

DEPARTMENT OF ATHLETICS DIRECTORY

ADMINISTRATION	NAME	EMAIL	PHONE#
Director of Athletics	Jeff Barber	jbarber2	582-2100
Faculty Athletics Representative	Dr. Bill Gribbin	wgribbin	582-2777
Sr. Assoc. AD for Internal Operations	Mickey Guridy	maguridy	582-2047
Sr.Assoc. AD for External Operations	Tim East		
Assoc. AD / SWA	Erin Hagen	eemckeown	592-4951
Executive Admin for the Director of Athletics	Kim Newton	krnewton	592-7569
Athletics Business Manager	Kris Sennett	ksennett	582-2388
Asst. Business Manager / Game Operations	Matt Staton	mdstaton	592-3925
Athletics Department Receptionist	Karen Goodwin	krgoodwin	582-2100
Women's Olympic Sport Dir. Of Operations	Keely McMillon	kcmillon	592-6824
Women's Olympic Sport Dir. Of Operations	Courtney Hall	cbhall	592-6823
Men's Olympic Sport Dir. Of Operations	Clay Copeland	ccopeland	592-6825
Athletics Events Coordinator	Ernest Carter	elcarter	592-7393
ACADEMIC AFFAIRS FOR ATHLETICS			
Sr. Associate AD for Academic Affairs	Kristie Beitz	kmbeitz	582-2105
Associate Director for Academic Affairs	Matt Anthony	msanthony	592-4950
Asst. Director for Academic Affairs	Courtney Huffman	cmhuffman	582-2044
Athletic Academic Coordinator	Rueben Gaines	rtgaines	582-2073
Athletic Academic Coordinator	Michael Johnson	mkjohnson	592-5413
Athletic Academic Coordinator	Jessica Lloyd	jelloyd2	582-2141
Academic/ SA Development Coordinator	Morgaine Godwin	machristiansen	592-5971
Athletic Academic Coordinator/GA	Lauren Markey	lmarkey	
Athletic Academic Coordinator/GA	Jordan Richardson	jrichardson16	
Technology Coordinator	Vince Ross	vross3	
COMMUNICATIONS			
Associate AD for Communications	Todd Wetmore	twetmore	582-2293
Associate Athletics Communications Dir.	Ryan Bomberger	rbomberger	582-2605
Associate Athletics Communications Dir.	Paul Carmany	pjcarmany	582-2604
Assistant Athletics Communications Dir.	Eric Brown	eqbrown	582-2294
Assistant Athletics Communications Dir.	Joe Carmany	jacarmany	592-4849
Athletics Communications Grad Asst.	David Fox	dfox1	592-5414
COMPLIANCE			
Associate AD for Compliance	Bert Locklin	blocklin	582-2116
Director of Compliance	Ashton Turner	akturner	592-4951
Assistant Director of Compliance	Matt Bevins	mbevins	582-2112
Men's Olympic Sports Dir. Of Operation	Tanner Hoyt	tkhoyt	592-7568

DEVELOPMENT / FLAMES CLUB

Associate AD for Development	Bob Good	rgood	582-2178
Director of Donor Relations	Megan Robinson	mlrobinson3	592-5896
Director Events	Lauren Thom	lebeckett	592-5866
Flames Club Associate	Shelby Locklear	sjlocklear	582-2582
Flames Club Associate	Adam Farrish	afarrish	592-5895

FACILITIES

Asst. AD of Athletics Facilities	Dan Maxam	dlmaxam	582-2549
Assistant Facilities Director	Mike Farris	mfarris	582-2549
Facilities Assistant	James Roe	jfro	

MARKETING / SALES AND PROMOTIONS

Director of Athletics Marketing	Kevin Keys	kkeys	592-3905
Associate AD- Sales and Promotions	Mike Minyard	mminyard	592-6459
Director of Fan Experience/Promotions	Brett Metcalf	bmetcalf	592-7096
Play by Play Broadcaster/Sales	Alan York	ayork	592-3999
Audio Content Coordinator	Nick Pierce	npierce	592-3900
Director of Ticket Sales	Ryan Kindt	rkindt	592-5015
Video Content Coordinator	Tim Lavender	tlavender	592-6750

TICKETS

Assistant AD for Ticket Operations	Anna Hutchinson	alwhitehurst	592-4948
Assistant Director –Athletics	Joe Rixon	jrrixon	592-5013
Assistant Director- Concerts/Special Events	Seth Mullen	swmullen	582-7328

SPORTS MEDICINE

Assistant AD for Sports Medicine	Jason Porter	jporter	582-2407
Senior Associate – Men’s Sports	Aaron Schreiner	aschreiner	592-4696
Senior Associate – Football	Barry Finke	bfinke	582-7046
Senior Associate- Women’s Sports	Tuesday Hunt	tlpatterson	582-7457
Assistant Athletic Trainer	Ben Galley	bagalley	592-4702
Assistant Athletic Trainer	Maggie Lindsey	mlindsey25	582-2454
Assistant Athletic Trainer	Mary Green	megreen1	582-2744
Assistant Athletic Trainer	Dan Preusser	dpreusser	582-2414
Assistant Athletic Trainer	Hugh Blocker	hblocker	582-2451
Assistant Athletic Trainer	Jen Tapken	jltapken	582-7458
Insurance Coordinator	Rhonda Becker	rgbecker	592-7162
Nutritionist	Donna Barber	dbarber2	592-4861

STRENGTH AND CONDITIONING

Head Strength and Conditioning Coach	Bill Gillespie	bgillespie	592-4694
Director of Strength for Olympic Sports	Eric Overland		
Associate Strength and Conditioning Coach	Dave Williams	dwilliams	592-4861

Assistant Strength and Conditioning Coach	Karyl Weise	kbacon	
Assistant Strength and Conditioning Coach	BJ Hayes	alhayes	
Assistant Strength and Conditioning Coach	Patrick Gifford	pcgifford	
Assistant Strength and Conditioning Coach	Soloman Tat	stat	

CHEERLEADING/MASCOT

Head Coach	Jordan Ballard	jpballard	592-4481
Assistant Coach	Raina Brooks	cheer	

BASEBALL

Head Coach	Jim Toman	jtoman	582-2305
Assistant Baseball Coach	Garrett Quinn	gquinn	582-2119
Assistant Baseball Coach	Jason Murray	jfmurray	582-2103
Director of Operations	Daniel Brown	dhbrown	582-2101

MEN'S BASKETBALL

Head Coach	Ritchie McKay	lubasketball	582-2337
Assistant Coach	Omar Mance	omance	582-2552
Assistant Coach	Brad Soucie		
Assistant Coach	Kyle Getter		
Director of Operations	Matt Olinger	meolinger	582-2411
Administrative Assistant	Rebekah Ray	rrey	582-2337

WOMEN'S BASKETBALL

Head Coach	Carey Green	cgreen	582-2907
Assistant Coach	Brittany Hoyt	blcampbell2	582-2616
Assistant Coach	Alexis Sherard	asherard	582-2011
Assistant Coach	Andrea Bloodworth	abloodworth	582-2012
Director of Operations	Sarah Boruta	seboruta	582-2619
Administrative Assistant	Katie Garlick	kpgarlick	582-2907

WOMEN'S FIELD HOCKEY

Head Coach	Jodi Murphy	lmurphy5	582-2293
Assistant Coach	Jacki Raithel	jrraithel	582-2142
Assistant Coach	Tilly Brampton	tgrampton	582-2143

FOOTBALL

Head Coach	Turner Gill	tgill8	582-2048
Assistant AD for Football Administration	Paul Rutigliano	pwrutigliano	582-2043
Offensive Coordinator – TE	Aaron Stamm	abstamm	582-7988
Asst. Head Coach - OL	Dennis Wagner	dewagner	582-7089
Defensive Coordinator – Saf./LB	Robert Wimberly	rwimberly	582-2045
Co-Defensive Coordinator – DL	Vantz Singletary	vsingletary	582-2046
Assistant Coach/Recruiting Coord. - DB	Marshall Roberts	mroberts	582-2032
Assistant Coach- OLB	Josh Bookbinder	jtbookbinder	592-6146
Assistant Coach – QB	Joe Dailey	jjdailey	582-2055
Assistant Coach – RB	Jamaal Fobbs	jrfobbs	582-2042

Assistant Coach – WR	Ron Brown	rabrown	582-2034
Assistant Coach- DT	Bryant Lewellyn	blewellyn	582-2223
Defensive Quality Control	Charlie Skalaski IV	cwskalaski	592-6145
Offensive Quality Control	Kyle DeArmon	kadearmon	592-4695
Director of Spiritual Development	Ed Gomes	egomes	582-7088
Equipment Manager	Chris Dunfee	csdunfree	582-2052
Assistant Equipment Manager	Ryan Carr	rmcarr2	582-2052
Assistant Equipment Manager	Reese Braband	rabraband	592-6557
Video Coordinator	Danny Wenger	dwenger	582-2244
Director of Player Personnel	Kettie Fickter	kefickter	582-2704

MEN'S GOLF

Head Coach	Jeff Thomas	jthomas5	582-7448
Assistant Coach	Ian McConnell	iamconnell	582-7448

WOMEN'S LACROSSE

Head Coach	Kelly Nangle	kanangle	582-2564
Assistant Coach	Annie McGinley	afmcginley	582-2144
Assistant Coach	Megan Harkey	mharkey	582-2145

MEN'S SOCCER

Head Coach	Jeff Alder	jtalder	582-2381
Assistant Coach	Jose Gomez	jrgomez	592-4854
Assistant Coach	AJ Madero	ajmadero	582-2381

WOMEN'S SOCCER

Head Coach	Jessica Hain	wsoccer	582-2768
Assistant Coach	Kristin Eggert	keggert	582-2134
Assistant Coach	Adam Godwin	asgodwin	582-2389

SOFTBALL

Head Coach	Dot Richardson	drichardson1	582-7255
Assistant Coach	Bob Pinto	rpinto4	582-7254
Assistant Coach	Paige Cassady	jcassady	582-7257

SWIMMING

Head Coach	Jake Shellenberger	jashellenberger	582-2387
Assistant Coach	Jessica Barnes	jbbarnes2	582-2387

MEN'S TENNIS

Head Coach	Chris Johnson	cjohnson4	582-2409
Assistant Coach	Rich Benson	rbenson5	592-5461

WOMEN'S TENNIS

Head Coach	Jeff Maren	jdmaren	592-6259
Assistant Coach	Gian Lemmi	gplemmi	592-5461

TRACK AND FIELD / CROSS COUNTRY

Head Coach	Brant Tolsma	bctolsma	582-2455
Associate Head Coach	Lance Bingham	lrbingha	582-2057

Assistant Coach	Andrew McFadden	asmcfadden	582-2135
Assistant Coach	Clendon Henderson	clhenderson	582-2133
Assistant Coach	David Cheromi	dkcheromei	582-2132
Assistant Coach	Rebekah Ricksecker	rericksecker	582-2122
Director of Operations	Dan Newell	dnewell	582-2135
Graduate Assistant	Rod Ester Castor	rcastor	582-2135

VOLLEYBALL

Head Coach	Shane Pinder	sgpinder	592-4130
Assistant Coach	Johnathan Willis	ejwillis	582-2711
Assistant Coach	Cassie Crumal	ccrummal	592-5714

LETTER FROM THE ATHLETIC DIRECTOR

Dear Student-Athlete,

God is continuing to bless Liberty University and our athletics department. As we begin a new academic and athletic year here, please know that the entire university is honored to have you representing our institution. It is a privilege to have the ability to attain a great education and at the same time participate in college athletics. Not only are we succeeding on the playing fields and courts with our Sasser Cup Championships, but more importantly, we are seeing record success in our classrooms as we have had the highest number of student-athletes receiving a 3.0 or higher in the history of our University. In addition to those success stories, our athletic facilities continue to improve as evidenced by new facilities for baseball, softball, basketball, golf and track & field.

There are many components to being a student-athlete. While our hope is that you will succeed in the classroom and in competition, we also hope that you will use this year as an opportunity as a Christian to grow and serve Him in a manner that is pleasing to Him.

This handbook is for you to use in familiarizing yourself with the policies and procedures of our athletics department. Please read it carefully and understand that as a student-athlete here at Liberty, you are expected to follow the guidelines which are set forth in the following pages. If you have any questions about what you read, please feel free to contact our staff for their assistance.

I hope you share the vision that we hold in our department to be the very best we can be and take pride in the building of our great University through your role as a student-athlete. We do not want to settle for mediocrity but rather desire to play for championships in every sport. I wish you the very best for the upcoming year.

Sincerely,

Jeff Barber

Director of Athletics

THE DEPARTMENT OF ATHLETICS

STATEMENT OF GOALS AND OBJECTIVES

Liberty University is a distinctly Christian Liberal Arts University committed to the pursuit of excellence in all phases of its mission. The University's mission is to produce Christ-centered men and women with the values, knowledge, and

skills required to impact tomorrow's world. In keeping with the traditional association of sports with education, intercollegiate athletics constitute an integral, and very visible, aspect of Liberty's educational program. It is our prayer that participation in intercollegiate athletics will help student-athletes:

- Make a commitment to a Christian lifestyle
- Actively communicate their Christian faith
- Demonstrate to others that Jesus Christ is their personal Savior

To be consistent with the mission of the University an effective athletic program must help prepare student-athletes to:

- Succeed in their chosen field of study
- Graduate
- Excel in their chosen sport

Liberty University's program begins by recruiting and admitting only those student-athletes who have an excellent chance to succeed academically. Careful monitoring by academic and athletic advisors assists us in meeting our goal of a 75% graduation rate of our student athletes.

Although winning is important in sports, it is not the sole measure of success. Rather, specific emphasis is placed on the following as no less important goals of the University for the student-athletes:

- Development of self-discipline
- Commitment to team effort
- Enhancement of social skills and good sportsmanship
- Commitment to fairness and equity for all minority groups

Liberty University is committed to strict adherence to NCAA rules and regulations. The Department of Intercollegiate Athletics, in coordination with the Registrar's Office, Financial Aid Office, and Faculty Athletics Representative, is charged with monitoring this adherence.

Liberty University is also committed to fair and impartial treatment of all students, including its student-athletes. This includes:

- Effective leadership
- Effective medical care
- Proper facilities and equipment
- A full range of academic counseling and student development services
- *Appropriate competitive opportunities for men and women to achieve prominence at the conference, regional, national and/or international levels*

Liberty's athletic program provides a rallying point for the University – for students, faculty, staff, alumni and friends. The student-athletes, therefore, are among the institution's finest representatives.

The program's goals and objectives are continually evaluated for the establishment of more efficient and creative ways to contribute to the mission of Liberty University.

