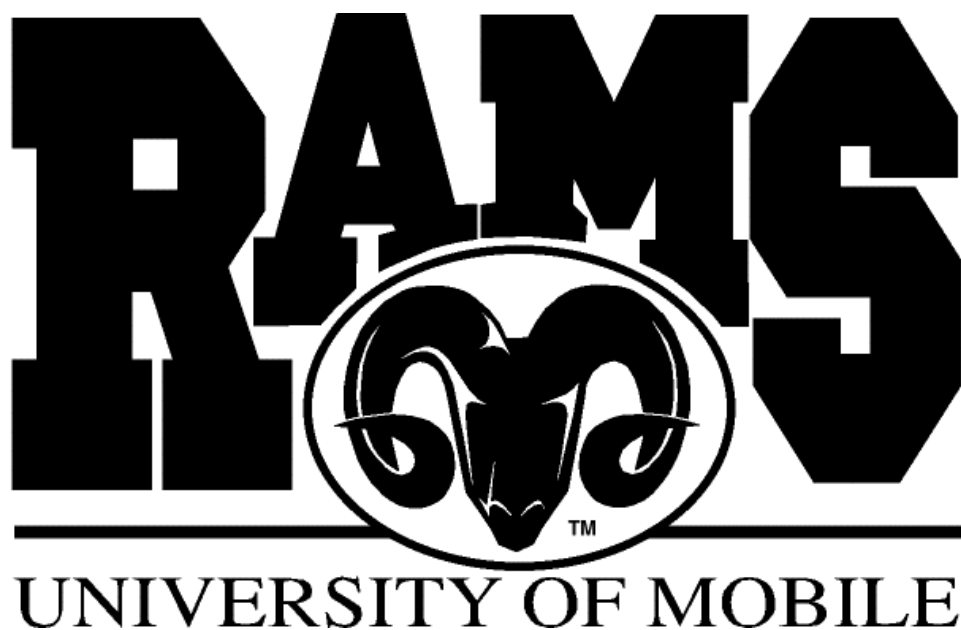


Student-Athlete Handbook



Department of Intercollegiate Athletics

2009-2010

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Directory

Department of Intercollegiate Athletics

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Mission Statement

The mission of the intercollegiate athletic program is to provide programs of distinction, thereby affording students an opportunity to receive a quality Christian education and to compete in athletics at the intercollegiate level.

NAIA and Conference Affiliation

UM competes at the Division I level of the National Association of Intercollegiate Athletics (NAIA), and is a member of the Gulf Coast Athletic Conference (GCAC). There are 10 members of the GCAC:

Belhaven College	Jackson, Mississippi
Dillard University	New Orleans, Louisiana
Louisiana State University-Shreveport	Shreveport, Louisiana
Loyola University	New Orleans, Louisiana
University of Mobile	Mobile, Alabama
Southern University in New Orleans	New Orleans, Louisiana
Spring Hill College	Mobile, Alabama
Tougaloo College	Tougaloo, Mississippi
William Carey College	Hattiesburg, Mississippi
Xavier University	New Orleans, Louisiana

UM sports for which the GCAC currently recognizes conference champions are: baseball, men's and women's basketball, men's and women's cross country, men's and women's tennis and volleyball.

Basic NAIA Eligibility Rules

1. Entering freshmen must meet two of the three following criteria:
 - a.) Achieve a minimum of 18 on the Enhanced ACT or an 860 on the SAT.
 - b.) Have had a minimum of a 2.0 high school grade point average.
 - c.) Have graduated in the top half of his/her high school graduating class.
2. Each athlete must register for at least 12 hours for the Fall and Spring semesters.
3. **IMPORTANT:** Dropping below 12 hours will render you ineligible. You must obtain your coach's approval to drop a course.
4. All student-athletes must have passed 24 hours in the previous two semesters in order to be eligible. Up to 12 hours earned during the summer may be applied to the 24-hour rule.
5. Upon reaching your junior academic standing, you must have at least a 2.0 GPA.
6. To play a third season, you must have earned 48 hours; to play a fourth season, 72 hours.
7. Repeat Courses: There are special rules, depending on the grade earned in the previous course, as to whether or not it can be counted towards the 24-hour rule. Check with your coach for clarification.

