automatically placed on the disciplinary probation.

  b) For the second offense, whether in the same course or another, the student shall be referred to the Academic Appeals Board with a recommendation for separation from the University.

Offenses are cumulative and therefore carry from year to year.

**Personal Injury:** Violations shall consist of:
1. Conduct causing personal injury to others.
2. Verbal threat to cause personal injury to others.
3. Physical abuse, verbal abuse, threats, intimidation, harassment, coercion, and/or other conduct which threatens or endangers the health or safety of any person including, but not limited to, the following:
   a) Direct oral expression or physical gesture or action
   b) Notes, letters, U.S. mail, campus mail, or other forms of written communication
   c) Telephone calls or phone messages including obscene threatening or mischievous calls.
d) E-mail or other computer-based methods of communication

e) Threats against persons or property

f) Stalking behavior in which and individual willfully, maliciously and repeatedly engages in a knowing course of conduct directed at a specific person which reasonably and seriously alarms, torments, or terrorizes the person, and which serves no legitimate purpose.

Posting and Chalking: In the spirit of Illinois Wesleyan, members of the community including student organizations are free to examine and discuss all questions of interest to them and express opinions publicly and privately. To promote this atmosphere of free expression, members of the community are obligated to take responsibility for that expression and to respect the expression of others.

- Social Networking Policy

Student-athletes should be concerned with any behavior that might embarrass themselves, their families, their teams, and/or Illinois Wesleyan University. This includes any activities conducted online. (Examples: Facebook, Instagram, Twitter, Snapchat)

As a student-athlete participating in intercollegiate sports at Illinois Wesleyan University, 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.

- You should not post information, photos, or other items online that could embarrass you, your family, and your team, the athletic department or Illinois Wesleyan University. This includes information, photos and items that may be posted by others on your page.

- You should not post your home address, local address, phone number(s), birth date or other personal information. You could be opening yourself up to predators.

- 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 or to seek connection with student-athletes to give them a sense of membership on a team.

- Coaches and athletic department administrators can and do monitor these web sites.

- Student-athletes could face discipline and even dismissal for violation of team policies, athletic department policies, and/or the NCAA.

The Bloomington/Normal 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. The athletic department advises IWU student-athletes to exercise extreme caution in their use of social networking websites.
University Academic Policies

1. The University Catalog is the authoritative publication with respect to academic programs, standards and requirements. Each Student is required to read the Catalog carefully in order to avoid academic and financial confusion.

2. Each student is formally assigned an academic advisor to assist in planning a program of study. Specifically, the academic advisor is responsible for counseling each student prior to registration periods, for considering a student’s proposed schedule or schedule changes, and for advising the student in relation to the fulfilling of requirements. The academic advisor may also counsel with individual students in regard to problems that arise in their academic performance and to their long-range career plans. Each faculty member must post and maintain a schedule of regular office hours amounting to at least five per week.

3. Each faculty member is required to produce and distribute, preferably at the first-class meeting, but in any event within the first week of classes, a written syllabus explaining the aims, scope and format of the course, readings and other class experiences such as class discussions, panels, quizzes, papers, and examinations. The syllabus must also include class attendance policy, grading policy and office hours. Written course outlines, where appropriate, are strongly encouraged.

4. Students are expected to attend class regularly. In cases of unavoidable absence, it is the student’s responsibility to inform the faculty member of the cause. It is the individual student’s responsibility to notify faculty members in advance of absences resulting from University-approved functions. University-sponsored non-academic activities which conflict with class schedules do not automatically take precedence over regular class work, but faculty members are requested to exercise reasonable flexibility in accommodating students involved in such activities.

May Term Policies

May Term presents unique challenges for student-athletes—each session meets for at least three hours per day and is, therefore, equivalent to one week of instruction during the regular semester. Thus, missing even one day can be challenging. In some cases, participation in Spring athletic competition and May Term are simply incompatible and you will need to choose one over the other. On the other hand, it may be possible to carefully select a May Term course that will allow you to successfully do both. The following suggestions are applicable to those student-athletes who participate in Spring sports.

1. PRIOR to registering for a May Term course, you should consult with the instructor of that course to determine if enrollment is compatible with potential athletic competition. If not, choose another course.
2. If you have enrolled in a course, at the first indication that post-season competition could be possible, you should have a conversation with the instructor to determine if and how you might make up for missing several consecutive class sessions. Should you not be able to reach a satisfactory solution, you should drop the course BEFORE May Term begins.

3. Once you know that post-season competition is a certainty, you should notify your instructor immediately. If at all possible that notification should be done in person. Again, you may have no other choice but to drop the course, depending upon how much class time will be missed and whether or not there are ways for you to make up the missed work.

4. If you know you will miss class meetings for athletic competitions, you must be sure to attend all other class meetings.

   a. If your professor has a limit on absences, you need to communicate at the beginning of the semester whether those classes you miss for athletic events count toward the limit.

**Athletic Department Academic Policies:**

1. In addition to the support services provided by the University including but not limited to: departmental tutors, Writing Center, Career Center, faculty advisors, and instructors in general, the Athletic Departments provides its student-athletes with a Study Hall, Progress Reports and additional advising. Coaching staffs in each respective sport may enact measures to assist student-athletes in academic development. These may include, but are not limited to, monitoring class attendance, individual discussion/work sessions, and team study groups during travel as appropriate.

2. Coaches will provide student-athletes with a tentative schedule of contests, reporting times, departure times, and day’s off-campus for all sports the semester prior to the traditional season (some sports will officially compete in both semesters, such as basketball, swimming and golf). When pre-registering for classes, student-athletes and advisors should schedule courses (to the extent possible), which will allow the minimum of missed class time due to competition.

3. Student-athletes are expected to attend every class meeting unless competition, injury, or illness, prevent such attendance. For classes missed as result of team travel, students are required to make arrangements (in advance of an absence) to make up work that is missed. It is the responsibility of the student-athlete to clear these absences with each professor. Failure to comply with these procedures will result in disciplinary action.

4. Of greatest importance is the philosophy of the Athletics Department which emphasizes keeping athletes in the program and assisting them toward graduation. This principle supersedes all others in priority.

**Please refer to the following Missed Class Protocol developed by SAAC and the administration.**
Protocol for Notifying Your Professor If You Have a Class Conflict

COMMUNICATION IS KEY!!

2) Give your professor early notice: You should let your professor know of your conflict a MINIMUM of TWO class periods ahead of time.