STUDENT DEVELOPMENT / LIFE SKILLS PROGRAM

The mission of the NCAA is to maintain intercollegiate athletics as an integral part of the campus educational program and the student-athlete as an integral part of the student body. With this in mind, the CHAMPS/Life Skills Program was created to support the student development initiatives of its member institutions and to enhance the quality of the student-athlete experience within the university setting.

In the process of achieving this mission, the Student Development/Life Skills Program will:

- Support efforts of every student-athlete toward intellectual development and graduation.
- Use athletics as preparation for success in life.
- Meet the changing needs of student-athletes.
- Promote respect for diversity among student-athletes.
- Enhance interpersonal relationships in the lives of student-athletes.

- Assist student-athletes in building positive self-esteem.
- Enable student-athletes to make meaningful contributions to their communities.
- Promote ownership by the student-athletes of their academic, athletic, personal and social responsibilities.
- Enhance partnerships between the NCAA, member institutions and their communities for the purpose of education.
- Encourage the development of leadership skills.
- Promote diversity and equality.

COUNSELING SERVICES

Liberty University offers students many resources through the Student Care Office. These services include crisis prevention, counseling, mentoring, life skills, and the prayer room. The Student Care Office can be reached at 582-2651 or studentcare@liberty.edu.

In some circumstances, student-athletes may be required to attend counseling sessions at the discretion of the athletics department staff to continue participation in practice, team events, and competition. The decision to require attendance at counseling sessions will be made by members of the athletics department staff; including but not limited to, the Director of Athletics, coaching staff members, the Athletic Training staff, the Senior Woman Administrator, and the Academic Affairs for Athletics Staff.

THE CENTER FOR MULTICULTURAL ENRICHMENT

The Center for Multicultural Enrichment provides information and advocacy for students from various ethnic backgrounds through programs and services that promote unity and celebrate cultural diversity at Liberty University and in Central Virginia.

ASSIST Program

This peer mentoring and leadership development program matches new students with upperclassmen to assist in their transition to university living. Both, peer mentor and new students receive leadership development training through an intense series of workshops, practical training and community service projects. Peer mentors are guided through our faculty/staff partnership.

Black Student Initiative

This initiative provides an environment of unity, advancement and success for African American students at Liberty University, by equipping them with administrative, academic and spiritual leadership. This program provides accountability, encouragement and reassurance toward being successful students and graduates of Liberty University.

Campus Relations

This initiative supports and/or collaborates with Liberty University departments, in mutual partnerships for advancement of multicultural matters.

Community Relations

This initiative supports and/or collaborates with the city of Lynchburg, local businesses and other colleges/universities in mutual partnerships for advancement of multicultural matters.

Connections Weekly

Connections Weekly is an electronic newsletter that is delivered to Liberty emails every Friday or can be found on our Connections Weekly web page. This newsletter has the most current information for the campus community about our programs and services. Connections Weekly features a devotional and scholarship opportunities for students.

Cultural Awareness

In an effort to foster an appreciation of other cultures; this initiative involves a multitude of events that include, but are not limited to the nationally celebrated heritage months. Projects support the specific Liberty University's aims to: (1) contribute to a knowledge and understanding of other cultures and of international events, (2) promote an understanding of the Western tradition and the diverse elements of American cultural history and (3) cultivate sensitivity to the needs of others and a commitment to the betterment of humanity.

The EQUITY Factor Movement

Established upon one of Liberty University's aims to, cultivate a sensitivity to the needs of others and a commitment to the betterment of humanity, The E.Q.U.A.L.I.T.Y. Factor Movement program is a leadership development program that educates Liberty University students on how to promote and maintain an appreciation for multicultural diversity on Liberty University's campus.

Assist Program

Special Projects

This program initiates and organizes various events for the entire student body. These activities are for the purpose of acknowledging the university's diversity and promoting unity on campus.

Urban Ministry Affairs

This initiative strives to educate, equip, encourage and empower Liberty University students who desire to use their God-given talents and gifts to spread the Gospel of Jesus Christ through the medium of Hip-Hop to reach and impact the local and global urban culture in a positive way.

Contact Information

Phone: 434.592.4020

Fax: 434.582.2853

Location: Dorm 20-1st Floor

Email: Center4ME@liberty.edu

Website: www.liberty.edu/center4me

STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is a body of student-athletes, two representatives from each athletics team (one each from Indoor/Outdoor Track and Cross Country), cheerleaders and student-trainers. SAAC representatives are selected by coaches and the previous SAAC representatives. All members must be in good academic and team standing and also maintain a minimum 2.5 GPA. The members of SAAC are to serve as the *voice* for all student-athletes within the University, community, Big South Conference and the NCAA. The SAAC meets a minimum of once per month with the SAAC advisor to provide the student-athletes an opportunity to express opinions, concerns and new ideas that will help to enhance the student-athlete experience at Liberty University. The Student-Athlete Advisory Committee also spearheads our student-athlete community service as they lead the forces in an effort to win the Big South Conference Service Award, known as the Kallander Cup.

FACULTY SENATE ATHLETICS COMMITTEE

The Faculty Senate Athletics Committee (FSAC) serves as a link between the University's athletics program and other institutional programs. It reviews and makes recommendations related to Athletic Department policies and procedures to ensure academic integrity in the program. The committee is responsible for monitoring the Athletic Department's adherence to NCAA reporting procedures, including within its two subcommittees: the Gender Equity Athletics Committee (GEAC) and the Minority Issues Athletics Committee (MIAC). Additionally, the FSAC reviews and recommends standards for student-athletes' eligibility for participation in intercollegiate athletics. This committee also serves as the appellate body to which student-athletes may appeal decisions concerning academic status (warning and probation) and other issues that would influence eligibility for athletic participation.

GENDER EQUITY ADVISORY COMMITTEE (GEAC)

The Gender Equity Athletics Committee (GEAC) serves as the oversight body for the implementation of the Department of Athletics' gender equity plan. The GEAC meets a minimum of once per semester to discuss issues related to gender equity and to ensure a timely implementation of the gender equity plan. The GEAC works on behalf of both the athletics department and the male and female student-athlete to ensure comparability amongst the sexes.

MINORITY ISSUES ATHLETICS COMMITTEE

The Minority Issues Athletics Committee (MIAC) serves as the oversight body for the implementation of the Department of Athletics' minority plan. The MIAC meets a minimum of once per semester to discuss issues related to minority student-athletes and to ensure a timely implementation of the minority plan. The MIAC works on behalf of the athletics department and the minority student-athletes to promote diversity within various aspects of the department of athletics.

LIBERTY UNIVERSITY ATHLETICS COMMUNICATIONS

Todd Wetmore – Associate Athletic Director for Communications

Sport Coverage: Football, Golf

Office: (434) 582-2293

Cell: (434) 841-8974

Email: twetmore@liberty.edu

Ryan Bomberger - Associate Athletics Communications Director

Sport Coverage: Baseball, Men's Soccer

Office: (434) 582-2605

Cell: (434) 221-5576

Email: rbomberger@liberty.edu

Paul Carmany - Associate Athletics Communications Director

Sport Coverage: Women's Basketball, Cross Country (M&W), Track and Field (M&W)

Office: (434) 582-2604

Cell: (434) 221-5575

Email: pjcarmany@liberty.edu

Eric Brown - Assistant Athletics Communications Director

Sport Coverage: Men's Basketball, Women's Soccer

Office: (434) 582-2294

Cell: (434) 221-8817

Email: egbrown@liberty.edu

Joe Carmany - Assistant Athletics Communications Director

Sport Coverage: Volleyball, Swimming, Softball

Office: (434) 592-4849

Cell: (434) 534-4325

Email: jacarmany@liberty.edu

David Fox - Athletics Communications Graduate Assistant

Sport Coverage: Field Hockey, Lacrosse, Tennis (M&W)

Office: (434) 592-5414

Cell: (910) 639-4100

Email: dfox@liberty.edu

MEDIA GUIDELINES FOR STUDENT-ATHLETES

Dealing with the news media should be a positive experience. After all, being interviewed is fun and receiving attention for your team and your sport is exciting. While most members of the media are normally very cooperative and considerate of you and your wishes, it is always safe to have basic ground rules by which to operate and a general understanding of who the media is and what they want from you.

There are four very important **MUSTS** when dealing with the media:

1. You **MUST** keep in mind that you are representing your teammates and your coaches, plus the University and its mission of Training Champions for Christ whenever you speak publically with the media. Using harsh language or “talking trash” about an opponent or teammate reflects poorly on you, your team, your coach and Liberty University. It is also wise to use “yes sir” and “yes ma’am”, etc., to establish a respectful rapport with the reporter.
2. You **MUST** never agree to meet with or be interviewed by a media member unless the contact has been cleared by the Office of Athletics Communications. If a member of the media contacts you out of the blue, without your prior knowledge and they will, please politely ask them to contact the Office of Athletics Communications before answering any questions. You can explain to them that you will be to talk with them as long as they have gone through the proper channels.
3. You **MUST** remember that the members of the media are not your enemy. In fact, media professionals can be your friends if you handle them properly, respect what they do and you can expect the same respect in return from them.
4. You **MUST** remember that everything you say is “on the record.” Even if a media member asks you to talk “off the record,” anything you say, good or bad, might be repeated to someone else. Protect yourself, your teammates, your coaches and Liberty University by only speaking “on the record.”

Under most circumstances (outside of postgame interviews), a member of the Athletics Communications staff will inform you about an interview request at least 24 hours before the actual interview, allowing you time to fully prepare. To help you get ready, below is an overall detailing the four types of interview opportunities:

Press Conferences

This is used at events that are attended by a large number of media outlets. You will be at a podium or at a table with a microphone and questions will come from the audience. The key element is to speak into the microphone and speak up.

Television

Television media are looking for short, concise answers in the 10-20 second range. Your first impression is critical. Take off your hat, sunglasses or headphones and look presentable. Speak clearly and distinctly and be courteous.

Radio

Radio reporters are normally looking for short, concise answers in the 10-20 second range as well. It is very important to speak clearly and slowly while being interviewed. As a general rule, Liberty Athletics would prefer you do not do live radio talk shows. All radio interviews should be taped and pre-approved by the Office of Athletics Communications.

Print

Newspaper reporters need more than short sound bites. Be prepared to spend more time with them and give more thought to your answers. Try to give them a more in-depth view of the situation. They like background material and stories about your relationships with teammates, coaches, etc. Try to be clear in what you mean to say because your words are translated into print and can be misread by the public. Try not to joke around!

Social Media

Please be careful what you post on Facebook, Twitter and other forms of social media. Not only are you representing Liberty University and your team, but any comments made on social media can be quoted, just as if you were giving an interview or answering a question at a press conference.

Internet Reporters

Websites and Internet blogs are rapidly becoming more prominent in covering collegiate athletics. For example, Liberty Flames Nation (although not affiliated with the Liberty Athletics Department in any way) follows our teams closely and reports on news regarding Liberty teams, coaches and student-athletes. If approached by an Internet reporter, please ask

him or her to contact the Liberty Office of Athletics Communications to set up interviews, just like the traditional media outlets do.

Here are some “Do’s” and “Don’ts” that should help you in dealing with media and interviews:

Do’s:

- Practice makes perfect.
- RELAX – 90% of mistakes are made because you’re nervous.
- Remember - You are the expert on your sport.
- Think before you speak. Silence is better than fumbling for words.
- Know that if there is a camera present, you may be on television or your video interview might end up on a website. If it’s just a microphone, it may be on the radio. If it’s just a person with a small hand-held recorder or just a notepad, it is an interview for the newspaper.
- Make direct eye contact with the person interviewing you and pay attention to everything that is being said.
- Praise your teammates and credit your coaches.
- Talk in short, complete sentences.
- Offer background information that the reporter may not know.
- Feel free to educate reporters about your sport.
- If you are uncomfortable answering a question, simply say that you would rather not answer that question.
- If you are meeting a reporter for an interview, look presentable. Your appearance counts, even if there aren’t cameras present.
- Be on time for interviews and when returning phone calls. Many reporters work on deadlines and your punctuality makes a difference.
- Have a game plan. Identify two or three important points you want to get across to the reporter.
- How you act when you lose is often more important than how you act when you win.
- If you are uncomfortable about an interview request, discuss it with your team’s Athletics Communications contact. The contact can help you through the process and can even provide you with some sample questions that might be asked of you during the interview.
- Always end with a simple, “Thank you.”

Don’ts:

- Don’t think of the media as an enemy.
- Don’t look down.
- Don’t worry about pauses while you think or catch your breath. Media members are often writing or taking notes and need the time to catch up.
- Don’t talk too fast.
- If you don’t know the answer, say, “I don’t know the answer to that.”
- Don’t say things that will come back to haunt you or can be used as bulletin board material for other teams.
- Never say “never.”
- Don’t use technical or sports-specific jargon or terminology the general public won’t understand.
- Don’t play favorites. Every reporter is there to do the same job. Treat them all with equal respect and time.
- Don’t speak for others and don’t relate quotes from others.
- Don’t use harsh language or “trash talk”
- Don’t continually say, “uuuhhhh,” “you know,” “you know what I’m saying.” Just answer the question.
- Don’t post anything on your social media accounts that you do not want to be used by the media.
- Don’t go “off the record.” If you don’t want to see it in the newspapers, don’t say it.

If you have questions, are nervous about an interview or need practice, call the Athletics Communications Office at (434) 582-2292.

LIBERTY UNIVERSITY STRENGTH AND CONDITIONING

Bill Gillespie – Head Strength and Conditioning Coach

Sport Coverage: Football

Office: (434) 582-4694

Cell: (434) 660-9963

Email: bgillespie@liberty.edu

Dave Williams – Associate Head Strength and Conditioning Coach

Sport Coverage: Women's Basketball, Volleyball

Office: (434) 592- 4861

Email: dwilliams@liberty.edu

Soloman Tat – Assistant Strength and Conditioning Coach

Sport Coverage: Men's Basketball

Office: (434) 582-2392

Email: stat@liberty.edu

Karyl Bacon - Assistant Strength and Conditioning Coach

Sport Coverage: Women's Soccer, Softball, Men's and Women's Tennis, Men's Golf

Email: kbacon@liberty.edu

BJ Hayes - Assistant Strength and Conditioning Coach

Sport Coverage: Football

Email: alhayes@liberty.edu

Patrick Gifford - Assistant Strength and Conditioning Coach

Sport Coverage: Men's Soccer, Women's Swimming, Women's Field Hockey, and Baseball

Office: (434) 592-6741

Email: pcgifford@liberty.edu

WEIGHT ROOM POLICIES

The weight room facilities are for the use of Liberty student-athletes and athletics department staff. No one is to use the facility without permission from the athletics department administration and strength coaching staff.