Code of Conduct

Each student-athlete associated with the intercollegiate athletics program is expected to represent UM in an honorable and respectful manner at all times. Student-athletes are highly visible University representatives to the student body and the community.

UM student-athletes are expected to adhere to the *Student-Athlete Pledge* as set forth by the NAIA "Champions of Character" program. The Pledge is located at the back of this Handbook and you are expected to sign and return the Pledge to the athletic department.

While participating in the athletic program, student-athletes are expected to accept the following responsibilities:

Academics:

- Attend classes regularly and complete all academic assignments.
- Maintain academic eligibility as defined by the NAIA.
- Be honest and truthful in all academic work, contacts with faculty/staff and interactions with fellow students.

Athletic Competition:

You are expected to conduct yourself in competition in a respectful and sportsmanlike manner. Unacceptable behavior includes, but is not limited to:

- Taunting opponents, coaches or fans.
- Abusing officials, either physically or verbally.
- Using profanity in practices or games.
- Fighting with an opponent, before, during or after a competition.
- Throwing objects in an attempt to cause harm or express anger.
- Making derogatory statements to the media directed at fellow athletes, coaches or UM.

General Conduct:

- Abide by the rules and regulations of the University of Mobile.
- Refrain from consuming alcoholic beverages or illegal drugs. Student-athletes are randomly tested for these substances (see policy that follows this section.)
- Refrain from participating in any gambling activity that involves intercollegiate or professional athletics.

Specific Team Rules:

Coaches may have team rules that may be more stringent than the athletic department's rules and may cover areas not cited above or in the *UM Student Handbook*.

Student-Athlete Grievance Procedure

The following procedures have been established to help guide a student-athlete through a potential grievance (with a staff member of the Athletic Department) and hopefully settle the matter in a professional manner:

1. The student-athlete should meet with the staff member with whom he/she has a grievance.
2. If the grievance is not resolved to the satisfaction of the student-athlete, the student-athlete should write a statement in full detail about the grievance and submit that statement to the Athletic Director. The Athletic Director's office will then set up an appointment between the student-athlete and the AD.
3. After the first meeting between the student-athlete and the AD, a second meeting may be called to include the person against whom the grievance has been filed.
4. If the grievance is still not resolved to the satisfaction of the student-athlete, the student-athlete may submit his/her statement to the Vice President Enrollment Management. The Vice President will respond to the student-athlete within five (5) working days and may subsequently call for a meeting between any or all of the aforementioned parties.
5. If the grievance is still not resolved to the satisfaction of the student-athlete, he/she may submit a written appeal to the President.

Missing Classes Due to Competition

Student-athletes are expected to inform instructors as to when they will miss classes due to competition. This must be done in advance of a contest. If a contest is rescheduled due to a rain-out or if a team is playing in post-season, student-athletes are expected to also communicate this information to instructors.

If final exams need to be taken early or rescheduled, a "Request for Change in Examination Schedule" form will be distributed by the coach to his/her athletes. The student-athlete must take the form to each instructor for signature and then return the form to the Vice President of Academics, who gives final approval to requests.

Implementation Procedure for Drug, Alcohol and Controlled Substances Testing Policy For Intercollegiate Athletes