3) Make sure that the contact you make with your professor is face to face. DO NOT simply shoot off an email and leave it at that.

4) ALWAYS use respectful language: “may I speak with you about a class conflict I have coming up,” “what can I do to make up for the missed class,” “thank you for understanding,” etc. NEVER use: “Am I going to miss anything important?” or “Are we doing anything important in class that day?”

5) Form a contract with your professor that indicates what you will do in order to make up for the class you are going to miss.

6) Try to establish a good relationship with your professor right from the start of the semester.
   a. If you know you will have athletic conflicts, do not miss other class periods just to miss.
   b. If your professor has a limit on absences, you need to communicate at the beginning of the semester whether those classes you miss for athletic events count toward the limit.

If you have followed this protocol and still experience problems, contact:

Professor Jerry Olson, Faculty Athletic Representative

golson@iwu.edu
556-3170
State Farm Building

Professor Olson is willing to assist you in working with your professor, BUT ONLY IF you have followed the proper protocol to begin with!
General Regulation

• Employment
  o Criteria Governing Compensation to Student Athletes
    All compensation received by a student-athlete must be consistent with the limitations on financial aid set forth in Bylaw 15. Compensation may be paid to a student-athlete:
    a.) Only for a work actually performed, and
    b.) At a rate commensurate with the going rate in that locality for similar services.

  o Camp/Clinic Employment, General Rule
    A student-athlete may be employed by his or her institution, by another institution, or by a private organization to work in a camp or clinic as a counselor unless otherwise restricted by legislation.

• Promotional Activities
  o Institutional, Charitable, Educational, or Nonprofit Promotions
    A member institution or recognized entity thereof (e.g. fraternity, sorority or student government organization), a member conference or non-institutional charitable, educational or nonprofit agency may use a student-athlete’s name picture or appearance to support its charitable or educational activities or to support activities considered incidental to the student-athlete’s participation in intercollegiate athletics, provided the following conditions are met:
    a.) The student-athlete receives written approval to participate from the director of athletics.
    b.) The specific activity in which the student-athlete participates does not involve co-sponsorship, advertisement or promotion by a commercial agency.
    c.) The name or picture of a student-athlete with remaining eligibility may not appear on an institution’s printed promotional item.
    d.) The student-athlete does not miss class.
    e.) All moneys derived from the activity or project, go directly to the member institution, member conference, or the charitable, educational, or nonprofit agency.
    f.) The student-athlete may accept actual and necessary expenses from the member institution or agency related to the participation in such activity.
    g.) The student-athlete’s name, picture or appearance is not used to promote the commercial ventures of any nonprofit agency.
    h.) Any commercial items with names or pictures of student-athletes may be sold only by the member institution, member conference or NCAA through outlets controlled by the member
institution, member conference or NCAA or outlets controlled by the charitable or educational organization.

i.) The student-athlete and an authorized representative of the charitable, educational, or nonprofit agency sign a release statement ensuring that the student-athlete’s name, image, or appearance is used in a manner consistent with the requirements of this section.

• Improper Use of Student-Athlete’s Name or Picture
  If an institution, without the student-athlete’s knowledge or consent, uses or permits the use of the student athlete’s name or picture in a manner contrary to Bylaw 12.5.1.1, the violation shall be considered an institutional violation; however, the student-athlete’s eligibility shall not be affected.

• Promotional Contests
  Receipt of a prize for winning an institutional or non-institutional promotional activity (e.g. making a half court basketball shot, being involved in a money scramble) held in conjunction with a member institution’s intercollegiate competition by a prospective or enrolled student-athlete (or a member of his or her family) does not affect a prospective or enrolled student-athlete’s eligibility provided the prize is won through a random drawing in which all members of the general public or the student body are eligible to participate.

• Use of a Student-Athlete’s Name or Picture Without Knowledge or Permission
  If a student-athlete’s name or picture appears on commercial items (e.g. T-shirts, sweatshirts, serving trays, playing cards, posters, photographs) or is used to promote a commercial product sold by an individual or agency without the student athlete’s knowledge or permission, the student-athlete is required to take steps to stop such and activity in order to retain his or her eligibility for intercollegiate athletics.

• Compliance – Extra Benefits
  Student Athletes--- compliance and extra benefits

  Before you participate, you are asked to sign a number of documents. Make certain to read the document.
AWARDS, BENEFITS, AND EXPENSES

What is an impermissible extra benefit?
An extra benefit is any special arrangement by an institutional employee or a representative of the institution’s athletic interests (including fans) to provide a student athlete or the student-athlete’s relative or friend a benefit not expressly authorized by the NCAA legislation. Extra benefit regulations pertain to prospects as well.

“Rules of Thumb” for Athletes
Do not accept anything from fans or friends of the university without specific authorization from the IWU Athletic Director. If a student-athlete accepts any benefits based on his or her special consideration as an athlete or because of athletic skill, the student-athlete may lose all eligibility for intercollegiate athletic participation.

Here are some guidelines regarding extra benefits:
You may not accept money, gifts, loans, flowers, or birthday gifts.
You may not accept a fee for speaking engagements, free or reduced costs for professional services, fees for sports camps, or discounts for merchandise.
You may not use an automobile, accept tickets to athletic or community events, or accept favorable housing arrangements, reduced rentals or lodging of any kind.

What can you do?
If desired, you may accept an occasional family meal for a student–athlete or team. The meal must be in the locale of the institution and the meal may be catered. Meals must be infrequent and for special occasions. You may also accept transportation for the athletes attending this meal. Please notify your coach if a meal arrangement is made.

Please differentiate when parents are taking you out as a “friend of their child” as opposed to taking “student-athletes” out to eat.

If someone arranges employment for you, it is allowed as long as the employment begins after high school graduation and pay is commensurate with the “going rate.”

If there are questions about potential benefit violations, ask your coach.
ψ Benefits
Receipt by a student-athlete of an award, benefit or expense allowance not authorized by NCAA legislation renders the student athlete ineligible to compete while representing the institution in the sport for which the improper award, benefit or expense was received.

Exception for Benefits available to other students: The receipt of a benefit by a student-athlete or his or her friends that is not authorized by NCAA legislation is not a violation if it is demonstrated that the same general benefit is available to the institution’s students, their relatives and friends determined on a basis unrelated to athletics ability.