The following are guidelines to help ensure the maintenance of a quality facility and program for all involved:

1. Work out only with the supervision of the strength coaching staff.
2. Respect scheduled workout times for other teams.
3. Begin each workout with a warm-up.
4. Always use spotters and collars on the bars for safety.
5. Follow proper lifting techniques to ensure maximum improvement and to prevent injuries.
6. Keep the weight room neat by emptying the bars after lifting and returning plates, belts, wraps, straps and ropes to their proper places.
7. Absolutely no horseplay or cursing.

8. Remember the weight room is not a social club or a lounge — enjoy your time there but help maintain a **WORK ATMOSPHERE**.
9. Do not abuse the equipment by dropping or throwing weights or by banging weight stacks.
10. Report any broken or damaged equipment immediately.
11. Help maintain a positive atmosphere by helping to spot and encourage other student-athletes.
12. Be courteous and willing to share equipment with others who are lifting.

WEIGHT ROOM DRESS CODE

1. Shirts must be worn at all times.
2. Tank tops are permissible but ripped shirts are not allowed.
3. Women wearing tank tops must have a t-shirt on underneath.
4. Women must always wear spandex under their shorts. Never wear spandex alone, must have shorts over top.
5. **NO** other university gear is allowed on at any time in the weight room.

CONFERENCE AFFILIATION

Liberty is a proud member of several athletics conferences, offering student-athletes the opportunity to compete against the highest level of intercollegiate competition. Liberty's primary affiliation is the Big South Conference. As the primary conference for Liberty, the Big South includes all of Liberty's teams in consideration for select academic honors, and NCAA representation. All student-athletes should take heed of the Big South's Sportsmanlike Conduct Policy as a standard on which to conduct themselves as an opponent regardless of actual sport affiliation. A complete list of conference affiliations is below.

The Big South Conference

Competing Sports: Baseball, Basketball, Cross Country, Football, Golf, Women's Lacrosse, Soccer, Softball, Tennis, Indoor and Outdoor Track and Field, Volleyball

Member Institutions: Campbell, Charleston Southern, Coastal Carolina, Gardner-Webb, High Point, Longwood, Presbyterian, Radford, UNC Asheville, VMI, Winthrop

The Coastal Collegiate Swimming Association

Competing Sports: Swimming and Diving

Member Institutions: Campbell, College of Charleston, Davidson, Florida Gulf Coast, Gardner-Webb, Georgia Southern, Howard, North Carolina A&T, North Florida, North Carolina A&T, UNC Asheville, Radford, VMI

The East Coast Athletic Conference

Competing Sports: Women's Indoor and Outdoor Track and Field

Member Institutions: 90 East Coast Institutions

The Intercollegiate Association of Amateur Athletes of America

Competing Sports: Men's Indoor and Outdoor Track and Field

Member Institutions: 108 East Coast Institutions

The Northern Pacific Field Hockey Conference

Competing Sport: Field Hockey

Member Institutions: Appalachian State, California, UC Davis, Pacific, Stanford

THE BIG SOUTH CONFERENCE

The Big South Conference is a progressive NCAA Division I athletic conference reflecting the energy and growth of the New South. Founded in 1983, the Big South Conference has matured in its brief history into a competitive leader in collegiate athletics, actively pursuing excellence both on the field and in the classroom.

There are nine men's championship sports: baseball, basketball, cross country, football, golf, soccer, indoor/outdoor track and tennis; and nine women's championship sports: basketball, cross country, golf, soccer, softball, tennis, indoor/outdoor track and volleyball.

The Big South Conference consistently seeks to honor their outstanding student-athletes. Each sport elects all conference members, an MVP, and at the end of the year the Conference Athletic Directors, Senior Women Administrators, and Sports Information Directors vote on the "Howard Bagwell Award"--Male and the Female Player of the Year.

In addition to the Big South's athletic accomplishments, the League encourages the pursuit of academic excellence by their student-athletes. Students accumulating a yearly grade point average of 3.0 or better are recognized by receiving a certificate honoring them as a member of the Big South Conference Presidential Honor Roll. The very prestigious "Christenberry Award", for academic excellence, is presented annually to the male and female student-athlete who maintains the highest grade point average during their intercollegiate career and are also graduates of a conference institution for that school year. The Scholar-Athlete of the Year Award, as selected by the Conference's Sports Information Directors, will be presented along with a male and female Scholar-Athlete of the Year in each Conference sport. Additionally, the Big South All-Academic Teams will be chosen for a fourth consecutive year.

THE BIG SOUTH CONFERENCE SPORTSMANLIKE CONDUCT POLICY

It shall be the responsibility of each member institution to ensure that all individuals associated with the athletic program of that institution, including its student-athletes, conduct themselves in a sportsmanlike manner when representing their university, especially at intercollegiate athletic contests.

Unsportsmanlike conduct, particularly when demonstrated by coaches, squad members, or team attendants cannot be tolerated and may subject the individual to disciplinary action. The member institution with which the individual is associated may also be subject to disciplinary action if it is found that the institution's action, or failure to act, substantially contributed to the individual's misconduct.

Intercollegiate athletics has made a great impact on our society and it is our intention to do everything possible to uphold the integrity of the games.

SPORTSMANLIKE OPERATION CODES

Every reasonable effort shall be made by competing institutions to emphasize the importance of good sportsmanship at all athletic events. However, in the event crowd control procedures must be initiated, this responsibility rests with each host institution, or with the tournament or designated representatives who shall be available at the site of the competition to assist in controlling the crowd.

Only the participants, coaches, officials, and authorized personnel shall be allowed in the competition area before or during the competition.

No alcoholic beverages shall be sold to the public at the home site of a Big South Conference Championship.

PUBLIC CRITICISM OF OFFICIALS

Public criticism of officials or public comments evaluating the officiating of particular contests is not in the best interest of intercollegiate athletics. Athletic personnel, including players, are prohibited, therefore, from commenting publicly on officiating other than directly to the Conference Office. Head coaches are responsible for the comments of assistants and other athletic staff members associated with their teams.

Any coach who violates the prohibitions of public criticism of officials, as stated above, will be suspended from a future scheduled contest. Specifically, the coach will be allowed at the site of the contest up to an hour before the contest begins, after which he/she must vacate the playing area. This applies to all sports, and includes conference as well as non-conference contests.

COACHES AND PLAYER CONDUCT

While the Big South Conference believes that one of the problems confronting intercollegiate athletics is the lack of adherence and enforcement of conduct rules, it is cognizant of and recognizes the sincere effort put forth by the majority of coaches, players, officials, and administrators to ensure contests will be conducted and played in a sportsmanlike manner.

For coaches, squad members, or team attendants to conduct themselves in an unsportsmanlike manner is an infraction of the rules. Coaches and administrators have the responsibility to set the tone for responsible behavior on the part of their teams and followers.

Acts of violation of coach and player conduct rules shall include, but not be limited to, the following, and may be subject to reprimand or suspension from additional contests as the Commissioner deems appropriate: (person, for the purpose of this section, means coaches, squad members, or team attendants)

- a) Any person who strikes or physically abuses an official, opposing coach, player, or spectator;
- b) Any person who intentionally incites participants or spectators to violent or abusive action;
- c) Any person who uses profanity, vulgarity, taunts, ridicules, makes obscene gestures or points a finger at officials or opponents;
- d) Any person who publicly criticizes any game officials, conference personnel, a member institution, or institutional personnel;
- e) Any person who engages in negative recruiting by making statements to a prospective student-athlete, parents, high school coach, or other person interested in the prospective student-athlete, which are unduly derogatory of another institution or its personnel;
- f) Any person who enters the competing area for an unsportsmanlike purpose;
- g) Acts of unsportsmanlike conduct not specifically prescribed.

Acts of violation should be reported to the Big South Conference through directors of athletics or supervisors of officials.

The Big South Conference feels strongly that officials must have the courage to enforce the rules set forth by the Big South Conference and covered in this document. When officials do enforce the conduct rules, they will be supported by the institutions and the Conference Office.

DUTIES OF THE COMMISSIONER

Whenever the Commissioner concludes, after a reasonable investigation, that there has been a violation of the regulation on unsportsmanlike conduct, he/she shall impose such penalty as he/she deems appropriate by first giving notice to the individual and the institution he/she represents. The Commissioner will provide the institution the amount of time he/she considers to be reasonable, given the circumstances involved, to take action of its own and may adopt that action as Conference action if he/she deems is appropriate.

In the event the individual or institution feels that the penalty is inappropriate or excessive in nature, there shall be the right to appeal to the Executive Committee by filing a notice with the Conference President. The intent to appeal should be given within 48 hours or receipt of notification of the penalty imposed by the Commissioner.

CARRYING PENALTY OVER TO NEXT SEASON

Whenever a penalty or suspension is imposed, such penalty to the individual may be carried over into the next season of competition at the discretion of the Commissioner.

INTRA-CONFERENCE TRANSFER RULE

All student-athletes in Conference sponsored sports shall sit one year if they transfer within the conference to participate in the same sport. This policy is not applicable to student-athletes to transfer to a conference institution and meet the requirements of NCAA Bylaw 14.5.6. All waiver requests related to this policy will be reviewed and addressed by the compliance committee.

LIBERTY UNIVERSITY ACADEMIC AFFAIRS FOR ATHLETICS

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LIBERTY UNIVERSITY ACADEMIC AFFAIRS FOR ATHLETICS

The primary mission of Academic Affairs for Athletics at Liberty University is to provide continuous academic, athletic, social, and spiritual development for each student-athlete. Utilizing the expertise of our staff in collaboration with institutional programs at Liberty University, our student-athletes receive professional advising, career and academic skill development, tutoring, and mentoring services. Our program assists student-athletes in finding and maintaining a balance between the demands of athletics and academics while preparing them as socially responsible individuals for life after athletics.

CORE VALUES

Whole Person Development
Personal Responsibility
Balance
Integrity
Community Citizenship
Success

“Don’t Let The World Define Who You Are”

ACADEMIC AFFAIRS FOR ATHLETICS CAN ASSIST YOU WITH:

- **Course Selection & Registration**
- **Choosing a Major**
- **Schedule Changes (Add, Drop, & Withdrawals)**
- **Summer School & Summer Bridge**
- **Tutorial Needs**
- **Academic Enhancement**
- **Mentoring Program**
- **Laptop Computers & Technology Devices**
- **Textbook Policy**
- **Introductory & Travel Letters**
- **Advocacy with Professors, Coaches, & Staff Members**
- **Student-Athlete Development**

CLASS ATTENDANCE

Regular and punctual attendance is REQUIRED of all student-athletes according to the Liberty University attendance policy! **Each student-athlete is responsible for notifying their professors for absences pertaining to travel to away contests.** A letter of introduction is given to the professor the first week of school, outlining the student-athletes up and coming game schedule, if applicable. Student-athletes are required to submit a verification letter to their academic coordinator after obtaining professors signatures. School policy permits all absences for athletics travel to be counted as excused absences (however, the number of excused absences permitted for a passing grade is determined by each individual course professor). **Make-up assignments must be completed in a reasonable time that is agreeable with professors.** Unless there is a serious emergency, student-athletes cannot be absent during the final exam week or summer school.

COURSE REGISTRATION

Liberty University's CASAS (Center for Academic Support and Advising Services) will be providing student-athletes with information and advice about any academic matters in cooperation with the Academic Affairs for Athletics.

CASAS also provides each student-athlete with input on selecting a major as well as dropping, adding, or withdrawing from a course. **It is mandatory that student-athletes contact his/her Academic Coordinator as well as professional advisor before making changes in your course of study or current schedule.** Remember, to remain eligible for athletic participation, all academic changes MUST be in compliance with both the rules of Liberty University and the NCAA.

Academic Affairs for Athletics monitors each student-athlete's academic performance. This monitoring is conducted via grade reports, verbal inquiries, and emails to individual professors regarding each student-athlete's class attendance, grades, classroom participation, and individual attitude. Keeping in close contact with instructors helps to provide the Senior Associate Athletics Director for Academic Affairs for Athletics, Academic Coordinators, coaches, and student-athletes with an important assessment of the student-athletes current academic progress.

***** EVERY STUDENT-ATHLETE HAS AN ATHLETIC HOLD ON THEIR ACCOUNT *****

In order to receive PRIORITY REGISTRATION for classes YOU MUST:

- 1- Be a current member of a NCAA Division I Athletics team with an Athletic Hold.
- 2- Have a student account balance below \$200 before registration is permitted.
- 3- Every student-athlete is REQUIRED to see their CASAS Professional Advisor prior to registration to determine their class schedule for the upcoming semester and to ensure proper registration for classes through the Registrar's Office. Failure to meet with your Professional Advisor will prevent priority registration. Additionally, student-athletes who fail to register during the designated time will result in registration according to school classification. Student-Athletes are required to set up the appointment with their professional advisors!
- 4- Have their advising hold removed temporarily for registration. This can only occur if the student-athlete has met with their Professional Advisor in CASAS.

LUO COURSE POLICY FOR STUDENT-ATHLETES

- Student-athletes must enroll in no less than 9 hours of residential courses per semester. Any student-athlete can appeal this to the Senior Associate AD for Academic Affairs for Athletics.
- Students can enroll in up to 6 hours of LUO coursework per semester (a maximum of 18 hours a semester are covered by athletic scholarships).
- Summer LUO courses must be degree applicable.
- If a student-athlete wishes to take a LUO course outside these guidelines, he or she must meet with the Senior Associate AD Academic Affairs for Athletics to discuss options, rationale, and ultimately receive approval.

DROPPING OR WITHDRAWING FROM A COURSE

All student-athletes must be enrolled in 12 hours for the duration of each semester that they participate in an athletic program. Any student-athlete who considers dropping or withdrawing from a course resulting in an enrollment of less than 12 hours could render themselves automatically ineligible and may forfeit their athletic scholarship. All student-athletes must see their CASAS Professional Advisor as well as a member of the Academic Affairs for Athletics Staff before dropping any class in order to prevent eligibility issues. Ultimately, an online SharePoint form must be processed and approved to drop or withdraw from a course. Failure to comply with this could cause a student-athlete to become ineligible.

GRADE CHANGE POLICY

All grade changes must be submitted according to the Liberty University Registrar's Office Policy and Procedures. These guidelines can be found on the university website. *Please note that coaches are NOT permitted to assist a student-athlete in this process at all.*

ATHLETICS ACADEMIC ENHANCEMENT

The primary goal of the Academic Enhancement program at Liberty University is to provide academic support to student-athletes on a consistent basis.