1. Each year all student-athletes must sign the then current *Drug, Alcohol and Controlled Substances Testing Policy for Intercollegiate Athletes Acknowledgment and Consent Form* (the “*Acknowledgment and Consent Form*”) before participating in intercollegiate athletics at the University of Mobile. The *Acknowledgment and Consent Form* must be signed before the student-athlete can attend any team practice or participate in any intercollegiate sporting event for that year. The failure to complete and sign the *Acknowledgment and Consent Form* will result in the student-athlete being prohibited from attending or participating in team practices and intercollegiate competitions and may result in the student-athlete losing any athletic scholarships or aid he/she may be receiving. The current version of the *Acknowledgment and Consent Form* is located on the last page of the *Student-Athlete Handbook*, and it may be amended, with or without notice, at the sole discretion of the University.
2. The University may conduct unannounced, random drug tests at any time of intercollegiate student-athletes. If athletic eligibility has expired but the student-athlete continues to receive aid, he/she will still be considered a student-athlete and subject to being tested. The University may also conduct suspicion-based drug tests of student-athletes who the University reasonably suspects of using a banned substance or of the illegal use, unauthorized use or abuse of alcohol. Additionally, a student-athlete may be subject to testing if the student-athlete previously was found to be in violation of University drug and alcohol policies.
3. During a random drug test, one or more student-athletes from each of the teams/sport categories will be randomly selected for drug testing. For purposes of the preceding sentence, women’s tennis, men’s cross country and women’s cross country will be considered one team due to the relative size of these teams. Reasonable suspicion drug tests may be administered at the same time as a random drug test or at any other time.
4. Each student-athlete selected to be tested will be notified, in writing, on or before the day of the test by being served with the *Student-Athlete Notification Form*. A student-athlete selected to be tested will read and sign the *Student-Athlete Notification Form*, and the time and date of notification will be recorded.
5. The University may test for any banned drug or substance, for alcohol, and for any evidence of tampering with any sample or manipulating or attempting to manipulate any drug or alcohol test.
6. The presence in a student-athlete’s urine of a substance and/or metabolite of a substance belonging to a class of banned drugs will be treated as a positive test result, except as noted herein. The presence of a substance and/or metabolite of a substance of a banned drug class will be determined by analysis of the student-athlete’s urine and confirmed by gas chromatography/mass spectrometry.
7. The current *Testing Protocol* is available at the Athletic Department and the office of the Vice President Enrollment Management. A copy of the testing protocol will also be provided to the student-athlete with the *Student-Athlete Notification Form* and will be available at the collection station. The *Testing Protocol* may be amended from time to time, with or without notice, at the sole discretion of the University.

8. A student-athlete's: (1) failure to sign the *Student-Athlete Notification Form*; (2) failure to sign the *Student-Athlete Signature Form*; (3) failure to arrive at the collection station at or by the designated time without justification; or (4) failure to provide a urine specimen according to protocol shall be treated as a positive test for a "Street Drug," the most severely-sanctioned banned substance.

9. Sanctions.

1. A student-athlete who tests positive for any banned substance that is not in the "Street Drug" class of banned substances, or for the unauthorized or illegal use of alcohol, will be subject to the following sanctions:

A. First Offense. A student-athlete who tests positive for the first time as a University of Mobile student-athlete will be suspended for the first available two weeks of competition in the student-athlete's respective sport. Eligibility for practice and athletic aid will be retained. The Athletic Director or designee shall notify the student-athlete's parent(s) or legal guardian(s) and head coach. The student-athlete will be responsible to meet with a drug education professional at his/her own expense to establish an educational program which must be submitted to the athletic director before the athlete is allowed to return to competition. In addition, the student-athlete will automatically be tested at the next random testing date and may be tested at one or more random testing dates in any year in which the student-athlete intends to participate in intercollegiate sports.

B. Secondary Offense. A student-athlete who tests positive after having previously tested positive while a University of Mobile student-athlete will be suspended from the intercollegiate athletic program for the remainder of the academic year and will immediately lose all athletic aid. The Athletic Director or designee shall notify the athlete's parent(s) or legal guardian(s) and head coach. In addition, the student-athlete will automatically be tested at every subsequent random testing date for so long as the student-athlete intends to participate in intercollegiate sports.

C. In addition to the above, a student-athlete found in violation of this *Policy* may be subject to further or additional disciplinary action and/or treatment as outlined in the Student Conduct section of the University of Mobile *Student Handbook*.