If someone wants to take you out to dinner or buy something for you and if you have any feeling that it is because you are an Illinois Wesleyan athlete, refuse or check it out in advance with your coach or the athletic director.
Illinois Wesleyan University Athletics
Drug, Alcohol and Tobacco Policy,
Education and Procedures

I. Introduction

The Illinois Wesleyan University (IWU) Department of Intercollegiate Athletics is committed to the enhancement of the quality of life of its student-athletes. The Athletic Department believes that the abuse of alcohol, legal drugs, performance enhancing drugs (PED’s) and/or illegal drugs can adversely affect the health and safety as well as the academic capability of student-athletes. In an effort to minimize the possibility that a student-athlete may jeopardize his or her own physical and academic performance, the Department has developed and approved the following policies and procedures. The Drug and Alcohol Management Team (DAMT) referred to herein shall consist of the Athletic Director, Senior Athletic Administrators, Head Athletic Trainer, Dean of Students, Associate Dean of Students, and Head Coach of said athlete’s sport.

The Athletic Department strictly upholds and enforces NCAA regulations regarding substance abuse. Under the IWU Athletic procedures for drug testing, there are immediate progressive disciplinary and rehabilitative actions taken if a student-athlete is found using, abusing, selling, or distributing drugs or alcohol. In addition to the Department’s testing, the NCAA conducts its own testing for banned substances.

Illinois Wesleyan University student-athletes who test positive on NCAA administered drug tests will be subject to the NCAA penalties and procedures structure and will also be subject to the Illinois Wesleyan University Policy on Drug Use/Abuse.

The IWU Department of Athletics Drug and Alcohol Program (DAP) includes the following:
- Drug education of student-athletes and staff
- Drug testing
- Student conduct referrals which will include education, evaluation and assessment.
- Discipline/consequences; and
- Monitoring of the student-athletes by the DAMT.

A. Mood-Altering Substances

1. Alcohol

Alcohol is a part of our culture and is present at many social functions throughout society; however, it is a mood-altering substance and constitutes the greatest drug problem in society and among college students. Therefore, the IWU Athletic policy related to alcohol is:

a. Alcohol consumption is illegal and unacceptable for student-athletes under the age of twenty-one.
b. High risk alcohol consumption is not recommended and is not encouraged for student-athletes, even those twenty-one years of age and older. High-risk alcohol use is defined as four or more drinks in one sitting for women and five or more drinks in one sitting for men.
c. Each athlete is subject to the alcohol policy of his/her athletic team.

2. Illicit Substances
   Student-athletes are under an increased amount of pressure compared to the general student body. These pressures can result in stress and anxiety which can predispose the student-athlete to the use of mood-altering substances. The IWU DAP will:
   
a. Educate student-athletes about drugs and alcohol and the dangers associated with their use, as well as the negative effects on athletic performance.
b. Deter the use of these substances through a comprehensive drug testing program.
c. Identify student-athletes with substance abuse/dependence and other problems related to drug use.

B. Performance Enhancing Drugs
   Student-athletes perform in a highly competitive environment. The student-athletes’ desire to be successful can lead to the use of performance enhancing drugs to attain their goals. Such drugs give a student-athlete an unfair advantage and their use constitutes cheating. Additionally, these drugs have adverse side effects which could be harmful to the health of student-athletes, particularly in the long term. The DAP will:
   
   1. Educate student-athletes about drugs that are purported to be performance enhancing, their effects and dangers and safer alternatives for improving sport performance.
   2. Deter the use of these substances through a comprehensive drug testing program.
   3. Identify student-athletes who use these substances and address issues and problems surrounding their use.

C. Program Evaluation
   The DAP will be annually reviewed by an oversight committee composed of the Athletic Director, Head Athletic Trainer, Senior Athletics Management Team, SAAC President, Dean of Students (or designee), and University Lawyer (when deemed appropriate).

II. Drug and Alcohol Education Program

A. Rationale
   The NCAA and IWU Athletic Department promote value development, moral reasoning and ethical conduct in intercollegiate athletes. The educational component of the DAP centers on the health and physical development of the student-athlete as a “whole person” as recommended by the NCAA. Special attention will be given to personal health, leadership skills, alcohol/drug education and community involvement. The Athletic Department is responsible for initiating and maintaining collaboration with AOD Educator and substance abuse education programs for student-athletes.

B. Goals
   To provide each student-athlete with an opportunity to:
   1. Gain knowledge and a foundation about alcohol and other drug use and related issues through the use of empirically validated educational approaches.
2. Teach and encourage responsible behavior.
3. Network with those who have personally and successfully addressed substance abuse problems.

III. Drug Testing

The drug screening process may include analysis of, but is not limited to, the NCAA list of banned-drug classes as well as street drugs. For an ongoing, updated listing of the banned substances view the NCAA’s web site at www.ncaa.org. IWU requires that all student-athletes keep the athletic training staff aware of any prescribed drugs and dietary supplements that he or she may be taking. IWU reserves the right to test for substances not contained on the NCAA banned-drug list and may test at cut off levels that differ from the NCAA program.

The unauthorized use of anabolic steroids, stimulants, diuretics, performance enhancing drugs; and the use of marijuana, cocaine, amphetamines, and any other substance prohibited by federal or state law, or banned by the NCAA, or the abuse of alcohol by a member of an intercollegiate athletic team at Illinois Wesleyan University is expressly prohibited, regardless of whether such use or abuse occurs before, during, or after the team’s competitive season.

Drug testing is mandatory for all student athletes. As a condition for membership on an intercollegiate athletic team, the student-athlete must annually agree, in writing, to participate in the Athletic Department Drug Testing Program. Such monitoring is considered an extension of the ongoing physical examination of the student-athlete and is in the best interest of the student-athlete and IWU. In addition to IWU’s drug testing program, student-athletes are also subject to drug testing by the NCAA. All positive test results are cumulative for the duration of the student-athlete’s career at IWU.

The Athletic Department will keep test results confidential except as provided to the DAMT. The Athletic Department will oppose disclosure to any other persons within or outside the University. If confidential information concerning a positive test is communicated to anyone outside of these parameters, the person responsible for such impermissible disclosure will be excluded from future involvement in alcohol and drug testing matters and may be subject to disciplinary action as determined by the Athletic Director and Dean of Students.