Those *required* to attend Athletic Academic Enhancement are:

- 1. All returning student-athletes with a cumulative GPA below 2.3.**
- 2. All transfer and first semester student-athletes.**
- 3. All student-athletes on *Academic Probation*.**
- 4. Any coach or Academic Affairs for Athletics staff member can require a student-athlete to attend Academic Enhancement.**
 - Academic Enhancement hours of operation and locations are provided each semester to program participants.
 - You will be notified by your Academic Coordinator at team meetings and via email.

Athletics Academic Enhancement meets on Monday-Friday from 8 AM to 6 PM as well a specific times in the evenings on weekends.

ATHLETIC TUTORIAL PROGRAM

- Tutors are available during Academic Enhancement or by appointment through the Academic Affairs for Athletics Office.
- **Tutoring is provided in a variety of different subject areas during Academic Enhancement.**
- **Student-athletes can meet with tutors individually or in small groups.**

ACADEMIC STANDING

Any University organization that has students who represent Liberty University in activities that involve student traveling (exclusive of one-time missions exposure trips) must first provide a list of students on the team to the Registrar to verify if the students are in good academic standing. Students who are not in good academic standing are prohibited from traveling.

ACADEMIC WARNING

Students failing to attain and maintain the minimum GPA required are placed on Academic Warning. During the next semester, undergraduate students are limited to a 13-semester-hour course load and are required to take CLST 101, 102, 103 or 105, and may not represent the University on any team without approval from the appropriate committee. A student may not drop or withdraw from the course without permission from the Director of the Bruckner Learning Center.

ACADEMIC PROBATION

At the end of the semester on Academic Warning, students who fail to raise the GPA to the required academic level (see above) are placed on Academic Probation. These students are required to sign an academic plan from CASAS indicating the grades necessary to remove Probation status. During the next semester of attendance, undergraduate students are limited to a 13-semester-hour course load, are required to take CLST 101, 102, 103 or 105, and may not represent the University on any team without approval from the appropriate committee. A student may not drop or withdraw from the course without permission from the Director of the Bruckner Learning Center.

ISSUING STUDENT-ATHLETE TEXTBOOKS

- **All textbook purchases for scholarship student-athletes will be made by your Academic Coordinator via the University Bookstore website. The bookstore will be provided with a list of all student-athletes who qualify for books.**
- **Timely arrival of textbooks ordered from the bookstore cannot be guaranteed. Please plan accordingly for academic success.**

Any unauthorized purchase charged to the Department of Athletics is a violation of the University and NCAA rules and may place the student-athlete's academic and athletic eligibility in jeopardy.

TERMS OF TEXTBOOK AGREEMENT

1. The student-athlete must agree to return each issued textbook in good condition to Academic Affairs for Athletics Department or must pay for the damages/loss.
2. At the conclusion of each semester, the student-athlete may opt to purchase the books from the Athletic Department at the fair market (wholesale) price established by the Liberty University Bookstore.
3. The Athletic Department will bill a student-athlete's account for damaged books or for those not returned by the end of the current semester; furthermore, a student-athlete will not be allowed to purchase books until his/her account is reconciled.

EXIT INTERVIEW AND QUESTIONNAIRES

All graduating student-athletes, along with those who have exhausted their eligibility, are asked to fill out an exit questionnaire. The questionnaire highlights all areas of the student-athlete's experience at Liberty, including athletics, academics, compliance related issues, social concerns, and spiritual matters. This questionnaire is used as an assessment tool to help evaluate the athletics department and Liberty University and bring about positive changes. Additionally, a predetermined number of these senior student-athletes will be asked to participate in a face-to-face interview with an exit interview committee. Information gathered from these interviews will be compiled by the committee and disseminated to coaches and other athletic personnel.

ASSISTIVE TECHNOLOGY

Student-athletes can check out laptop computers, calculators, and voice recorders throughout the semester for academic use. Those student-athletes wishing to utilize the assistive technology must complete a laptop/assistive technology agreement form and request the technology through their corresponding Academic Coordinator. Student-athletes are required to check-in assistive technology devices on the 1st and 15th of every month. Failure to do so will result in revocation of technology devices. These items are property of Academic Affairs for Athletics and failure to return them will result in an equipment charge to the student-athletes account.

ATHLETIC ELIGIBILITY

In order to participate in intercollegiate athletics, all incoming athletes must have their academic and amateur status verified by the NCAA Eligibility Center

1. All freshmen student-athletes will need to have their **ACADEMIC** and **AMATEUR** status verified by the Eligibility Center.
2. All walk-on, transfer, and change of sport athletes will need to have their **AMATEUR** status verified by the Eligibility Center.
3. Two year college transfers without their AA degree will need to have their **ACADEMIC** status verified by the Eligibility Center.

The Eligibility Center has been established to consistently evaluate each registered prospective student-athlete based on established requirements consisting of a combination of high school core course completion, core course GPA, and standardized test scores (either ACT or SAT). For information on how to register with the Eligibility Center if you have not already done so, contact the Compliance Office as soon as possible.

ACADEMIC QUALIFIER STATUS

Qualifier – Bylaw 14.02.19.1

You are certified as a qualifier if you:

- Graduate from high school
- Attain a minimum high school core course grade-point average of 2.000 in 16 core-curriculum courses as specified in Bylaw 14.3.1.1 and
- Achieve a corresponding sum ACT or SAT score as specified in Bylaw 14.3.1.1.2

All transcripts and test scores must be sent directly to the Eligibility Center. Transcripts must be sent directly from your high school and test scores must be sent from College Board. As a qualifier you are permitted to practice, compete and receive athletically and non-athletically related financial aid in your first year of residence. Qualifiers have four seasons of competition to complete within a five year period.

Non Qualifier -

You are certified as a non-qualifier if you fail to meet the qualifier criteria listed above. In addition to being ineligible for practice and competition during your first academic year in residence, a non-qualifier is not permitted to receive any institutional financial aid, except as stated below. (Bylaws 14.02.10.2 and 14.3.2.1.1)

As a non-qualifier:

- You are eligible to receive non athletics institutional financial aid based on need only, consistent with institutional and conference regulations.
- You will have three seasons of eligibility after your first academic year in residence. You may earn a fourth season of competition provided you have completed 80% of your baccalaureate degree before beginning your fifth academic year of enrollment
(Bylaw 14.3.3.1)

INTERNATIONAL ACADEMIC ELIGIBILITY

Student-athletes that are admitted to Liberty University from a foreign country are evaluated for NCAA eligibility in accordance with the “Guide to International Academic Standards for Athletics Eligibility” published by the NCAA.

All foreign student-athletes are required to submit official copies of their SAT and/or ACT scores and official copies of their secondary transcripts or certificates to the NCAA Eligibility Center. These documents are then evaluated by the Eligibility Center to determine eligibility.

CONTINUING ELIGIBILITY / PROGRESS TOWARDS DEGREE

Eligibility for competition for a midyear transfer student-athlete, for a student-athlete subsequent to the student-athlete’s first academic year in residence, or after the student-athlete has utilized one season of eligibility in any sport at the certifying institution shall be determined by the student-athlete’s academic record in existence at the beginning of the fall term or at the beginning of any other regular term of that academic year, based upon:

CONTINUING ELIGIBILITY/ PROGRESS TOWARD DEGREE CHART

Freshmen Year	Entering Second Year of Collegiate Enrollment	Entering Third Year of Collegiate Enrollment	Entering Fourth Year of Collegiate Enrollment	Entering Fifth Year of Collegiate Enrollment
<ul style="list-style-type: none"> Determined by NCAA Eligibility Center 	<ul style="list-style-type: none"> 24 semester hours 18 credits earned during academic year 90% of GPA needed for graduation (1.80 based on 2.00 requirement) 6 credits/term Be enrolled in a minimum of 12 credits/term 	<ul style="list-style-type: none"> 18 semester hours earned during the academic year 95% of GPA needed for graduation (1.90 based on 2.00 requirement) 6 credits/term Be enrolled in a minimum of 12 credit hours/term 40% of degree requirements met (48 hours total) Declare Major 	<ul style="list-style-type: none"> 18 semester hours earned during the academic year 100% of GPA needed for graduation (2.00 based on a 2.00 requirement) 6 credits/term Be enrolled in a minimum of 12 credits/term 60% of degree requirements met (72 hours total) 	<ul style="list-style-type: none"> 18 semester hours earned during the academic year 100% of GPA needed for graduation (2.00 based on a 2.00 requirement) 6 credits/term Be enrolled in a minimum of 12 credits/term 80% of degree requirements met (96 hours total)

ALL SPORTS

If you are entering an institution for the first time, your eligibility for competition shall be based upon satisfactory completion of at least:

- You must have successfully completed 24-semester or 36-quarter hours of academic credit prior to the start of the institution's third semester or fourth quarter following the student-athlete's initial full-time enrollment;
- You must have successfully completed 18-semester or 27-quarter hours of academic credit since the beginning of the previous fall term or since the beginning of the certifying institution's preceding regular two semesters or three quarters (hours earned during summer may not be used to fulfill this requirement); and
- You must have successfully completed six-semester or quarter hours of academic credit the preceding regular academic term (e.g. fall semester, winter quarter) in which the student-athlete has been enrolled at any collegiate institution.
- You must choose a major that leads to a specific baccalaureate degree by the beginning of your third year of enrollment. (This includes transfer students who have not yet completed an academic year in residence or used one season of eligibility in a sport at their current institution.) (Bylaw 14.4.3.1.7)

*Note: Once you officially declare your major, all courses used to meet any progress toward degree requirements MUST be degree applicable.

- If you are entering your second year of collegiate enrollment, you must present a cumulative grade-point average that equals at least 90 percent of the institution's overall cumulative grade-point average required for graduation (based on a 4.00 scale). (Bylaw 14.4.3.3)
- If you are entering your third year of collegiate enrollment, you must have completed successfully at least 40 percent of the course requirements in your specific degree program and you must present a cumulative minimum grade-point average (based on a 4.00 scale) that equals at least 95 percent of the institution's overall cumulative grade-point average required for graduation. For this purpose, a student-athlete's grade-point average will be certified on a term by term basis. (Bylaw 14.4.3.3)
- If you are entering your fourth year of collegiate enrollment, you must have completed successfully at least 60 percent of the course requirements in your specific degree program and you must present a cumulative grade-point average (based on a 4.00 scale) that equals at least 100 percent of the institution's overall cumulative grade-point average required for graduation. For this purpose, a student-athletes grade-point average will be certified on a term-by-term basis. (Bylaw 14.4.3.3)

- If you are entering your fifth year of collegiate enrollment, you must have completed successfully at least 80 percent of the course requirements in your specific degree program and you must present a cumulative grade-point average (on a 4.00 scale) that equals at least 100 percent of the institution's overall cumulative grade-point average required for graduation. For this purpose, a student-athlete's grade point average will be certified on a term-by-term basis. (Bylaw 14.4.3.3).

FOOTBALL ELIGIBILITY

- Football student-athletes who fail to complete 9 degree applicable hours in the fall semester will be **INELIGIBLE** to compete for the first four games of the following football season.
- If a student-athlete who fails to complete the 9 hours is able to complete 27 hours between the fall, spring and summer terms prior to the football season, they may earn back a portion of the missed games.
 - o On the first occasion the student-athlete recovers the full 27 hours they may compete in the 1st-4th games.
 - o On any additional occasions the student-athlete recovers the full 27 hours they may compete in the 3rd & 4th games, but will miss the 1st & 2nd games.

TRANSFER ELIGIBILITY

You are a transfer student if:

- The registrar or admissions officer from your former institution certified that you officially were registered and enrolled at that institution in any term in a minimum full-time program of studies and you were present on the opening day of classes; or
- The director of athletics from your former institution certified that you reported for the regular squad practice that any staff member of the athletics department of your former institution announce before the beginning of any term. [Bylaw 14.5.2]

If you are a transfer student from a four-year institution, you are not eligible during your first academic year in residence unless you meet the provisions of one of the exceptions specified in Bylaw 14.5.5.2 or one of the waivers specified in Bylaw 14.8.1.2.

If you are a transfer student from a two-year institution, you are not eligible during your first academic year in residence at your new institution unless you meet the academic and residence requirements specified in Bylaw 14.5.4 or the exceptions specified in Bylaw 14.5.4.6.

(Note: if you are a recruited 2-year transfer, you have two weeks to obtain an official certification status from our institution. If you are non-recruited, you have 45 days. If your certification status is not determined within this time-frame, you are not permitted to continue with countable athletically related activities with your team until your certification process is completed.

If you transferred from a four-year college to a two-year college and then to your new institution, you are not eligible during your first academic year in residence at your new institution unless you meet the requirements specified in Bylaw 14.5.6.

***Please be sure that you see the Compliance Office and the Certifying Officer in the Registrar's Office to make sure you meet the applicable requirements.

ADDITIONAL REGULATIONS CONCERNING ELIGIBILITY

- You are not eligible to participate in more than four seasons of intercollegiate competition per sport. (Bylaw 14.2)
- You are not eligible if five calendar years have passed from the date you first registered as a full-time student at a collegiate institution and attended your first day of classes for that term, except for time spent in the armed services, on official church missions or with recognized foreign-aid services of the U.S. Government and extensions that have been approved in accordance with NCAA legislation. (Bylaws 14.2.1)

SIX HOUR RULE

All student-athletes must earn at least six credit hours during the semester in order to be eligible for practice and competition the following semester. Summer term hours cannot figure toward this requirement. At the conclusion of each semester, eligibility cases are reviewed by the appropriate individuals to determine the eligibility status of student-athletes. Once grades have been posted, if a student-athlete has not received a passing grade for six hours, that student is immediately

ineligible. Each head coach will receive an eligibility report along with a copy of semester grades. For the purpose of this rule, participation includes practice, out of season conditioning, and outside competition (official or unofficial).

GPA

GPA requirements are verified on a term by term basis. To maintain athletic eligibility you must maintain the required GPA based on NCAA progress toward degree requirements.

UPPER LEVEL COURSES

In majors and minors that require a “C” in specific upper level courses, any grade earned lower than a “C” in that course will not be applied to progress toward degree requirements needed for athletic eligibility.

ENROLLMENT BELOW 12 HOURS / 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 of the degree program and the Registrar certifies that the student is carrying (for credit) the courses necessary to complete degree requirements. Student-athletes enrolled and classified as graduate students are required to be enrolled in nine hours of course work unless enrolled in their final semester of graduate work in which they may be enrolled in less than nine hours.

DECLARATION OF MAJOR

Every student-athlete MUST designate a program of study, leading toward a specific degree, by the beginning of his/her fifth, full-time enrolled, collegiate semester. A declaration of major speaks directly to the intent of every student-athlete graduating in 10 semesters with a 2.00 GPA.