2. A student-athlete who tests positive for any banned substance in the "Street Drug" class of banned substances will be subject to the following sanctions (even if the substance is also within another class of banned substances):

A. First Offense. A student-athlete who tests positive for the first time while a University of Mobile student-athlete will be suspended from the intercollegiate athletic program for the remainder of the academic semester. The Athletic Director or designee shall notify the student-athlete's parent(s) or legal guardian(s) and head coach. Prior to any future participation in the athletic program, the student-athlete will be responsible to meet with a drug education professional at his/her own expense to establish an educational program that contains a minimum of 10 contact hours with a counseling professional which must be submitted to the athletic director for approval before the athlete is allowed to return to competition. In addition, the student-athlete will automatically be tested at the next random testing date and may be tested at one or more random testing dates in any year in which the student-athlete intends to participate in intercollegiate sports.

B. Second Offense. A student-athlete who tests positive after having previously tested positive while a University of Mobile student-athlete will be dismissed from the intercollegiate athletic program for the remainder of the academic year and will immediately lose all athletic aid. In addition, the student-athlete will automatically be tested at all future random testing dates in any year in which the student-athlete intends to participate in intercollegiate sports.

C. In addition to the above, a student-athlete found in violation of this *Policy* may be subject to further or additional disciplinary action and/or treatment as outlined in the Student Conduct section of the University of Mobile *Student Handbook*.

10. Appeal Process. If an athlete believes the facts on which the sanction(s) were based are erroneous, or that the sanction(s) should not be imposed, the athlete may file a written appeal with the Athletic Director within 15 days after the receipt of the sanctions(s). The appeal must include any information that might change the factual findings of the imposed sanctions(s). The Athletic Director will review the information submitted by the athlete and may reconsider the factual findings and sanctions(s) if the Athletic Director believes a basis exists for the appeal. The Athletic Director shall make the final decision regarding the appeal and will notify the athlete in writing of the decision.

11. Exceptions. The list of banned-drug classes is comprised of substances that are generally reported to be performance enhancing and/or potentially harmful to the health and safety of student-athletes. The University recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the University may allow an exception to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants, beta blockers, diuretics and peptide hormones. Exceptions will not be granted for any substances in any other classes of banned drugs.

12. Procedure for seeking and granting exceptions:

A. Alternative, non-banned medications for the treatment of various conditions exist and should be considered before an exception is pursued.

B. A student-athlete who wants to apply for an exception must provide a written letter from the student-athlete's treating physician diagnosing and explaining the student-athlete's condition or need for the drug, the course of treatment prescribed, the medication prescribed and the dosage of the same, and an analysis of the student-athlete's ability to safely practice, train and compete in the sport(s) in which the student-athlete intends to compete. The student-athlete's medical history should also be provided.

C. This information will be considered by the Athletic Director or his/her designee who may request additional information or documentation he/she deems necessary in evaluating the request.

D. If the Athletic Director or his/her designee is satisfied of the following, he/she may grant the exception: (1) that the student-athlete has a true medical condition that requires treatment by a banned drug; (2) that a banned drug has been properly prescribed by the student-athlete's treating physician; (3) that there are no alternative, non-banned drugs that can be used by the student-athlete to treat his/her condition; (4) that the use of the banned drug in combination with practice, training or participation in the particular sport will not unreasonably endanger the student-athlete; and (5) that the banned drug prescribed by the physician is in one of the following classes of banned drugs: stimulant, beta blocker, diuretic or peptide hormone.

E. Student-athletes with one or more exceptions may still be tested. In the event that a student-athlete is tested and tests positive for only those banned substances for which the student-athlete has an exception, such positive test result will be treated as a negative test result for enforcement and disciplinary purposes. If a student-athlete who has certain exceptions tests positive for banned substances for which he/she does not have an exception or if the student-athlete fails to otherwise comply with the University's *Drug, Alcohol and Controlled Substances Testing Policy for Intercollegiate Athletes* and the *Implementation Procedure and Testing Protocol* for the same, that student-athlete will be subject to the same enforcement and disciplinary actions as if he/she had no exceptions.