Any student-athlete found responsible for violating the Student Code of Conduct or any state, city or federal court of law of selling or providing an illegal drug, banned substance or illegally providing alcohol or other drugs to another person will be suspended from the team. Return to sport can be accomplished through review by the DAMT. Admission of illegal drug use to Dean of Students will automatically trigger positive test result and subsequent

A. Types of Drug Testing

1. IWU Testing – In all types of testing conducted by IWU, no advance notice of testing will be given.
   a. Random Testing: periodic testing of a portion of the total student-athlete population will occur at regular intervals. This list will be randomly generated by computer from each active NCAA squad list. All student-athletes are eligible for every test. These tests are done at IWU’s expense.
   b. Total Team Testing: Entire teams may be tested at any time. These tests are done at IWU’s expense.
   c. Just Cause Testing: This test will be used for student-athletes who demonstrate symptoms or behaviors which are indicative of substance abuse. These tests are done at IWU’s expense.
d. **Reasonable Cause Testing**: Testing of student-athletes who have previous violations of the DAP. These tests are done at the **STUDENT ATHLETE’S EXPENSE**.

2. **NCAA Banned Substance Testing**

Student-athletes may be tested while participating in any NCAA championship or tournament contest. Student-athletes tested will be selected from the NCAA game/event roster.

**IMPORTANT NOTE**: Failure of a student-athlete to appear for a scheduled drug test or refusing to give a specimen will be grounds for immediate suspension of the student-athlete from competition and/or practice and will provide a basis for reasonable cause testing. This suspension is not subject to challenge by the student-athlete and will be in effect until reinstated by the DAMT.

2. **IWU Drug Testing Guidelines**

1. Upon the direction of the Athletic Director or his/her designee and the testing coordinator, a testing date, site and time will be determined.
2. A list of student-athletes to be tested will be randomly generated from the NCAA squad lists.
3. No advance notice of testing will be given.
4. The names of the student-athletes not reporting to the scheduled test will be reported to the Athletic Director or designee.

3. **IWU Drug Testing Procedures**

1. If a student-athlete is not at practice or available at the time the testing is to occur, they will be notified by the drug testing coordinator or designee to report to a location determined by the drug testing coordinator that same day for collection purposes. All items such as backpacks, gyms bags, and food/beverages must be kept outside the testing area.
2. The student-athlete must report to the designated testing site at the requested time. Time will be allocated for collection, and the student-athlete is required to produce a usable specimen within that period of time. The athlete is considered in violation of the policy until he/she produces such specimen.
3. The student-athlete must adhere to all of the testing collector’s standard operating procedures.
4. A photo ID (student ID #) is required for admission to the testing site. If the student-athlete does not have an ID, an athletic department designee (e.g., coach, athletic trainer, compliance staff) will sign a form to verify the student-athlete’s identity.
5. The student-athlete will have to remain in visual contact with the collector and/or an athletic department designee once he/she has checked in. The student-athlete may not leave the testing area until a specimen is produced.
6. The collector will visually observe while the student-athlete provides the sample. Visual observation for male student-athletes requires their shirt to be off before entering the restroom with shorts to the knees while producing a specimen. Female student-athletes will be asked to have jog bra and shorts with shorts to knees while producing a specimen. Pre-determined volumes and temperature guidelines for sample acceptance will be followed.
7. The student-athlete will remain in visual contact of testing personnel until a specimen is provided or until the drug testing coordinator releases the student-athlete.
8. Every attempt will be made to keep the collection area limited to only those who are scheduled to participate in the drug testing collection to assist the collectors in controlling the testing area.
9. The student-athlete may leave the testing area only when they have produced a usable specimen or have been released by the testing coordinator.

D. IWU Drug Testing Post Collection Procedures
1. Testing personnel will check the roster of scheduled student-athletes and submit the names of student-athletes who did not report for testing to the Athletic Director or designee and the head coach of the team.
2. Samples are taken by a courier service from the testing site to the clinical laboratory for analysis.
3. Following verification of a positive test, the student-athlete will be notified of the outcome by the Athletic Director or his/her designee. Student-athletes will not be notified for negative test results.

E. Medical Exceptions
The Athletic Department recognizes that some banned drugs as well as some drugs tested in our drugs of abuse panel are used for legitimate medical purposes. Accordingly, IWU does allow for exception if there is a documented medical history demonstrating need for regular use of the drug as well as documentation of the prescription information. This information must be communicated with the athletic training staff upon arrival for pre-participation physical examinations and/or immediately upon being prescribed by the student-athlete’s physician. Medical exceptions will be reviewed on an individual basis, but will not be granted unless the previously mentioned supporting documentation is received by the DAMT. If a student-athlete has a subsequent positive test for drugs or banned substances and advance notification has not been received, this would constitute a positive test.

**IMPORTANT NOTE:** Before consuming any nutritional/dietary supplement product, review the product and its label with your athletic department staff. Dietary supplements are not well regulated and may cause a positive drug test result. Any product containing a dietary supplement ingredient is taken at your own risk. (NCAA Guideline 11) Any student-athlete with a positive test due to using an impermissible nutritional supplement without prior approval will be held in violation of NCAA Bylaw 18.4.1.5.1 and will be subject to procedures listed below. Please visit The National Center for Drug Free Sports for more information and education. The NCAA banned substance list changes daily, therefore it is the responsibility of the student-athlete to check the list.

IV. Parental Notification Policy
The Family Educational and Privacy Act, as amended, permits colleges to disclose to parents or legal guardian’s information regarding a student’s violation of any Federal, State, local law or institutional rule or policy that governs the use or possession of a controlled substance if the student is under 21 at the time of the disclosure. The IWU Department of Athletics Drug testing program requires every student-athlete to sign an authorization release form providing authorization to notify parents of a positive drug test. Therefore, the Athletic Director (or his/her designee) may notify the student-athlete’s parents or legal guardian of the positive test results.

V. Appeal
Student-athletes who test positive under the terms of the IWU Athletics Drug Education and Testing Policy will be entitled to a hearing with the DAMT prior to imposing any sanctions. Requests for such hearing must be made within two (2) business days of notification of a positive
test result. Requests must be in writing, in the form of an email or a letter (not a text message), and received by the Athletic Director.

The student-athlete may have an advocate or other representative present if the student so desires. The advocate must be an IWU student, faculty, or staff member not affiliated with the testing program. Parents and/or attorneys are not permitted. The student-athlete must notify the Athletic Director or designee at least 24 hours in advance of the hearing regarding his/her intent to have a non-legal advocate present and provide the Athletic Director (or designee) with the advocate’s name. The advocate may only be present in the silent role of support to the student-athlete and may not address the hearing members or the matter at issue. If the advocate causes a disruption in the hearing, the advocate may be dismissed from the room and unable to be present at any further stage in the process. If the student-athlete is a minor (less than 18 years of age) he/she may have one parent or one legal guardian present at the student-athlete’s sole discretion. The student-athlete must present his or her own case.