NOTE: Once you officially declare your major, all courses used to meet progress toward degree requirements must be degree

SEASONS OF COMPETITION: FIVE-YEAR / 10 SEMESTER RULE

The student-athlete shall complete his/her four seasons of participation within five calendar years from the beginning of the semester in which the student-athlete first registered for a minimum full-time program of studies in a collegiate institution. Exceptions for military service, pregnancy, medical hardship and other criteria may be made based on individual circumstances.

NCAA STUDENT-ATHLETE STATEMENT AND DRUG TESTING CONSENT FORM

Each academic year the NCAA requires every student-athlete to sign three statements in order to participate in intercollegiate athletics: (1) the NCAA Student-Athlete Statement; (2) the Drug-Testing Consent Form; and (3) HIPPA Form (Health Information Portability and Accountability Act).

The **NCAA Student-Athlete Statement** has five parts: a statement concerning eligibility and the Buckley Amendment Consent, a statement concerning the promotion of NCAA Championships and other NCAA events, an affirmation of a valid ACT or SAT score and results of drug tests.

- Signing the statement concerning eligibility affirms that to the best of a student-athlete’s knowledge he/she is eligible to compete in intercollegiate competition.
- Signing the Buckley Amendment Consent certifies agreement to disclose educational records.
- Signing the portion about the promotion of NCAA Championships and other NCAA events grants the NCAA permission to use the student-athlete’s name or picture in any promotional item or activity that they endorse.
- Signing the Results of Drug Test affirms whether or not the student-athlete has ever tested positive for a drug test.
- Signing the Affirmation of Valid ACT or SAT score is for freshmen only. By signing this, the student-athlete is affirming that to the best of his or her knowledge, he or she has received a validated ACT or SAT score.

The Drug-Testing Consent Form is required BEFORE practice and competition may occur. By signing this consent form, each athlete confirms that they are aware of the NCAA drug-testing programs and testing policy as well as the penalties.

The HIPPA Form grants the Liberty University physicians, athletic trainers and health care personnel to disclose a student-athlete’s health information regarding an injury or illness during his or her training for participation in intercollegiate athletics to the NCAA and its employees or agents.

ADDITIONAL FORMS

During the academic year and summer student-athletes will be requested to complete various forms at the discretion of the Director of Athletics and the Compliance Office pertinent to their participation in athletics and monitoring of NCAA

rules. These forms will request information on; employment, outside/unattached competition, vehicle ownership and registration, gambling and amateurism, drug testing information, and other topics.

TRANSFER POLICY

Permission to Contact

Any student-athlete that wishes to transfer away from Liberty to another 4-year NCAA or NAIA institution must first obtain permission to contact from the compliance team prior to speaking with representatives from that coaching staff or athletics department. A student-athlete will be provided permission to contact in accordance with the head coaches' wishes in consultation with the sports supervisor and/or athletics director. Given that the head coach will be consulted, it is suggested that all student-athletes wishing to transfer discuss this with their coaching staff first. The student-athlete must complete the Student-Athlete Permission to Contact Form on the Liberty Compliance website. We will not restrict permission to contact any further than the coaches wishes unless the sport supervisor and/or athletics director request additional restrictions.

Certification in Writing regarding the One-Time Transfer Exception (Release)

In order for student-athletes to have access to the one-time transfer exception, it must be certified in writing the original institution's support of access to this exception. Without Liberty's support of the one-time transfer exception no student-athlete will be able to transfer and compete right away at another Division I institution in sports other than basketball and football. In the sports of basketball or football, student-athletes do not have access to the one-time transfer exception and no release will be provided because it is not applicable.

Students-athletes will not be granted an exception to the one-time transfer exception until the conclusion of the semester of their request. For the release to be provided, the student must be eligible according to all Liberty University, Big South Conference, and NCAA rules and regulations. Student-athletes requesting a release should keep in mind that those who leave Liberty under disciplinary suspension or are academically ineligible, cannot compete or receive athletics aid until they have fulfilled one year in residence at the second institution. The release will not be provided until all academic records have been approved. It is Liberty University Athletics Department policy to not grant a release to any student-athlete who has below a 2.6 GPA due to APR guidelines. If a student-athlete does not meet the 2.6 GPA requirement, the compliance team will send an email request a committee composed of the Head Coach, the Senior Associate Athletics Director for Academic Affairs and the sport supervisor or Athletics Director. This committee will then decide if they are willing to provide an exception to the 2.6 GPA policy.

Liberty University's policy is to not provide support for the one-time transfer exception to any schools within the sports' primary athletics conference (Big South, CCSA, etc.), any in-state Division I school and/or any opponents on that sports' upcoming schedule. If a student-athlete requests a release to a school that meets this criteria, an exception will only be made if supported by the Head Coach and authorized by the Athletics Director, otherwise, the student-athlete would have the opportunity to appeal.

Services available to former Liberty Flames student-athletes that have indicated their intention to transfer

In the event that a student-athlete chooses to transfer away from Liberty University, those student-athletes that were once on a roster, but have indicated their intention to transfer will still be provided access to sports medicine and academic supports services, but will immediately not be allowed to utilize athletics equipment, strength and conditioning facilities and/or athletics facilities.

Hearing Request

If a student-athlete's request is denied, or the student-athlete chooses to appeal the conditions of the release, permission to contact, or requirements to be obtained before granting the release/permission to contact, the following steps will be taken:

1. You will be given a letter stating you have an opportunity for a hearing from a committee outside of the athletics department to appeal your case (Faculty Senate Athletics Committee).
2. You must make a written request to the Director of Athletics or designee for a hearing within 14 days of the notification. That request can be in the form of an email.
3. The Director of Athletics or designee will schedule a hearing with the Faculty Senate Athletics Committee to hear the appeal.
4. The decision of the appeal, made by the committee, is final.

BIG SOUTH TRANSFER POLICIES

The Big South requires that all student-athletes who transfer to another Big South member school and wish to compete in the same sport sit out one year of competition before they become eligible.

NCAA RULES AND REGULATIONS

This section is designed to help student-athletes understand and apply NCAA legislation. This summary of NCAA regulations contains information about your eligibility to compete in intercollegiate athletics. One of the most important objectives of the Liberty University Department of Intercollegiate Athletics is for strict compliance with all NCAA rules and regulations. It is the responsibility of all Liberty student-athletes to uphold and abide by all policies, procedures and regulations established by Liberty University, the Big South Conference and the NCAA.

WHO IS A BOOSTER?

Boosters are a large part of every Athletic Department and at Liberty it is no different. There are strict NCAA regulations in place that restrict what a booster can and cannot do. A booster is a "representative of the institution's athletics interests". An individual who is known by a member of the institution's executive or athletics administration to:

- Have participated in or are currently a member in any of the various agencies or organizations that promote the athletics program;
- Have made financial contributions to the Athletic Department or an Athletics Booster organization of that institution;
- Be assisting or to have been requested (by the Athletic Department staff) to assist in the recruitment of prospects;
- Be assisting or to have assisted in providing benefits to student-athletes or their families; or
- Have been involved otherwise in promoting the institution's athletics program.

It is also important to note that once an individual is identified as a booster, he or she holds that identity indefinitely.

WHAT IS AN EXTRA BENEFIT?

An extra benefit is any special arrangement by an employee or representative of the institution's athletics interest (booster) to provide a prospective or enrolled student-athlete or their family a benefit that is not expressly authorized by the

NCAA. Benefits or services may be provided if it is demonstrated that they are available on the same basis to the entire student body. If a student-athlete accepts any benefit that has been offered because of their athletics ability, then that student-athlete could possibly lose all eligibility for intercollegiate athletics participation. The rules that have been established by the NCAA govern the conduct of coaches, student-athletes and the various representatives of Liberty's athletic interest. If violations by any of these parties occur, whether intentional or unintentional, Liberty University will be accountable for the actions and will self-report the violations to the Big South Conference and the NCAA.

WHAT CAN A BOOSTER DO?

A booster of LU is permitted to provide the following benefits where a student-athlete is concerned:

- **Provide summer employment to a student-athlete, provided compensation is only for work actually performed and at a rate commensurate with the going rate in that locality for similar services, or notify a coach of job possibilities for student-athletes.**
- Provide a meal to a student-athlete or a team, provided the meal is at the booster's home (as opposed to a restaurant); and the meal may be catered. Reasonable transportation may also be provided, by the booster, to the student-athlete or team to attend the meal at the booster's home. An occasional meal is defined as once a semester.
- Invite a team for dinner or meet with a group of alumni in a city where a LU team will be playing. However, transportation must be arranged by or provided by an institutional staff member or student-athlete.

Note: Arrangements for these activities should be made through the head coach of the sport

WHAT CAN'T A BOOSTER DO?

A booster of LU is not permitted to provide the following extra benefits where a student-athlete is concerned:

- Gifts of clothing or equipment.
- Free or reduced-cost housing or services.
- Cash or like items or the co-signing of loans.
- Employment arrangement for a prospect's relative.
- Rentals or purchases of any type.

In addition, there are other services that cannot be provided to an enrolled student-athlete by a booster or a member of the Liberty University Department of Athletics. These include:

- Use of an automobile.
- Room, board or transportation cost incurred by friends or family visiting the LU campus.
- Providing payment or someone to do work associated with school projects.
- Free medical or professional services when a fee is normally charged.
- Providing a student-athlete or their friends or relatives free use of a telephone for long distance calls.
- Use of personal funds to entertain student-athletes, their friends or relatives.
- Use of athletic department laundry facilities for personal use.

Accepting illegal benefits is a serious violation of NCAA rules. Regardless of the circumstances, a student-athlete will be held accountable for such violations. *If there is any doubt about any benefit, please check with the Director of Compliance or the head coach...remember, the student-athlete could possibly lose all eligibility for intercollegiate athletics participation.*

SALE OF MEMORABILIA

Student-athletes may not sell or exchange any awards received for athletics participation, such as rings, trophies, or other awards. Violations of this bylaw can result in student-athletes being withheld from competitions and repayment of fines.

AGENTS AND FINANCIAL ADVISORS

Student-athletes with remaining playing eligibility in a sport may jeopardize their eligibility in that sport if they engage in any of the following activities:

- Accept benefits from an agent, runner or financial advisor. These benefits include (but are not limited to) transportation, money and gifts, regardless of the value of the benefit.

- Agree (orally or in writing) to be represented by an agent or runner until after your eligibility has ended, including your team's postseason competition.
- Agree (orally or in writing) to be represented by an agent or runner at a future time.
- Agree (orally or in writing) to be represented by an agent, runner or financial advisor for the purpose of marketing your athletics ability or reputation in that sport.
- Retain professional services (legal advice) for personal reasons at less than the normal charge.

Note: Once an agreement (oral or written) is made with an agent or runner to compete in professional athletics, you are ineligible for participation in that intercollegiate sport, regardless of the legal enforceability of the contract.

To avoid any danger of losing NCAA eligibility or amateur status, a student-athlete should consult the Compliance Office in the event contact is made by an agent or any representative of professional sports.

GAMBLING - RELATED ACTIVITIES

The NCAA has "zero tolerance" for any gambling activities, whether by staff members of the athletics department or student-athletes. While acknowledging the fact that gambling is very popular in today's society the NCAA recognizes the importance of ensuring the integrity of intercollegiate competition and the welfare of student-athletes. The Liberty University department of Athletics has the obligation to educate its student-athletes as to the potential ramifications resulting from gambling-related activities. Student-athletes of a member institution shall not knowingly:

- Provide any information (i.e., reports concerning team morale, game plans and injuries of team members) to individuals involved in organized gambling activities concerning intercollegiate athletics;
- Solicit a bet on any intercollegiate team;
- Accept a bet or bribe on, or agreeing to throw, fix or illegally influence the outcome of any intercollegiate athletics contest; or
- 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.
- Solicit or accept a bet for a non-monetary material item (i.e., shirt, dinner) that has tangible value.
- However, it is permissible for institutions that compete against each other may agree to participate for a tangible item (i.e., governor's cup), provided no student-athletes receive any tangible item.

What happens if you are involved with sports betting or interact with a student bookie? If so, you risk:

- Loss of NCAA eligibility;
- Banishment from professional sports;
- Public embarrassment to you, your teammates and family;
- Pressure by bookies and organized crime to shave points/ throw contests;
- Expulsion from Liberty;
- Decreased opportunity for future employment; or
- Violation of local, state and federal laws.

Prospective or enrolled student-athletes found in violation of the provisions of this regulation shall be ineligible for further intercollegiate competition and subject to appeal to the NCAA Eligibility Committee for restoration of eligibility.

AMATEUR STATUS

A student-athlete must be an amateur as defined by the NCAA. *The following are some of the most common acts by which a student may make themselves a professional athlete and thereby become ineligible:*

- Signs a contract, enters into any agreement, or plays with a professional team;
- Takes pay, or the promise of pay, for competing in that sport;
- Contracts or has contracted orally or in writing to be represented by an agent in the marketing of an individual's athletic ability or in a sport;
- Participates in any athletic competition under an assumed name or otherwise with intent to deceive;
- Engages, for money or other substantial consideration, in promotion wherein the student-athlete's usefulness or value arises chiefly from the publicity value of his/her name as an athlete rather than from his/her ability to perform.

- Used your athletics skill for pay in any form in that sport, except that prior to collegiate enrollment, you accepted prize money based on place finish or performance in an open athletics event from the sponsor of the event and the amount of the prize money did not exceed your actual and necessary expenses to participate in the event.

Also, please be aware, NCAA rules permit a student-athlete to play as a professional in one sport and participate athletically at a NCAA institution in another sport. However, once a student-athlete becomes a professional in any sport, the student-athlete cannot receive an athletics grant-in-aid as long as they are under contract.