F. Requests for exceptions will be reviewed by the Athletic Director whose determination will be final.

13. Additional Banned Drugs and Banned Procedures. The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or the quantities of these substances used.

A. Blood Doping. The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited and any evidence confirming use will be cause for action consistent with that taken for a positive drug test.

B. Local Anesthetics. The University allows and permits the limited use of local anesthetics under the following conditions:

1. That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine;
2. That only local or topical injections can be used (i.e., intravenous injections are not permitted), and
3. That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

C. Manipulation of Urine Samples. The University bans and prohibits the use of substances and methods that alter the integrity and/or validity of urine samples provided during drug testing. Examples of banned methods are catheterization, urine substitution, and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration.

D. Beta 2 Agonists. The use of beta 2 agonists is permitted by inhalation only.

E. Alcohol.

14. Alcohol Policy. The University prohibits the illegal use of alcohol by its student-athletes, such as underage drinking. The University also prohibits any student-athletes from possessing, consuming, using, selling, transferring or being under the influence of alcohol on school property or school grounds, on athletic road trips, at school functions, and prior to or during athletic practices or competitions. The University further prohibits the abuse of alcohol, such as public drunkenness, by its student-athletes. A student-athlete who tests positive for alcohol may be subject to the same sanctions detailed in Section 9(1), above, if it is determined that the alcohol was consumed in an unauthorized or illegal manner under this *Policy*. The University reserves the right to treat all student-athletes who test positive for alcohol, even if their consumption of alcohol was not illegal or unauthorized under said *Policy*, in the same manner that any other student would be treated for the same offense of the *Drug and Alcohol Policy* found in the Student Handbook.

15. Record retention. The University will maintain all test results, both positive and negative, for the time the student-athlete remains enrolled at the University of Mobile. Upon the student-athlete departing the University of Mobile, all test results will be discarded.

16. Confidentiality. The University will strive to maintain the confidentiality of the results of all positive test results. Only the following persons will be notified by the University of a positive test result: the student-athlete, the Athletic Director, the Vice President Enrollment Management, the head coach of the student-athlete; the parent(s) or legal guardian(s) of the student-athlete, and any University counselors or therapists (if any). The University of Mobile will not initiate contact with any law enforcement agency and will not disclose the results of any test conducted under these procedures to any law enforcement agency or any third party except under valid court order or subpoena.

17. Banned substances are any drug or substance in one or more of the following drug classes: Stimulants, Anabolic Agents, Street Drugs, Diuretics, and Peptide Hormones and Analogues. A non-exhaustive list of examples of drugs and substances in these drug classes is attached hereto as Exhibit "A". No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

For purposes of the *Policy*, the presence of any substance and/or metabolite of any substance which is within any one or more of the above drug classes constitutes a positive result, except as follows:

- (1) for caffeine, a positive test result requires the concentration of caffeine in the urine to exceed 15 micrograms/ml.
- (2) for testosterone, a positive test result is one when 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, a positive test result requires the concentration of the THC metabolite in the urine to exceed 15 nanograms/ml.

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

Supplements. Nutritional supplements may contain substances banned by the University. A student-athlete is responsible for knowing the content of any supplements they are taking, if any. For questions regarding

nutritional supplements, a student-athlete can contact the National Center for Drug Free Sport Resource Exchange Center (REC) at (877) 202-0769 or www.drugfreesport.com/rec, but the ultimate responsibility remains with the student-athlete.

Approved by the Board of Trustees, University of Mobile, April 2001. Revised April 2003, as approved by Dr. Mark Foley, President.

Athletic Training/Insurance

Pre-Participation Physicals

Each athlete is required to have a physical before the first practice of the season begins. In order for the athlete to participate in any intercollegiate activity the physical must be on file with the head athletic trainer prior to any team practice, scrimmage, or athletic event.