The meeting should take place no more than three (3) business days after the written request is received. Either the student-athlete or the other parties involved may request an extension of time to the Athletic Director, who will consider whether to grant the extension upon a showing of good cause.

These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. The DAMT will determine whether or not a violation has occurred as well as whether or not a sanction shall be imposed. The decision made by the DAMT must be a majority vote and will be final.

**VI. Voluntary Disclosure/Safe Harbor**

A student-athlete who has engaged in prohibited drug use is encouraged to seek assistance from the athletic training staff by voluntarily disclosing his or her use prior to an announced drug test. The athletic trainer will direct the student-athlete to Counseling and Consultation Services (CCS). A student-athlete is only permitted to enter the Safe Harbor program one time in his/her career.

If the student-athlete seeks assistance prior to being identified as having violated this policy or being notified that he or she must undergo screening, the impermissible use will not be deemed an offense for purposes of determining sanctions under this policy. The student-athlete will be allowed to participate in intercollegiate sports pending compliance with contacting Counseling and Consultation Services within three business days of disclosure. The student-athlete entering the Safe Harbor Program will be required to take a drug test immediately to establish a baseline for follow-up testing. The student-athlete is responsible for the cost of the baseline drug test. A student-athlete will not be permitted to enter the Safe Harbor Program thirty (30) days prior to NCAA or Conference post-season competition.

The student-athlete will be required to undergo an assessment by IWU CCS. The IWU counselor shall determine the appropriate form(s) of intervention and rehabilitation needed by the student-athlete, based on the circumstances of the case. The student-athlete must sign a confidentiality release allowing the DAMT to request information from CCS regarding said student-athlete.
The student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. The student-athlete will be permitted to return to participation in intercollegiate sports provided contact has been made with CCS and compliance has been demonstrated. If the counselor deems it necessary, the student-athlete will be required to undergo drug testing as part of the reentry evaluation.

Failing to complete the treatment recommended by the counselor, or having a positive test for any banned substance that indicates new use after entering the Safe Harbor Program will be deemed the next subsequent offense under this policy.

If the student-athlete regains his or her eligibility to participate in intercollegiate sports, he or she may be required to undergo unannounced follow-up tests at the discretion of the DAMT in consultation with the counselor.

VII. Procedures Following a Positive Drug Test and/or Substance Abuse Occurrence
Any student-athlete who is in violation of IWU Athletics Drug Policy, is found responsible for or is arrested for a drug or alcohol violation, or who is found through incidental discovery to be in violation of this policy will be ineligible to participate in IWU intercollegiate athletics unless and until all of the following requirements for reinstatement are met:

A. First Positive
1. The Head Athletic Trainer will notify the Athletic Director and members of the DAMT. Within five (5) business days of receiving this information, each student-athlete who tests positive will be notified during a private meeting with his/her head coach, and/or Athletic Director (or designee) and/or program administrator. Here, the student-athlete will be notified in writing of the consequences of the positive test as well as the appeal process.
2. The Athletic Director (or designee) will prepare and forward a referral first to the Dean of Students’ Office for adjudication. Consequences may include education, a monetary fine, or referral to CCS.
3. The student-athlete will be subject to reasonable cause testing.
4. Student-athlete will be suspended for 10% of the games that are scheduled for the season including pre-season and post-season competition. Games missed due to event cancellation and/or injury do not count toward the suspension. Scrimmages and/or exhibitions shall not qualify as contests with reference to satisfying suspensions, but the student-athlete may not travel and/or participate in these events either. For home contests, the student-athlete may not be in uniform, but they are permitted to be in the bench area in street clothes. If the suspension occurs after the competitive season has ended, the suspension shall carry over to the next competitive season. The suspension for the next competitive year must take place within the first 30% of regular season competition. The competition(s) of suspension must be approved by the Athletic Director after proposed by the Head Coach of his/her sport. The student-athlete will be required to attend all practices during the suspension period unless excused for academic reasons. The student-athlete will be required to comply with all student conduct requirements including any AOD treatment recommendations. The cost of all counseling sessions and retest will be the sole responsibility of the student-athlete. The student-athlete must follow all recommendations of the medical staff and/or counselor. The student-athlete will be subject to follow-up drug testing.

B. Second Positive
1. The Head Athletic Trainer will notify the Athletic Director and members of the DAMT.
Within five (5) business days of receiving this information, each student-athlete who tests positive will be notified during a private meeting with his/her head coach, and/or Athletic Director (or designee) and/or program administrator. Here, the student-athlete will be notified in writing of the consequences of the positive test as well as the appeal process.

2. The Athletic Director (or designee) will prepare and forward a referral first to the Dean of Students’ Office for adjudication.

3. The student-athlete will be suspended from all IWU athletic competition for up to one calendar year from the date of the positive drug test. The student-athlete will be required to comply with the treatment plan determined by an IWU counselor, or a counselor approved by the Athletic Director. The cost of all counseling sessions will be the sole responsibility of the student-athlete. The student-athlete must follow all recommendations of the medical staff or counselor. The student-athlete will be subject to follow-up testing.

4. Re-instatement to the team, after the suspension expires, will be considered by the Athletic Director in consultation with the Senior Athletics Management Team.

5. The student-athlete will be subject to reasonable cause testing, at the student’s expense.

C. Third Positive

1. The Head Athletic Trainer will notify the Athletic Director and members of the DAMT. Within five (5) business days of receiving this information, each student-athlete who tests positive will be notified during a private meeting with his/her head coach, and/or Athletic Director (or designee) and/or program administrator. Here, the student-athlete will be notified in writing of the consequences of the positive test as well as the appeal process.

2. The Athletic Director (or designee) will prepare and forward a referral first to the Dean of Students’ Office for adjudication.

3. The student-athlete will undergo mandated assessment by the substance abuse counselor.

4. The substance abuse counselor will determine a treatment plan for the student-athlete.

5. The student-athlete will be permanently suspended from all athletic participation at Illinois Wesleyan University.

IMPORTANT NOTE: Failure to comply with the recommendations of the assessment and/or management plan will result in immediate suspension from all team activities and functions and will require meeting with DAMT to discuss future options.