You are not eligible in a sport if you have ever accepted money, transportation or other benefits from an agent or agreed to have an agent market your athletics ability or reputation in that sport. (Bylaw 12.3)

You are not eligible in any sport if, after you become a student-athlete, you accept any pay for promoting a commercial product or service or allowed your name or picture to be used for promoting a commercial product or service. (Bylaws 12.5.2.1 and 12.5.2.2)

You are not eligible in any sport if, because of your athletics ability, you were paid for work you did not perform, paid at a rate higher than the going rate or were paid for the value an employer placed on your reputation, fame or personal following. (Bylaw 12.4)

HOSTING PROSPECTIVE STUDENT-ATHLETES

Student-athletes will be asked, on occasion, to assist their coaches in recruiting prospective student-athletes for the next year by acting as a Student Host during a prospect's official campus visit. Acting as a student host is an important service to Liberty University and the Department of Athletics. Appropriate conduct is required of you by institutional, conference, and NCAA standards. All activities should be planned and approved by the head coach. These activities should always promote the University and its values. *It is important to know the NCAA rules that apply to such visits.*

Please review the following rules that apply:

- You must be a high school qualifier enrolled at Liberty University.
- Only you shall be provided money with which to entertain only yourself, the prospect, and the prospect's parents (legal guardians) or spouse. Other students may assist with hosting the prospect but shall pay for their own entertainment.
- A maximum of \$40 per day may be provided to cover the entertainment expenses of both yourself and the prospect. You may be provided with an additional \$20 per day for each additional prospect entertained by you.
- No cash may be given to the visiting prospect or anyone else.
- You may not use entertainment funds to purchase or otherwise provide the prospect with gifts of value (e.g. souvenirs or clothing).
- You may not use vehicles provided or arranged for you by any institutional staff member or booster. Also, never allow the prospect to use or drive your car.
- If a prospect is entertained off campus because facilities are closed or unavailable, then such entertainment must occur in Lynchburg or within a 30 mile radius of our campus.
- You should not allow recruiting conversations to occur on or off campus between the prospect and a booster of the athletics program. (If an unplanned meeting occurs, only an exchange of greetings is permissible).
- The prospect may participate in physical work-outs involving or related to the sport for which the prospect is being recruited provided that the activities are not organized or observed by members of the coaching staff nor designed to test the athletics ability of the prospect.
- You may receive a complimentary admission (not a hard ticket) when accompanying a prospect to a campus athletics event.
- You are responsible for turning in any receipts and/or remaining cash from the entertainment allowance to the Compliance Coordinator. This should be done on the day immediately following the official visit.

PLAYING AND PRACTICE SEASONS

DAILY AND WEEKLY HOUR LIMITATIONS PER SPORT

Inside the playing season = 20 hrs./wk. (no more than 4 hrs./day) and one day off per week

Outside the playing season = 8 hrs./wk. (no more than 4 hrs./day) and two days off per week

INSIDE THE PLAYING SEASON

Baseball = 132 days in two segments (fall and spring)

Basketball = Friday nearest October 15 to end of regular season

Cross Country = 144 day season in two segments (fall and spring)

Field Hockey = 132 day season in two segments (fall and spring)

Football = Start of fall practice to the end of the regular season and spring practice (34 consecutive calendar days)

Golf = 144 days in two segments (fall and spring)

Lacrosse = 132 days in two segments (fall and spring)

Soccer = 132 days in two segments (fall and spring)

Softball = 132 days in two segments (fall and spring)

Swimming = 144 days in two segments (fall and spring)

Tennis = 144 days in two segments (fall and spring)

Track and Field = 156 days in two segments (fall and spring)

Volleyball = 132 days in two segments in two segments (fall and spring)

**Note: Length of season regulations may exclude required off days, official vacation, holiday, and final examination periods in which no practice or competition may occur. Also, in sports other than football no countable athletically related activities are allowed one week prior to the beginning of final examinations.*

COUNTABLE ATHLETICALLY RELATED ACTIVITIES

A countable athletically related activity is defined as any required activity with an athletic purpose involving student-athletes and held at the discretion of, or supervised by one or more of an institution's coaching staff (including strength and conditioning coaches) and must be counted within the daily and weekly limitations under Bylaw 17.1.6.1 and 17.1.6.2.

*Note: Countable athletically related activities may **NOT** be conducted at any time following competition, except between contests, rounds or events during a multi-day or multi-event competition (i.e., doubleheaders in softball or baseball, rounds of golf in a multi-day tournament); all games on Sundays, except Big South Championships or NCAA games, must be played between 1:00pm and 7:00pm. Coaches are responsible for providing a worship service opportunity.*

NON-COUNTABLE ATHLETICALLY RELATED ACTIVITIES

1. Training-table or competition-related meals;
2. Physical rehabilitation;
3. Dressing, showering, or taping;
4. Athletics department Academic Enhancement or tutoring session;
5. Meetings with coaches on non-athletic matters;
6. Travel to and from practice and competition;
7. Medical examination or treatments;
8. Fund-raising activities;
9. Recruiting activities; and
10. Public relations activities related to the student-athlete's sport.

WEEKLY HOUR LIMITATIONS: OUTSIDE OF PLAYING SEASON

The NCAA regulates that a student-athletes participation in countable athletically related activities outside of the playing season:

SPORTS OTHER THAN FOOTBALL

All athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period through the conclusion of each student-athlete's final exams. More than four student-athletes from the same team may be involved in skill-related instruction with their coaches from September 15 through April 15, but no more than four student-athletes from the same team may be involved in skill-related instruction with their coaches at any

one time in any facility during the remainder of the academic year. Not more than two hours per week may be spent on skill-related instruction outside the playing season.

FOOTBALL

Activities between the institution's last contest and the start of summer conditioning are limited to required weight-training, conditioning and the review of game film. A student-athlete's participation in such activities shall be limited to a maximum of eight hours per week, of which no more than two hours per week may be spent on the viewing of film.

All activities beginning with the start of summer conditioning and outside the playing season shall be conducted pursuant to Bylaw 17.

Spring Practice--Football

Fifteen postseason practice sessions [including intrasquad scrimmages and the spring game permitted in Bylaw 17.9.5.2-(a)] are permissible. An institution is not required to count as one of its 15 designated days any day during which countable athletically related activities are limited solely to required conditioning activities and/or review of game film. Practice sessions must meet the following conditions:

1. All practice sessions are conducted within a period of 34 consecutive calendar days, omitting vacation and examination days officially announced on the institution's calendar and days during which the institution is closed due to inclement weather.
2. Any such practice sessions held during vacation days may not be of longer duration than those normally held when academic classes are in session.
3. Only 12 of the practice sessions may involve contact, and such contact shall not occur prior to the third practice session.
4. The noncontact practice sessions may involve headgear as the only piece of protective equipment.
5. Of the 12 permissible contact sessions, eight sessions may involve tackling, and no more than three of the eight tackling sessions may be devoted primarily (greater than 50 percent of practice time) to 11-on-11 scrimmages.
6. Tackling shall be prohibited in four of the 12 contact sessions. An institution has the discretion to determine the practice activities (other than tackling) that may occur during the four contact non tackling sessions as well as the protective equipment to be worn by the student-athletes.
7. If an institution conducts a "spring game" per Bylaw 17.9.5.2-(a), the game shall be counted as one of the three sessions that can be devoted primarily to 11-on-11 scrimmages.
8. The amount of time that a student-athlete may be involved in such postseason countable athletically related activities shall be limited to a maximum of four hours per day and twenty hours per week.

INSTITUTIONAL VACATION PERIOD AND SUMMER

A student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period and/or summer. Certified strength and conditioning coaches, including countable coaches, may design and conduct specific workout programs for student-athletes, provided such workouts are voluntary and conducted at the request of the student-athlete.

Exceptions:

Football - In FBS and FCS Divisions, between the start of summer conditioning and the start of preseason practice period, an institution shall conduct its out of season conditioning period as follows:

- Institutions shall count back nine weeks from the first permissible reporting date for preseason practice. During this nine-week period, institutions shall designate one week as student-athlete discretionary time.
- During the remaining eight weeks of the summer conditioning period student-athletes and prospects who have signed a National Letter of Intent or, for those institutions not using a National Letter of Intent, a prospect who has signed an

institution's written offer of admission and/or financial aid, may be involved in non-mandatory weight training and conditioning activities that are conducted by the institution's strength coach for no more than eight hours per week. An institution may loan clean apparel (e.g., t-shirts, shorts, laundry service, socks and undergarments) to all football prospects who qualify for involvement in such activities.

- Prior to participation in any summer weight-training or conditioning workouts, those prospects who have signed a National Letter of Intent and student-athletes who will be beginning their initial season of eligibility for football practice at the institution in the fall shall be required to undergo a pre-participation medical examination administered and supervised by a physician.

Tennis- A coach may participate in individual-workout sessions with student-athletes from the coach's team during the summer, provided the request for such assistance is initiated by the student-athlete. It is not permissible for the institution to pay fees for the use of a facility.

Swimming / Track- A coach may be present during voluntary individual workouts in the institution's regular practice facility (without the workouts being considered as countable athletically related activities) when the student-athlete is engaged in field events. The coach may provide safety or skill instruction but may not conduct the individual's workouts.

Exception: In men's and women's soccer, and women's volleyball, you may compete on outside amateur teams during the spring outside of the institution's playing and practice seasons provided such participation occurs no earlier than May 1, no more than five LU athletes compete on the same team, the competition is approved by the Director of Athletics, and no class time is missed for practice or competition.

OUTSIDE COMPETITION

Outside competition during the school year or summer as a member of a non-institutional team or as an individual is subject to specific rules for each sport and may affect your eligibility. *Student-athletes must check with their coach, the compliance office or the Director of Athletics before competing in any outside competition.*

ALL SPORTS OTHER THAN BASKETBALL

You are not eligible in your sport for the remainder of the year and the next academic year if, during the academic year, you competed as a member of any outside team in any non-collegiate, amateur competition. You may compete outside of your declared playing and practice season as a member of an outside team in any non-collegiate, amateur competition during an official vacation period published in your institution's catalog. Competing in the Olympic Games tryouts and competition and other specified national and international competition is permitted.

The maximum # of participants from Liberty on any summer team is:

Baseball	4	Soccer	5
Cross Country	2	Softball	4
Field Hockey	5	Swimming	5
Football	5	Tennis	2
Golf	2	Track & Field	7
Lacrosse	5	Volleyball	2

BASKETBALL ONLY

You are not eligible if, after you become a student-athlete, you participate in any organized basketball competition except while representing the institution in intercollegiate competition.

Competing in the Olympic Games tryouts and competition and other specified national and international competition is permitted. (Bylaw 14.7.2 and 14.7.3)

It is permissible to participate as a member of a basketball team in an NCAA sanctioned summer basketball event. Bylaw 14.7.4-(a).

*****Please be sure to see the Compliance Office to verify that your event is sanctioned*****

FINANCIAL AID

Student-athletes who were recruited, as defined by the NCAA, and receive athletically determined financial aid are subject to NCAA and institutional guidelines. The following list summarizes some of the more important guidelines and responsibilities of the student-athlete:

ATHLETICS GRANT-IN-AID

An Athletics Grant-In-Aid is an agreement between the Liberty University Department of Athletics and the student-athlete which stipulates the amount of athletic financial aid that the student-athlete is to receive in return for his/her participation in a sport as well as the obligations of both parties after the grant is signed.

A full grant-in-aid consists of tuition and fees (24-36 hours), room, and board and books. The NCAA regulations specify that student-athletes can accept aid up to the full cost of attendance, as long as the difference between the full grant-in-aid and the cost of attendance is filled with non-athletics aid. Athletics aid may not be awarded for a period of more than one academic year. The total full grant-in-aid at Liberty University for the 2015-2016 academic year is \$31,300.

To qualify for athletics aid at Liberty University, the student-athlete must:

1. Apply for all available financial aid by filling out the FAFSA (Free Application for Federal Student Aid)
2. Fulfill all admission requirements of the University;
3. Meet and maintain all eligibility requirements for participation and financial aid established by the NCAA, the Big South Conference and Liberty University.

INSTITUTIONAL FINANCIAL AID

All financial assistance received by a student-athlete must be reported annually and be in compliance with NCAA and Big South Conference rules and regulations. *Therefore, it is important that a student-athlete, on athletics scholarship, notify the coach and the Director of Compliance before accepting any additional aid.* A student-athlete's combined aid cannot exceed the estimated cost of attendance; however, the aid difference between the full scholarship and the cost of attendance must be non-athletics aid. Any student-athlete receiving institutional assistance in addition to athletics aid, without prior approval of the Director of Compliance, could run the risk of losing all athletics aid.

NCAA regulations restrict the total amount of financial aid that a student-athlete can receive. Should the student-athlete receive a federal grant or other financial aid, those funds may replace a portion of the athletics grant in order to meet NCAA and Conference limitations.

POST ELIGIBILITY AID

The Department of Athletics makes every effort to financially assist a student-athlete if he/she has not graduated by the time his/her eligibility is complete. Such assistance is generally recommended by the head coach to the Director of Athletics. This is not an automatic benefit. However, if based on the student-athlete's record, it is felt continued aid should be given; every effort is made to provide such aid. The NCAA provides Degree Completion Awards Scholarship money to strong students (3.0 or better) who have exhausted eligibility, had previously received athletic aid, and are within 30 credits of graduating. Students may apply in the Academic Affairs Office.

In accordance with NCAA rules, financial aid will be terminated if a student-athlete acquires an agent or is under contract with a professional sports organization.

SUMMER SCHOOL FINANCIAL AID

Compliance and Academic Affairs will evaluate budgeted scholarship funds, with the approval of the Director of Athletics, to provide athletics aid for deserving student-athletes who need summer school courses for graduation or to maintain eligibility for the fall. Eligible students must have specific academic purposes for attending summer school. To qualify for summer school aid, the student-athletes must meet the satisfactory progress requirements established by the NCAA and Liberty University. In addition, according to NCAA regulations, a student-athlete may only have the same percentage of athletic scholarship for summer school as they received during the academic year. For instance, a student-athlete on 1/2 athletic scholarship may only have 1/2 of his/her summer school covered by athletic scholarship. Student-athletes not receiving an athletic scholarship during the academic year may not receive any athletic scholarship for summer school. Students may receive scholarship support for LUO classes if approved by their academic coordinator and regis-

tration takes place prior to the last summer session.

FINANCIAL AID AWARD LETTER

The Award Letter is a document that is sent to each student-athlete, of the institution, receiving financial aid. Student-athletes should keep a copy of all official documents that they sign for their own records. This document can be accessed on the student-athletes ASIST account.

FINANCIAL AID FOR OFF-CAMPUS STUDENT-ATHLETES

Student-athletes receiving a full scholarship are entitled to receive financial assistance that does not exceed the cost of the room and board portion of a scholarship. If the student-athlete wishes to purchase a meal plan through Sodexo Marriott, they will use a portion of the stipend to pay for it. The total award, combined with all other financial aid, cannot exceed the dollar value of the cost of attendance. The dollar amount of these awards will be determined by the head coach of each sport and the Director of Athletics.

Student-athletes who are eligible for the off-campus housing stipend that plan to live in government subsidized housing will have their stipend cut in half. The athletic department has taken a stand that government subsidized housing should be used for those it was intended to accommodate, not college student-athletes who are attempting to save a major portion of their stipend to be used for other expenses.