There will be annual physicals given at the University of Mobile prior to the start of each Fall semester. There is no fee for these physical exams. These physicals are performed by the University of Mobile's team physician Dr. Stephen Cope and other orthopedists at the Orthopaedic Group P.C.

A student may have his/her physical exam prior to arriving on the campus at his/her own expense. All transfers or incoming freshmen are encouraged to have their pre-participation physicals done at home prior to arriving at UM, but this is not required. Physical examinations are only valid for one year from the date of service and can only be validated by an MD.

Insurance

All international students are required to be enrolled in the University's student insurance program. This plan can be accessed through HTH worldwide.com where a full explanation of benefits can be obtained. It is the students' responsibility to know what their insurance allows or disallows in terms of coverage.

All domestic students must provide proof of insurance at the time of physical in order to participate. Information regarding insurance options can be obtained by the head athletic trainer at the time of the physical or from UM's main athletics web page.

The University of Mobile provides student athletes the following types of insurance while competing in UM sanctioned intercollegiate athletic events:

1. Basic athletic injury (no sickness): (Acts as a secondary policy)

Coverage is provided while: (a) participating in play or practice of an intercollegiate sport sponsored by the policyholder; (b) traveling directly to or from play of an intercollegiate sport, as a team or member of a group; (c) off-season physical conditioning of an intercollegiate sport. Important: This policy does not include coverage of injuries incurred in competition outside of the NAIA-sanctioned 24-week season.

2. Lifetime catastrophic insurance:

For lifetime rehabilitation, medical and dental expenses as well as limited loss of earnings coverage in the case of total disability.

This insurance is a full excess plan of benefits. This means that all bills must first be submitted to any other medical insurance carrier (primary insurance company) with whom the athlete may be insured, then the claim will be processed by UM's secondary insurance plan.

*** Note: This insurance does not cover general medical illnesses incurred by the student-athlete. There is a Student Health Insurance Plan that may be purchased by the student but must be obtained in addition to this policy.

Insurance Policy Changes:

The University of Mobile's Athletic Training Department must receive any changes to a health insurance policy as soon as they occur. If proper notification is not received, the University of Mobile will not be responsible for any delays in payment, collections notices, credit reports, etc. that occur. **If a cancellation of a policy occurs without proper notification, all bills incurred during that period will be the responsibility of the student-athlete and/or his/her parents(s) / guardian(s).**

Compliance with Insurance Company Requests:

It is the student-athlete's and his/her parent(s) / guardian(s) responsibility to understand the conditions that apply to their policy and comply with any request for information, etc. from the primary insurance company. Insurance companies request information on their policy holders when injury / illness medical claims are billed. Examples are, but not limited to, accident/injury questionnaires mailed to your home asking you to answer and mail back to the insurance company and/or student enrollment verification, proving he/she is in college.

Any delinquent bills resulting in bad credit due to non-compliance with insurance company requests will be the responsibility of the student-athlete.

In the event that a student-athlete and/or his/her parent(s) / guardian(s) receives payment / reimbursement directly from their insurance company for athletic related injury / illness claims, **the full account balance becomes the responsibility of the student-athlete and/or his/her parent(s) / guardian(s), until payment is turned over to the provider.**

Training Room Policies and Procedures

Hours of Operation

The hours of operation for the athletic training room will be from 9:00 a.m. till 6:00 p.m. on Monday through Friday or until the last scheduled practice or game is over. Saturday hours will directly depend upon scheduled practices and game times. The training room will be open approximately one hour prior to practice in order for taping and treatments to be performed.

Treatment Times

The hours between 9am -11am should be used for treatments and evaluations of both acute and chronic injuries. If you have been injured and feel that it may interfere with the days practice/game schedule it is your responsibility to contact the athletic training staff as quickly as possible.

The training room will close between 11am -12pm each day. The hours of 12pm and 3:00 pm, will be designated for taping and heating only.

Special treatment will be given only to those teams in season. Any emergency injury that occurs during practice time is exempt from this rule.