NCAA Policy
The NCAA conducts mandatory random drug testing during Division III championship events for all sports. NCAA rules state that a positive test for steroids, diuretics, or masking agents will result in severe penalties. A first-time offense results in ineligibility for a minimum of one calendar year for all intercollegiate athletics; a second-time offense for banned substances will result in a lifetime prohibition from all intercollegiate athletics.

NCAA List of Banned Substances
The NCAA list of banned-drug classes is subject to change by the NCAA Executive Committee at any time. 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. Student-athletes are required to sign an NCAA Drug Testing Consent Form annually in order to practice or compete as an IWU athlete. Along with the form they are given a list of banned substances. An up to date list is available on the NCAA’s website, www.ncaa.org.
Tobacco Prohibitions
NCAA rules prohibit the use of any and all tobacco products by student-athletes, coaches and game personnel (for example, coaches, trainers, managers and umpires) during practice and competition. The penalty is disqualification for the remainder of the practice or ejection from the contest. In the sport of baseball, the penalty of use of tobacco during a NCAA contest will include the disqualification of the head coach, in addition to the disqualification of the offending individual. (NCAA Bylaw 17.1.6.2)
IWU Student-Athlete
Drug Testing Consent Form

I, __________________________, hereby acknowledge that I have read the Drug Testing, Alcohol and Tobacco Policy, Education and Procedures of Illinois Wesleyan University. I understand the policies, procedures and my responsibilities as described in the Policy.

As a condition to my participation in intercollegiate athletics at IWU during this academic year, I consent to participate in the alcohol and drug education and testing program at IWU. I understand that my participation in this program includes the collection and testing of my urine at various times during this academic year for drugs and/or other banned substances. I also understand I will be held financially responsible for Reasonable Cause Testing following a positive test result.

For health and safety reasons as well as to determine my eligibility, I further consent to the release of the results of any drug test to the Director of Athletics, Senior Management Team, Head Athletic Trainer, Assistant Athletic Trainers, Dean of Students, the IWU Counseling Services Team, Head Coach and my parent(s) or guardian(s). I acknowledge and understand that a copy of this consent form may be sent to my parent(s) or guardian(s) along with a copy of the Drug, Alcohol and Tobacco Education Program and Policy. To the extent set forth in this document, I waive any privilege I may have in connection with such information.

IWU, its officers, employees, and agents are hereby released from legal responsibility or liability for the release of such information and records as authorized by this consent form. I fully and forever release and discharge the aforementioned parties from any claims, demands, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated or unanticipated, resulting from my participation in this program.

________________________                      __________________________
Student-Athlete Signature                              Date

________________________                      __________________________
Printed Name of Student-Athlete                              Date of Birth

________________________
Sport(s)

IF 18 YEARS OF AGE OR YOUNGER, SIGNATURE OF PARENT/GUARDIAN IS ALSO REQUIRED

________________________                      __________________________
Parent/Guardian Signature                              Date
High Performance Nutrition

The margin between victory and defeat is small, so paying attention to even the smallest of details can make a significant difference. Nutrition is a key component to achieving optimal sports performance and the way athletes eat will affect how they train and compete.

There is no single diet that meets the needs of all athletes, but a well-chosen diet will offer a multitude of benefits to any athlete, regardless of age, gender, or activity level. These include, but are not limited to:

- Optimal gains from training
- Increased energy throughout the day and during activity
- Enhanced recovery after workouts
- A reduced risk of injury and illness
- Consistency in achieving high-level performances

A healthy diet should be:

- **Adequate**: it should provide enough nutrients to maintain proper health
- **Moderate**: there should not be too much or too little of any type of food or food group
- **Balanced**: it should contain a combination of foods that provide the proper proportions of nutrients
- **Varied**: different foods from different food groups should be consumed

The bulk of an athlete’s diet should consist of whole foods. Because of the increased availability of processed and refined foods, athlete’s diets are typically too high in saturated fats, simple sugars, and salt. A proper plate should resemble the following proportions:
A healthy meal starts with a balanced variety of foods from each food group. It is important to choose **nutrient dense foods**: foods that provide the most nutrients for the least amount of calories. Examples of nutrient dense foods that should be incorporated in an athlete’s diet are outlined below.

### Nutrient Classification

There are six different categories of nutrients, which include:

1. Carbohydrates
2. Proteins
3. Fats
4. Vitamins
5. Minerals
6. Water

The three nutrients that are required in relatively large quantities are **carbohydrates, proteins, and lipids**. Known as **macronutrients**, these three nutrients provide the body with the calories needed to meet its energy demands and the nutrients necessary for growth.

### Carbohydrates

Carbohydrates are the main fuel source for the brain and central nervous system, providing 4 kcal/gram of energy. They provide an important, but relatively short-lived, supply of fuel for exercise and must be refilled each day from our dietary intake. Foods high in carbohydrates are part of a healthy diet. Since carbohydrates provide almost 100% of the energy required during exercise at maximal effort, it is crucial that athletes make proper dietary decisions to replenish their carbohydrate stores.

#### Recommendations:

The Food and Nutrition Board recommend that 45% to 60% of an individual’s daily calories should come from carbohydrate consumption.

- Most of your carbohydrate calories should be consumed from whole grains, fruits, and vegetables
  - Aim to make half of your grains WHOLE GRAINS
  - Choose whole fruit instead of juice

<table>
<thead>
<tr>
<th>Grains</th>
<th>Proteins</th>
<th>Fruits</th>
<th>Vegetables</th>
<th>*Dairy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grain breads</td>
<td>Poultry</td>
<td>Citrus fruits</td>
<td>Peppers</td>
<td>Greek yogurt</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Eggs</td>
<td>Bananas</td>
<td>Potatoes &amp; Sweet Potatoes</td>
<td>Milk</td>
</tr>
<tr>
<td>Brown rice</td>
<td>Seafood</td>
<td>Berries</td>
<td>Spinach and other greens</td>
<td>Cheese</td>
</tr>
<tr>
<td>Whole grain pasta</td>
<td>Nuts &amp; seeds</td>
<td>Apples</td>
<td>Tomatoes</td>
<td>Cottage cheese</td>
</tr>
<tr>
<td>Whole grain crackers</td>
<td>Beans &amp; peas</td>
<td>100% fruit juice</td>
<td>Green beans</td>
<td>*Select low-fat</td>
</tr>
<tr>
<td></td>
<td>Energy bars</td>
<td>100% fruit bars</td>
<td>Broccoli</td>
<td>varieties</td>
</tr>
</tbody>
</table>

---

*Grains, Proteins, Fruits, Vegetables, *Dairy*.*
The *type of carbohydrate* in the diet is equally as important as the *amount of carbohydrate* in the diet. Some foods, such as vegetables, fruits, whole grains, and beans, are healthier sources of carbohydrates than other options. Higher fiber carbs, such as oatmeal, fruit, and vegetables, are slowly digested and deliver long-lasting energy. Low fiber carbs, such as pasta, white rice, and potatoes, provide a fast energy hit due to their quick digestion.