UNIVERSITY CHARGES NOT COVERED BY ATHLETICS AID

The expenses listed below are not covered by a scholarship:

1. Required travel for LU courses not conducted on its campus;
2. Library fines;
3. Fines for damage to university property, including dorms;
4. Key deposits or replacement fees for lost dorm key;
5. Replacement fee for lost student I.D. card;
6. School supplies, pens, pencils, notebooks, paper, etc.;
7. Vehicle registration fee and parking fines;
8. Medical treatment at the university's health services;
9. Application fee (full scholarship student-athletes only);
- 10.Placement and Assessment testing fee;
11. Fines as a result of reprimands; and
- 12.Fees to live in Campus East Dorms.
- 13.Aviation Flight Fees.

EXPENSES COVERED BY A FULL GRANT-IN-AID

1. Tuition
2. Books
3. Activity Fee
4. Confirmation Fee
5. Room/Board
6. Technology Fee
7. Class/Lab Fees

CONDITIONS OF ATHLETICS FINANCIAL AID

To qualify for athletics aid at Liberty University, the student-athlete must:

1. Fulfill all admission requirements of the university and enroll as a full-time, degree seeking student as set forth in the LU catalog.

2. Meet and maintain all eligibility requirements including satisfactory academic progress for participation and financial aid established by the NCAA and Big South Conference; meet the academic rules set forth by the university as outlined in the LU catalog.
3. Apply for all available financial aid, not including loans, by completing FASFA (Free Application for Federal Student Aid) and turn it into the Financial Aid Office.
4. Remain in good social standing and agree to abide by the rules of conduct and behavior as outlined in the Liberty Way. Any conduct that in any way reflects unfavorably upon the university or its athletic teams is grounds for dismissal and forfeiture of the award.

According to NCAA regulations, athletics aid may not be awarded for more than one academic year at a time. Renewal of aid shall be made prior to July 1, of subsequent years, by the Financial Aid Office based on recommendation from the Director of Athletics and the Head Coach. Notification of financial aid renewals and non-renewals will come from the Financial Aid Office. Athletic scholarships may be reduced or cancelled in between academic years by each head coach for any reason.

TERMS OF ATHLETIC FINANCIAL AID

The terms of athletic financial aid will be specified on each scholarship, and shall be one of the following:

- (a) Full year
- (b) Fall semester
- (c) Spring semester
- (d) Summer (May-August)

Full year scholarships are not semester specific, but will be automatically divided in half for each semester.

Athletics aid may be reduced or canceled during the term of its award if:

- The student-athlete becomes ineligible for intercollegiate competition;
- The student-athlete fraudulently misrepresents any information on an application, letter of intent or financial aid agreement;
- The student-athlete engages in misconduct warranting substantial disciplinary penalty; or
- The student-athlete withdraws from the sport for personal reasons.

Athletics aid must be reduced or cancelled if:

- The student-athlete signs a professional sports contract;
- The student-athlete accepts money or other countable aid that exceeds NCAA, team or individual, financial aid limitations; or
- The student-athlete agrees to be represented by an agent.

Athletics aid may not be increased, reduced or canceled during the term of its award:

- On the basis of a student-athlete's athletic ability, performance or contribution to a team's success;
- Because of an athletic-related injury during practice or competition that prevents the student-athlete from participating; or
- For any athletic reason

STUDENT-ATHLETE EMPLOYMENT POLICY

Student-Athletes are permitted to earn legitimate on-and off-campus employment income during the regular academic year as well as during the university's official vacation periods and summer. The compliance office must be notified of all jobs, your salary, and the name of employing organization.

EMPLOYMENT GUIDELINES

The following guidelines apply to all types of student-athlete employment:

1. The student-athlete must perform useful work.
2. The student-athlete may be paid by check.
3. The rate of pay may be commensurate with that received by similarly situated employees (e.g. seasonal, part-time) performing the same and similar work.

4. Hours paid must be equal to actual hours worked.
5. Payment in advance of hours worked is not permitted.
6. Transportation to the job site may only be provided if such transportation is made available to all employees.
7. Student-athletes are responsible for complying with employment rules and are to report any irregularities in employment compensation or benefits to their Head Coach or the Compliance Office.

FULL SCHOLARSHIP AMOUNT

A full scholarship for the 2015-2016 academic year is \$29,544 consisting of the following:

Tuition (12-18 hours a semester)	\$ 20,300
Room/Board	\$ 8,200
Activity Fee	\$ 700
<u>Books (official NCAA figure)</u>	<u>\$ 800</u>
Total	\$30,000

*Off-campus housing stipends may not exceed \$8,200 or \$4,100 for student-athletes living with a parent or guardian.

STUDENT-ATHLETE OPPORTUNITY FUND (SAOF)

The Student-Athlete Opportunity Fund is a 19.5 million dollar fund, provided by the NCAA, that began its distribution to Division I Conference offices in the beginning of August 2003, based upon the “broad based” (sport sponsorship and grant-in-aid) distribution formula. The SAOF is intended to provide direct benefits to student-athletes or their families as determined by conference offices. As a guiding principle, the fund shall be used to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics, enrollment in an academic curriculum or that recognize academic achievement. Accordingly, receipt of SAOF monies shall not be included in determining the permissible amount of financial aid that a member institution may award to a student-athlete. All student-athletes, including international, are eligible to receive SAOF benefits, regardless of whether they are grant-in-aid recipients, have demonstrated need or have either exhausted eligibility or no longer participate due to medical reasons. Additionally, student-athletes receiving monies from the Special Assistance Fund may also receive SAOF benefits.

Some **permissible uses** for the fund are, but not limited to:

- Summer school, academic achievement awards, graduation awards, graduate school exams, post graduate scholarships, fees for internship programs, emergency expenses for student-athletes, and expendable supplies.

Prohibited uses included, but are not limited to:

- Salaries, grants-in-aid, capital improvements, and stipends.

FINANCIAL AID QUESTIONS

Any additional questions pertaining to Financial Aid should be directed toward the Financial Aid Athletics Liaison or the Director of Compliance.

COUNTABLE AID DEFINITION

As a general rule, countable financial aid includes any aid that evokes a “Yes” answer to any of these four questions:

1. Does Liberty administer the aid? This aid includes scholarships, grants, loans, tuition waivers and employee dependent tuition benefits.
2. Does Liberty provide matching or supplementary aid for a previously selected recipient? This includes aid from government sources, such as Supplemental Educational Opportunity Grants, and private sources.
3. Did the athletic department at Liberty or representatives of athletics interests help the student-athlete during his or her first academic year in residence obtain a job off campus or some other source of income during the academic year that led to this aid?
4. Was participation in athletics a major criterion for this aid? If so, was it (1) awarded to a recruited student-athlete, and (2) given through an established and ongoing outside program, like a high-school booster club, that recognizes outstanding high-school graduates? (Both recruitment and the type of program involved are key factors.) [15.02.4.1]

All financial aid that fits the above descriptions is counted toward institutional limits.

COUNTABLE FINANCIAL AID AT LIBERTY UNIVERISTY

Athletic Scholarship

Athletic Training

Foreign Scholarship	Endowment Scholarship
JFS/JFM/Founders Scholarship	
National Merit (see below)	
LCA Scholarship	
ACS	Alumni Scholarship
Early Deposit	LUAS
LUSG	Scholarship Committee
FAUNA	
Lock-In/Confirmation Grant	SBCV
Champion	UNASC
Alumni	LU Assistance Grant
Books	Tuition Assistance Grant
Stipend	Fine Arts
President Scholarship	RA – Resident Assistant
Student Life	Athletics Media Relations
Academic Scholarship (see below)	Youthquest
Campus Pastor Scholarship	Awana Scholarship
Seminary Scholarship	Meal Dollar
Need Based	Book Dollar
Need Base II	Room and Board
Outside Scholarships (athletically based)	LaHaye Center Fees
Various Advocate Scholarships	

*Other institutional awards as determined by the Financial Aid Office.

NON-COUNTABLE FINANCIAL AID AT LIBERTY UNIVERSITY

Federal Pell Grant
 Federal Supplemental Education Opportunity Grant- FSEOG
 Student Loans
 Staff Allowance (tuition for dependent students)
 Academic Honors (see below)
 Academic Scholarship/LUAS (see below)
 Outside Scholarship (unrelated to athletics)
 Miscellaneous (outside grant received prior to enrollment)
 Virginia Tuition Assistance Grant- VTAG

NON-COUNTABLE ACADEMIC SCHOLARSHIPS

NCAA Bylaw 15.5.3.2.1. Academic honor awards that are part of an institution's normal arrangements for academic scholarships, awarded independently of athletics interests and in amounts consistent with the pattern of all such awards made by the institution, are exempt from a Division I institution's equivalency computation, provided:

- a. the recipient was ranked in the upper 10 percent of the high school graduation class; or
- b. achieved a cumulative (determined by the NCAA) grade point average of at least 3.500 (based on a maximum of 4.000 scale); or
- c. achieved a minimum ACT sum score of 105; or
- d. achieved a minimum SAT score of 1200.

NCAA Bylaw 15.5.3.2.2.2. Institutional scholarships that are part of the institutions normal arrangements for academic scholarships, based solely on the recipient's academic records at the certifying institution, awarded independently of athletes interest and in amounts consistent with the pattern of all such awards made by the institution, are exempt from an institution's equivalency computation, provided the recipient has:

- a. Completed a least one academic year of full-time enrollment at the certifying institution
- b. Achieved a cumulative grade-point average of at least 3.30 (on a 4.00 scale) at the certifying institution.

PELL GRANT REFUND (Full Scholarship Only)

The University standard is that student-athletes eligible to receive a Pell Grant are able to receive a refund from this grant.

LIBERTY UNIVERSITY SPORTS MEDICINE

Jason Porter, MS, ATC - Assistant Athletics Director for Sports Medicine

Work: (434)592-3763

Cell: (314)322-6113

Email: jporter@liberty.edu

Aaron Schreiner, MS, ATC, CES – Senior Associate Athletic Trainer for Men’s Sports

Sport Coverage: Men’s Basketball, Golf, and Rehab Coordinator

Work: (434)592-4696

Cell: (434)841-9932

Email: aschreiner@liberty.edu

Barry Finke, MS, ATC, PES, CES – Senior Associate Athletic Trainer

Sport Coverage: Football

Work: (434)582-7046

Cell: (434)221-5574

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Tuesday Hunt, MBA, ATC – Senior Associate Athletic Trainer for Women’s Sports

Sport Coverage: Volleyball, Tennis

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Email: tlpatterson@liberty.edu

Hugh Blocker, MS, ATC –Assistant Athletic Trainer

Sport Coverage: W. Soccer, Softball and Swimming

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Email: hblocker@liberty.edu

Ben Galley, MS,ATC, PES- Assistant Athletic Trainer

Sport Coverage: W. Basketball and Cheerleading

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Email: bagalley@liberty.edu

Mary Green, MS, ATC – Assistant Athletic Trainer

Sport Coverage: Track and Field, Cross Country

Work: (434)582-2744

Cell: (706)631-4020

Email: megreen1@liberty.edu

Maggie Lindsey, MS, ATC – Assistant Athletic Trainer

Sport Coverage: Football

Work: (434)582-2454

Cell: (803) 243-5930

Email: mlindsey25@liberty.edu

Dan Preusser, Med, ATC, CES – Assistant Athletic Trainer

Sport Coverage: Men's Soccer and Baseball

Work: (434)582-2414

Email: dpreusser@liberty.edu

Jen Tapken, MS, ATC- Assistant Athletic Trainer

Sport Coverage: Lacrosse and Field Hockey

Work: (434) 582-7458

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Rhonda Becker- Insurance Coordinator

Work: 434-592-7162

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Donna Barber, SCCC, ACE, AASDN – Sports Nutrition

Phone: (434) 238-0075

Email: dbarber2@liberty.edu

Brad Haupricht, M.D. – Head Team Physician

Liberty University Health Services

Work: (434)200-6370

Fax: (434)455-0966

John Prahinski M.D. – Team Orthopedic Surgeon

Orthopedic Center of Central Virginia

Phone: (434)485-8500

Fax: (434)485-8599

Michael Diminick M.D. – Team Orthopedic Surgeon

Orthopedic Center of Central Virginia

Phone: (434)485-8500

Fax: (434)485-8599

Jeff Lowes D.C. – Team Chiropractor

Palmer Chiropractic

Phone: (434)237-2299

Chuck Rodgers, MA, LPC, LMFT – Counseling Services

Wyndhurst Counseling Services

Phone: (434) 237 - 2655

Kristen Sharrett, MA, LPC – Counseling Services

Wyndhurst Counseling Services

Phone: (434) 237 - 2655

SPORTS MEDICINE POLICY

The Sports Medicine Department is designed to work for the prevention of athletic injuries, to care for those injuries that do occur, and to work toward complete recovery through rehabilitation of the injury so that the student-athlete may return to participation as safely and quickly as possible. These goals are best accomplished through communication and cooperation among the student-athletes, coaching staff, and the Sports medicine staff.

TRAINING ROOM HOURS

Training room hours and treatment times will be established and posted on the training room’s door.

Student-athletes are expected to adhere to these scheduled times. **No one** is permitted to use training room facilities except under the direct supervision of a member of the sports medicine staff.

TRAINING ROOM RULES

1. Student-athletes will be treated and/or taped in the order in which they come into the training room.
2. No one is permitted in the training room unless they are receiving injury care, or by request of a member of the sports medicine staff. If an athletic trainer asks a student-athlete to wait outside the training room, the student-athlete is expected to cooperate since crowded conditions simply slow down the work process.
3. When a student-athlete requires taping, the body part to be taped should be cleaned and if required by the staff athletic trainer, shaved. If it is not, it will not be taped.
4. No training items (tape, wraps, scissors, etc.) should be taken from the training room without the consent of a member of the sports medicine staff.
5. No cleats, “horseplay”, or other forms of disruptive behavior will be allowed in the training room.
6. The telephone and computers in the training room is for **STAFF USE ONLY**.
7. Student-athletes are expected to treat the members of the sports medicine staff with respect.
8. No food or drink will be allowed in the training room at any time.
9. No electronic devices are allowed in the training room at any time. (iPods, cell phones, ipads,etc.)
10. Questions or problems concerning the Sports Medicine Program should be referred to the Director of Sports Medicine or the Staff Athletic Trainer for the student-athlete’s sport.

STUDENT-ATHLETE RECORDS

The sports medicine staff will utilize a variety of forms to keep accurate records of injury care services. Student-athletes are expected to cooperate by completing requested forms promptly.