***** There will be no Sunday treatments *****

Methods of Treatment for athletic injuries:

1. Any injuries will first be reported to the athletic training staff.
2. Athletes will be treated in the order that they enter the training room, with the exception of priority injuries.
3. The athletic trainer will then refer appropriate injuries to the team physician.

*** NO CARE WILL BE GIVEN OR COVERED BY THE UNIVERSITY OF MOBILE ATHLETIC DEPARTMENT UNLESS THE ABOVE STEPS ARE TAKEN. ***

In the event that an athlete sees a private physician without consent from the training staff, head coach, or Athletic Director, it will become the student's responsibility to handle and pay for all medical bills for that injury.

Methods of Treatment for sickness/illness:

Methods of Treatment for sickness/illness:

Day Hours:

1. Athlete should contact their coach regarding sickness or illness.
2. Athlete should contact athletic trainer for information on available physicians.
3. Have the physician place in writing any limitations on activity.
4. Meet with athletic trainer and the coach to discuss the physicians' findings.

Late Night:

1. Athlete should contact resident advisor and make a decision regarding possible emergency.
 2. If an emergency: Contact coach – seek treatment at Providence Hospital.
 3. Meet with athletic trainer the next day to determine course of action to be taken regarding physical activity.
- If a student-athlete contracts a general illness, he/she may contact a local physician (see Recommended Local Physicians). Neither the athletic department nor the athletic training office is responsible for any general illness expenses. Student-athletes are responsible for all general illness physician costs and medications (ie co-pays, deductibles, ...)

If you need to contact the training staff for additional information:

Training Room:

Melissa Thomas, ATC- Office (251) 442-2561 Cell 251-604-4269

Courtney Jones, ATC- Office (251) 442-2361 Cell 251-586-4419

Physician Visits

Injury

1. Athletes must immediately report all intercollegiate-related sports injuries to the athletic trainer who will arrange for the athlete to see a physician, if needed. All visits to a physician due to injury need to be prearranged by the athletic trainer, or in the case of an emergency, need to be reported to the athletic trainer or coach as soon as possible.

2. The student-athlete is responsible for providing each facility they are seen at the correct insurance and address information regardless of the injury or sickness. Failure to do so can mean a claim will go unpaid and can jeopardize the athlete's credit.

3. The student-athlete should coordinate all claim forms and itemized bills with the head athletic trainer and bring all bills related to the injury back to the head athletic trainer where a student folder will be kept on file to chart a claims progress. Failure to bring these bills to the attention of the head athletic trainer can result in the athlete being responsible for the claim. ***The University of Mobile will not be responsible for an injury that is handled outside of these parameters.***

Recommended Local Physicians

General Practice- (sickness/ stitches)

Providence Family Physicians Premier Medical – Dauphin Street
Airport Blvd 341-3368
Dr. Daniel Spriggs
639-5070

Northside Clinic – Saraland
Dr. Valentine/Dr. Carver
675-4733
M-F: 8-4 (appt only)
Sat: 9-11 (1st come/1st serve)

Greater Mobile Urgent Care
2350 Schillinger Rd Suite A
Mobile, AL 633-0123
M-F 8-8, Sat 8-4, Sun 10-4 (no appt needed)

Dentist

M-F: 8-4 (Appt only) Dr. James Whatley – Old Shell Road
334-5461
Dr. Diana Tedder - Satsuma
679-9428

Chiropractor Atlas Chiropractic - Saraland

Dr George Burroughs
679-1996

Gynecologist

Mobile Infirmary Medical Center
Dr. Helen Rogers
476-2255

Counseling

On campus

Emergency Room

Mobile Infirmary Medical Center

Spring Hill Avenue

Springhill Hospital

Dauphin Street

Providence Hospital

Airport Blvd West

Updated: July 30, 2009

Miscellaneous

Awards. *Lettering criteria is up to each individual coach.*

Awards Banquets. Each sport may hold its own awards banquet and may choose the type of awards it gives.