### Proteins

Protein plays an important role in post-exercise recovery. Proteins are comprised of amino acids, which play a crucial role in the manufacture of new muscle and the repair of old tissue. They are also the building blocks for hormones and enzymes that regulate metabolism and other body functions. There are two types of amino acids that the body needs to function: non-essential and essential. Non-essential amino acids are produced by the body, but essential amino acids must be obtained from the diet because the body cannot make them on its own. Animal sources of protein tend to deliver all of the essential amino acids that the body needs.

Proteins provide 4 kcal/gram of energy and are only used as an energy source when the body is low on fats and carbohydrates. Enhanced protein intake is a desirable goal for the post-exercise recovery phase because it enhances muscle repair and growth. Although protein is critical in building muscle mass, it is important to remember that more is not necessarily better.

<table>
<thead>
<tr>
<th>The Good</th>
<th>The Bad</th>
<th>VS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal</td>
<td>Muffins</td>
<td></td>
</tr>
<tr>
<td>Bananas</td>
<td>Pancakes</td>
<td></td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>French Fries</td>
<td></td>
</tr>
<tr>
<td>Apples</td>
<td>White Bread</td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td>Potato Chips</td>
<td></td>
</tr>
<tr>
<td>Whole Wheat Pasta</td>
<td>Hash Browns</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Good</th>
<th>The Bad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>Sausage</td>
</tr>
<tr>
<td>Beans</td>
<td>Hot Dogs</td>
</tr>
<tr>
<td>Turkey</td>
<td>Bacon</td>
</tr>
<tr>
<td>Chicken Breast</td>
<td>Chicken Fingers</td>
</tr>
<tr>
<td>Greek Yogurt</td>
<td>Fish Sticks</td>
</tr>
<tr>
<td>Fish</td>
<td>Salami</td>
</tr>
</tbody>
</table>

Recommendations: protein intake is dependent upon the individual and their activity level
- The Institution of Medicine recommends that adults get a minimum of **8 grams** for every **20 pounds** of body weight
- High quality proteins are the most effective for muscle maintenance, repair, and growth
  - These include meat, fish, and eggs
- Eat seafood twice a week
- Eat plant protein more often, such as nuts and seeds
**Fats**

Fat is a necessary component of a healthy diet, especially for athletes since fats provide the primary source of energy for exercise. Fats provide 9 kcal/gram of energy, which is more than twice the energy per gram of carbohydrate or protein. Since protein and carbohydrates are stored in limited amounts in the body, fats stored in adipose tissue act as a reserve energy supply for the body.

Contrary to popular belief, research shows that low-fat diets are not as effective as was once believed. Fats are an important part of a healthy diet, but what matters most is the type of fat consumed. Fats are classified as trans, saturated, monounsaturated, or polyunsaturated according to the type of fatty acid it contains. Diets rich in saturated fat and trans fat can lead to elevated blood cholesterol levels, which is harmful to heart health and overall body functioning. Most people don’t eat enough healthy unsaturated fats and there is evidence that eating more polyunsaturated fats can lower the risk for heart disease.

<table>
<thead>
<tr>
<th>Recommendations: the Food and Nutrition Board recommend that 20% to 30% of an individual’s daily calorie intake should come from fat consumption.</th>
</tr>
</thead>
<tbody>
<tr>
<td>➢ Consume less than 10% of calories from saturated fatty acids</td>
</tr>
<tr>
<td>o Most fat intake should come from polyunsaturated and monounsaturated acids, such as fish, nuts, and veggie oils</td>
</tr>
<tr>
<td>o Avoid the consumption of trans fats</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Good</th>
</tr>
</thead>
<tbody>
<tr>
<td>Almonds</td>
</tr>
<tr>
<td>Peanut Butter</td>
</tr>
<tr>
<td>Olive Oil</td>
</tr>
<tr>
<td>Salmon</td>
</tr>
<tr>
<td>Avocado</td>
</tr>
<tr>
<td>Sunflower Seeds</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>The Bad</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
</tr>
<tr>
<td>Cheese</td>
</tr>
<tr>
<td>Ice Cream</td>
</tr>
<tr>
<td>Red Meat</td>
</tr>
<tr>
<td>Whole Milk</td>
</tr>
<tr>
<td>Processed Foods</td>
</tr>
</tbody>
</table>

**Quick Snack Ideas**

Healthy snacking is an important part of every athlete’s diet. Be sure to eat meals and snacks throughout the day before going to practice or a game, rather than eating one large meal afterwards. Try these quick snack combinations for fuel before or after a workout or to provide energy throughout the day:

➢ Cottage cheese with peaches and almonds
➢ Whole grain English muffin with peanut butter and honey
➢ Low-fat Greek yogurt with granola and blueberries
➢ Oatmeal topped with fresh strawberries
➢ Apple or banana with peanut butter
➢ Low-fat string cheese with carrots and hummus
Remember, it is important to distinguish a healthy snack from a treat. Healthy snacks are nutrient-rich, while treats usually satisfy a craving and provide “empty” calories. Selecting treats over healthy snacks can impair fueling and slow muscle recovery.

Simple Ways to Hack Your Snacks:

- Build your own snacks, such as trail mix with unsalted nuts, seeds, and dried fruits
- Spice up raw veggies with simple dips
- PREP AHEAD so you can grab and go when you need a quick snack
- Keep snacks easily accessible for quick access to fuel when you need it
- Establish a snack routine
- Combine different food groups for a satisfying snack

The Ultimate How-To
Quick Tips to Eating Healthy in the Dining Hall

- Know what you’re eating: if possible, look at the menu ahead of time so you’re ready to create a healthy meal when you get there
- Enjoy your food, but eat less: take smaller portions and use smaller plates to resist the urge of eating too much
- Design your own meal: you don’t have to eat pre-made plates. Mix grilled chicken with your whole wheat pasta for dinner or throw some fresh vegetables into your omelet during brunch
- Don’t linger in the buffet: reduce the temptation to continue eating by leaving the dining hall once you have finished
- Make dessert a special treat

Water
How much water is enough?