Fifth-Year Degree Completion Scholarship (DCS) Program. Student-Athletes may apply in their senior year. Contact your head coach for more information. **Application deadline, including completed F.A.F.S.A. is March 1st.**

GCAC Honor Roll Awards. Athletes who achieve a cumulative grade point average of 3.0 or higher for the semester in which they compete are eligible for the Conference Honor Roll. Freshmen and transfers are not eligible. Fall Sport Honor Roll certificates are presented at respective team banquets, at the end of the Spring semester. Spring Honor Roll certificates are presented at the Fall Athletics Convocation.

Note: Only athletes who are certified by the Registrar in NAIA-sponsored sports are eligible for academic awards.

Granting Releases for current student-athletes. In order for a currently enrolled student-athlete at the University of Mobile to receive a release to transfer and play for another institution, the student-athlete must inform his/her coach in writing at least sixty (60) days prior to the last day of classes for the semester. If this is followed, a release will be granted. Otherwise, the student-athlete may be subject to any national association and/or conference penalties that regulate transferring to another institution.

Ram Club. Philanthropy is an important part of any university's financial existence, and philanthropy is especially important in the realm of intercollegiate athletics. Through donations and gifts, our athletic program is able to provide additional opportunities for our student-athletes. As a result, each sport has its own Ram Club to meet specific fundraising needs. Parents of student-athletes and athletic alumni are asked to contribute to the Ram Club. After you graduate, you will be expected to "give something back" to the program that gave you an opportunity to compete in intercollegiate athletics.

Scholar-Athlete Graduation Award. This award is presented to the graduating senior who has achieved the highest cumulative grade point average as of the end of the Fall semester. The recipient has to have lettered for two seasons prior to his/her senior year and has to have made significant contributions to his/her sport.

Student Success Center. Available for personal counseling, career counseling and study skills. Located in Weaver Hall behind Weaver Auditorium.

Team G.P.A. Award. Awarded to the team with the highest cumulative grade point average for both Fall and Spring Semesters.

Tutoring. Free, on-campus tutoring is available to any registered student who requests it. Tutoring services can be obtained by contacting the academic department of the subject in which help is needed. It is up to you, the athlete, to seek tutorial help whenever you feel it is necessary. Your professors can also be of help in this area, if you request it.

Appendix A

.....Please sign both statements below and return to the Athletic Department.....

Acknowledgment and Consent Form

**Drug, Alcohol and Controlled Substances
Testing Policy for Intercollegiate Athletes**

I acknowledge that I have received a copy of the University of Mobile *Student-Athlete Handbook*, which contains the *Drug, Alcohol and Controlled Substances Testing Policy for Intercollegiate Athletes* (the "Policy"). I have read and understand the *Policy*. I understand that the *Implementation Procedure* and *Testing Protocol* adopted by the University pursuant to the *Policy* are available in the Athletic Department and in the office of the Vice President for Student Development. I further understand that the *Implementation Procedure* and *Testing Protocol* for the *Policy* may be amended from time to time, with or without notice, at the sole discretion of the University. I further understand that, pursuant to the *Policy, Implementation Procedure* and *Testing Protocol*, I may be required to submit to a drug and alcohol test at any time.

Student-Athlete's Name (please print)

Date

Student Athlete's Signature

Sport(s)

Social Security Number

UM Student ID Number

NAIA Champions of Character Pledge

Each game and practice, in which I participate, will provide me with an opportunity to be a "Champion of Character."

I pledge, as an NAIA student-athlete, to accept the five core character values of the NAIA and will do my best to represent the NAIA, my institution, my teammates, and myself by:

Respecting my opponent, the officials, my teammates, the game, and myself;

Taking **responsibility** for my actions in all areas of my life;

Having the **integrity** to stand by my word;

Providing **servant leadership** where I serve others while striving to be a personal and team leader; and

Being an example of **sportsmanship** by holding myself to the highest standards of fair play.

Student-Athlete's Signature

Date