Having a good hydration strategy is an essential part of every athlete’s training regime. Not only does proper hydration contribute to optimal health, but being properly hydrated plays a significant factor in exercise performance. Water is the most commonly depleted nutrient in the body, so its replacement should be a top priority. Water provides everything that the body needs to restore the fluids lost through metabolism, breathing, sweating and waste removal. Our thirst mechanism is what prompts us to drink, but unfortunately, our thirst mechanism cannot be relied on for the maintenance of a proper hydration status. For athletes, dehydration levels should normally be limited to a loss of less than 2% of an individual’s body weight. To ensure a proper performance and recovery after exercise, the following hydration strategies should be implemented.
Other Special Dietary Concerns

Ø Supplementation
Ø Nutrient Deficiencies

What about sports drinks?
The purpose of sports drinks is to rehydrate, provide energy, and replenish the body’s electrolyte stores. Carbohydrates, the body’s main energy source of energy, are also included in these types of drinks. Athletes who are salty sweaters and those who exercise for longer than sixty minutes will benefit the most from sports drinks. For non-athletes, sports beverages are just another source of sugar and calories.

Additional Topics

Nutritional/Dietary Supplements

The use of supplementation is widespread in sports. Although supplements are increasing in popularity, very few of the products used by athletes are supported by a sound research base. Before consuming any nutritional or dietary supplement product, review the product with your athletics department and staff.

**Any product containing a dietary supplement ingredient is taken at your own risk.** It is your responsibility to check with the athletic staff before using any substance. It is also important to note that the use of supplements does not compensate for poor food choices or an inadequate diet.

Hydration Timing

**Before exercise:** drink 2-2.5 cups (20 oz.) of water 2 hours before activity
- Drink 1 cup (8 oz.) of a sports drink or water 15 minutes before

**During exercise:** drink 1 cup (8 oz.) of a sports drink or water every 10-15 minutes

**After exercise:** for every pound lost, drink 2 cups (16 oz.) of a sports drink or water

**Drink even if you are not thirsty.** By the time you feel thirsty, you are already dehydrated. The best way to determine your hydration status is by looking at the color of your urine. A clearer color represents an optimal hydration state, while a darker yellow color indicates dehydration. If this is the case, an individual should immediately increase their fluid consumption.

Alcohol

Misuse of alcohol can interfere with athletic goals in a variety of different ways due to its negative affect on sports performance.

Alcohol’s effects:
- Impairs brain function due to its depressant qualities
  - Impairs reaction time and mental acuity
- Causes severe dehydration and electrolyte imbalance
- Impairs glycogen storage which may interfere with post-exercise recovery
  - Interferes with lactic acid breakdown with may result in increased muscle soreness

Those who choose to drink alcoholic beverages should do so sensibly and in moderation.
NCAA Banned Drugs
The NCAA bans the following classes of drugs:
- Stimulants
- Anabolic agents
- Diuretics and other masking agents
- Street drugs
- Peptide hormones and analogues
- Anti-estrogens
- Beta-2 Agonists

Nutrient Deficiencies

IRON
Iron deficiency is the most common nutrient deficiency in the world even though iron is one of the most important micronutrients. Having low iron levels is a common cause of fatigue and often leads to reductions in athletic performance due to its impairments on muscle function. Female athletes are at a relatively high risk for iron deficiency due to menstrual blood loss in combination with a smaller intake of food. The recommended dietary intake of iron is 10 to 15 mg/day, which is often achieved by males but not females. Since the body cannot produce iron on its own, it is important to eat a variety of different foods to replenish the body’s iron stores. Excellent sources of dietary iron include red meats, seafood, beans, dark green leafy vegetables, and dried fruits.

CALCIUM
Calcium is the mineral that is present in the largest quantity in the body and it serves a variety of vital roles. Although calcium is needed for muscle contraction and nerve conduction, it is best known for its role in bone health. Calcium is especially important for the growth, maintenance, and repair of bone tissue. One clinical disorder that results from the lack of calcium is osteoporosis, where bones become thin and brittle and are prone to breaking more easily. This is the most common bone disorder in the U.S. and it affects women about three times as often as men. Female athletes are also greatly at risk for a syndrome known as the female athlete triad, which is a deadly combination of disordered eating, menstrual dysfunction, and osteoporosis. Keeping this in mind, it is critical that female athletes consume the recommended amounts of calcium. Athletes should aim to consume at least 3 servings of dairy per day.

Sleep
For maximal performance, the optimal amount of sleep for athletes is 8-9 hours of uninterrupted sleep a night. It is important for athletes to prioritize their sleep schedules because the body recovers and repairs best when it is sleeping. If the recommended 8 hours cannot be met, consider power napping.
Simple Tips to Improve Your Sleep
1. Nap early. Napping late in the day decreases sleep at night. Keep naps short and before 5 p.m.
2. Finish dinner several hours before bedtime.
3. Keep a consistent sleep schedule. Having a regular sleep schedule helps to ensure consistent, high quality sleep.
4. Go to sleep when you are truly tired.
5. Avoid caffeine 4 to 6 hours before going to sleep.
6. Exercise early. Workout earlier in the day or try to finish exercising at least 3 hours before bedtime.

NUTRITION RULES TO LIVE BY
1. Eat breakfast EVERYDAY
2. Consume 4-6 meals a day, eating smaller portion sizes and more frequently throughout the day
3. Consider the quality of food, not just calories
4. Choose a wide variety of foods of different colors when creating your meals
5. Eat within an hour after training
6. Get enough sleep

Quick links
- **NCCA Website**: The NCCA has a section on its website devoted to healthy lifestyle education for the student-athlete. To access this information go to [www.ncaa.org/nutritionandperformance.html](http://www.ncaa.org/nutritionandperformance.html)
- **Academy of Nutrition & Dietetics**: The Academy of Nutrition & Dietetics is the world’s largest organization of food and nutrition professionals. The Academy’s Eat Right campaign promotes a healthy lifestyle by offering basic food, health, and fitness guidelines. To access this info go to [http://www.eatright.org/](http://www.eatright.org/)
- **MyPlate**: Published by the USDA, MyPlate is the current gold-standard for nutritional guidance. MyPlate is a great resource for how to build a healthy eating style that lasts a lifetime. To access this info go to [https://www.choosemyplate.gov/](https://www.choosemyplate.gov/)
Resources