PHYSICAL EXAMINATIONS

1. No student-athlete will be allowed to participate in intercollegiate athletics without passing a physical examination by the Liberty University team physician. In addition to the physical exam, all medical paperwork must be completed and on file with the Sports Medicine Department prior to participation in any tryout, practice, workout, or event.
2. Physical examinations for all student-athletes must be arranged by the sports medicine staff.
3. All returning student-athletes will be required to fill out a “Returning Athlete Health Appraisal” form.
4. Walk-on Physicals: Per NCAA Bylaw 17.1.5 any individual wanting to try out for any team at Liberty University

must show proof of a physical examination conducted by a Medical Doctor within 6 months prior to their tryout. The physical form must state that the student-athlete is fit and cleared for intercollegiate activity. Once an individual has been invited to be a member of the team they must receive a physical by a Liberty University team physician at their own expense. Given that you must have an LU physical once you have made the team, it is recommended that a sports physical be performed here on campus. It is also required that if the physical is performed off campus that a copy of LU's athletic physical be used and signed by the physician. A complete version of the walk-on policy and a copy of the physical form can be downloaded under the walk-on link at www.libertyflames.com. All non-scholarship student-athletes must show proof of medical insurance at the time of tryouts. (Please see medical expenses and insurance for full details.)

5. Sick Cell Trait Testing: The NCAA mandates that all student-athletes have knowledge of their sickle cell trait status before the student-athlete participates in any intercollegiate athletics event, including strength and conditioning sessions, practices, competitions, etc. In compliance with this NCAA rule, Liberty University requires documentation from a physician containing the student-athletes sickle cell trait status. This documentation must include the laboratory results of a sickle cell solubility test to determine the sickle cell trait status of the student-athlete. If a student-athlete is unable to provide laboratory test results, Liberty University requires sickle cell trait screening in the form of a blood test as part of the pre-participation physical examination process.

ATHLETIC INJURY PROCEDURES

1. When an injury occurs, it must be reported to a member of the sports medicine staff before treatment will be given.
2. All injuries should be reported to the staff athletic trainer as soon as possible and no later than 24 hours of occurrence or onset of symptoms. All illnesses should be reported to your team's athletic trainer by 9:00AM. ***Failure to report any injury within 7 days of the occurrence or onset of symptoms will jeopardize the reporting of the claim to Liberty University's insurance company. This can negate any financial responsibility of Liberty University's insurance and can make the student-athlete or parents financially responsible for all medical bills.***
3. When a treatment regimen is prescribed, the student-athlete is expected to cooperate in carrying it out. If a student-athlete fails to follow prescribed procedures this information will be forwarded to the coach.
4. Confidentiality concerning a student-athlete's injury or illness will be maintained at all times.
5. Daily progress reports and weekly summaries may be sent, on request, to the head coach or to his/her designated representative. Such reports will include recommendations as to limitations of activity and when full participation may be resumed.
6. The team physician or his designee (Staff Certified Athletic Trainer) is the FINAL AUTHORITY concerning when a student-athlete should be removed from participation for medical reasons, as well as when that student-athlete may return to full or partial participation.
7. Treatment for an injury will be scheduled by the staff athletic trainer. All student-athletes with injuries will be expected to report at the designated time. "No-shows" will not be tolerated. Coaches will be informed of the absence.
8. Treatments are to be continued until the medical staff decides they are no longer needed. DO NOT stop receiving treatments just because it "feels better".
9. Doctor appointments or any other medical service for an injury or illness must be made through a staff athletic trainer only. With the exception of an emergency situation where a member of the Sports Medicine Staff is not present, at no time should any athletic department personnel refer a student-athlete for medical care. If this procedure is not followed and the student-athlete seeks medical attention on his/her own without permission and coordination from a Staff Athletic Trainer the student-athlete will be financially responsible for any and all cost. (See second opinions under "Medical Expenses and Insurance".) Also, when medical treatment is sought or obtained outside the of the Liberty University Sports Medicine Network the student-athlete will not be permitted to participate until all written documentation is received from that medical provider.
10. Emergency treatment for an athletic injury will be channeled through a staff athletic trainer. If emergency room treatment is needed the staff athletic trainer will notify the team physician and the local hospital. The student-athlete will then be transported to the hospital by someone from the athletic training staff. If an ambulance is needed for transportation to the hospital, arrangements will be made by the staff athletic trainer.
11. At the conclusion of any athlete's playing tenure at Liberty University, whether it is because of graduation, transfer, loss of eligibility, etc, all athletes must complete an Exit Physical Form. This form outlines all current and past medical conditions and injuries sustained at Liberty University and outlines a plan of resolution for these injuries. It is

the student-athletes responsibility to complete this form with the staff athletic trainer within 14 days of their last competition or practice. Failure to complete this form will cause a forfeit of all follow-up treatments and financial benefits for athletic related injuries.

MEDICAL FACILITIES

The following medical facilities are utilized and considered “in network” by the Sports Medicine Program at Liberty University.

1. **Liberty University Health Services.** The general medical team physicians are in the health care office daily or on call. Services provided here are for general health disorders, such as: cold, flu, skin disorders, appendicitis, etc. For general medical issues that are not the direct result of an injury sustained during an official practice, workout, or game, the student-athlete will be required to pay for any medications, hospital visits, lab work, diagnostic tests, etc. that are needed for treatment of these conditions. All initial appointments should be coordinated through the staff athletic trainer for your sport.
2. **The Orthopedic Center of Central Virginia – Phone # (434) 485-8500**
The orthopedic team physicians are located off campus at 2405 Atherholt Rd., Lynchburg, VA 24501. All orthopedic issues are referred to this office.
3. **Lynchburg General Hospital – Phone # (434) 947-3000**
All emergency issues will be referred to Lynchburg General Hospital for care and treatment.
4. Liberty University may also use the services of several other health professionals in the community when necessary. **Appointments will be made through the staff athletic trainer only.**

MEDICAL EXPENSES AND INSURANCE

A complete copy of the Liberty University Athletic Insurance Policy can be viewed at the Sports Medicine Link at www.libertyflames.com.

1. Personal insurance is the primary source for payment. Liberty University’s athletic insurance company is a secondary policy. It is **recommended** that all student-athletes have personal medical insurance as Liberty University Athletic Department will only be responsible for authorized medical treatments related to injuries sustained during sanctioned, coached supervised, practices or competitions. **All non-scholarship student-athletes are subject to certain insurance requirements including coverage by a primary insurance plan with a deductible no greater than \$2,500.00. Any policy must cover NCAA intercollegiate athletics.**

Once a student-athlete completes his/her final competition, they are no longer eligible for medical coverage for any athletic injuries as a result of training or conditioning. Only those injuries sustained through their final competition and reported to the Sports Medicine Staff and documented on the student-athlete exit form will be eligible for secondary insurance benefits.

2. Insurance information is mandatory from the student-athlete or his/her parents. This information must be submitted to the staff athletic trainer before the student-athlete will be permitted to participate in any practice, workout, or competition.
3. For a sports related medical bill, the bill is first sent to the parent’s or athlete’s own insurance company and their insurance is expected to pay its limits. If there is a balance, the bill must be forwarded to the university or directly to the secondary insurance company, along with the “Explanation of Benefits” (EOB) from the primary insurance showing how much was paid and what the remaining balance is. This information will then be forwarded to Liberty University’s athletic insurance company for payment of the remaining portion. **It is the responsibility of the athlete and the parent or guardian of the athlete to forward all required information within 14 days of receipt. Failure to forward all bills, EOB’s, or any related or requested correspondence with the University, the primary insurance provider, the medical provider, or Liberty’s secondary insurance carrier may result in the University not paying these expenses.**

4. **HMO’s, PPO’s, Network Insurance**

If a student-athlete and/or parents or guardians belong to a Health Maintenance Organization, a Preferred Provider Organization or any insurance plan that has out of network restrictions, you are limited to the insurance company’s physicians and facilities. You are requested to send requirements and/or limitations which may be included within the policy, and/or affect the coverage. This information is necessary for the claims process to be filed correctly.

The student-athlete and/or parent or guardian is responsible for making the Sports Medicine staff aware of require-

ments or limitations in their coverage and the proper procedures that must be followed. **Failure to follow proper procedures through the insurance coverage may void a student-athlete's eligibility for coverage under the university secondary insurance; making the student-athlete and parent or guardian financially responsible for all medical bills.**

5. **Second Opinions:** If an athlete seeks a second opinion or care from an out-of-network physician or health care provider not approved by the Director of Sports Medicine and coordinated by the student-athlete's staff athletic trainer, he/she will be medically ineligible to participate in athletics, or to utilize the services of the Liberty University Sports Medicine Department until medical records are received and reviewed by the universities' Sports Medicine Staff. The athlete has the responsibility to ensure the physician forwards all requested information. The student athlete will also assume all financial responsibilities for any costs associated with medical care. **Liberty's secondary insurance coverage will not be applied to those services.**
6. Liberty's student-athletes are covered for any injury they sustain while practicing or participating in a sanctioned game/match/meet supervised by a coach. There are certain important exceptions that include the following:
 - a) Pre-existing injury - if the student-athlete has had a significant injury to a joint or body part prior to participation at Liberty University, Liberty's secondary insurance policy will not cover the expense of further injury or insult to that body part. All pre-existing injuries, both reported and not reported, during the initial physical exam are subject to this provision. Common examples of this would be a student-athlete who has had surgery on a joint that has been previously injured which requires a brace to be worn during activity, or a student-athlete who twisted his/her knee before playing at Liberty and was told by a doctor he had torn cartilage but opted to not have surgery
 - b) An injury that the student-athlete sustained during the summer whether they were currently attending Liberty University or were new to the school. If there are any questions concerning coverage, the Director of Sports Medicine should be contacted
 - c) An injury that occurred when the student-athlete was playing "a pick-up game", involved in horseplay, or participating in intramurals or is not following the guidelines established for an injury by the sports medicine staff.
7. Dental injuries, broken glasses or lost contacts that occur as a result of participation in a sanctioned practice or game, will be submitted the same way as an injury if it occurred during practice/game/or match.
8. There are appropriate forms that parents/student-athletes should receive, fill out, and return to the athletic trainer prior to participation.
9. Any student-athlete wishing to be seen at Liberty University Health Services for a non-athletic illness or injury should report to the athletic training staff for an appointment. General medical office visits coordinated through the Sports Medicine Department will only be permitted through the conclusion of the academic year of the student-athletes final year of competition. Please note that general medical issues are not covered or eligible for coverage by Liberty University's secondary insurance coverage. Any bills generated by the student-athlete will be the responsibility of the student-athlete.

SCREENING AND COUNSELING SERVICE

Liberty University understands that occasionally some student-athletes may have problems with substance abuse and eating disorders or other non-athletic related illnesses. In order to help their student-athletes, Liberty has taken the following steps to alleviate problems whenever possible:

- a) Seminars or presentations on Nutrition and Eating Disorders. These seminars will present information on eating disorders to student-athletes and outline the procedures to follow for counseling and help.
- b) Any student-athlete identified as being "at risk" may be referred to Liberty University Health Services counseling for assistance.
- c) Information provided during screening or counseling is considered confidential between the student-athlete and the appropriate person(s). The exception to this is if the student-athlete's behavior is self-destructive, out of control or seen as possibly endangering someone else.
- d) Random drug screening may be performed on any student-athlete. If there is a "positive test" it will be handled in the disciplinary manner described in the Liberty Way.

SPORTS AND NUTRITION SERVICES

Mission & Nutritional Philosophy

To provide education and support to student athletes in order that they may be empowered to fuel their bodies with sound nutrition. Liberty Sports Nutrition advocates teaching student athletes the best ways to consume whole healthy foods in proper proportions, combinations, and frequencies on a daily basis. Special attention will be given to daily nutrition and hydration, pre- and post- game fueling, and proper menu planning for home and away events.

Structure / Personnel

The following personnel comprise the Liberty University Sports Nutrition team:

- Sports Nutritionist
- Registered Dietician (for consultations) (RD)
- Team Physician(s)
- Certified Staff Athletic Trainers
- Strength & Conditioning

Services

The following services are provided by Sports Nutrition:

- Team and individual presentations / consults
- Body composition analysis (utilizing the InBody 520)
- Cooking demonstrations
- Grocery store & Dining Hall tours
- Pregame & postgame meal consultations

Referral process

Student athletes may request a consultation with Sports Nutrition or can be referred by an Athletic Trainer or coach. Sports Nutrition will communicate with the appropriate team Athletic Trainer anytime a student athlete is seen for consultation or testing. It is the decision of Sports Nutrition to also involve the appropriate team Strength and Conditioning Coach when necessary. Should Sports Nutrition become aware of any health related concerns of a student athlete during consultation or testing, immediate referral will be made to the appropriate Athletic Trainer for medical follow up.

InBody 520 Composition Testing Policies

Sports Nutrition utilizes the InBody 520 for a thorough body composition analysis. A copy of the results will be given to the appropriate Athletic Trainer to be placed in the student athlete's medical file. By directive of the Team Physician, all results are confidential and will only be shared with the student athlete, Sports Nutrition, Sports Medicine and Strength and Conditioning. The student athletes may obtain a copy of their results upon request. However, coaches may not require student athletes to turn in a copy of their results or review these results with them.

Any results that indicate a need for medical intervention as determined by Sports Medicine and Sports Nutrition will be immediately referred to the Team Physician for further follow up, evaluation and/or testing. As with all medical referrals, the Sports Medicine staff will be responsible for coordinating all care between the student athlete and Team Physician. Coaches will be informed of any cases of medical intervention on a need to know basis. Any necessary details pertaining to the student athlete's care will be communicated to coaches via their team Athletic Trainer.

Supplements, Ergogenic Aids & Dietary Aids

The Liberty University Sports Medicine and Sports Nutrition Departments in accordance with NCAA regulations will not distribute, encourage, or condone the use of any supplements or ergogenic aids.

Nutritional supplements are not strictly regulated and may contain banned substances (NCAA, 2012). All dietary aids, regardless of form, must be approved through Sports Nutrition. A complete list of approved dietary aids will be available upon request.

Any individual associated with Liberty University Athletics is not permitted to purchase or provide supplements to student athletes in a manner which would result in personal financial gain (i.e. personal distributorship, direct sales, personal / group volume, etc.). Liberty University Athletics does not permit the purchasing of nutritional products from companies that utilize direct sales or multi—level marketing (MLM) as their business model.

In accordance with NCAA regulations, Sports Medicine and Sports Nutrition will not endorse any particular supplement.

Consultations are available to all student athletes seeking advice on supplements, ergogenic aids & dietary aids. Sports Medicine and Sports Nutrition utilize Drug Free Sport: www.drugfreesport.com/rec (DI password: ncaa1) as an additional resource.

LIBERTY UNIVERSITY DRUG TESTING POLICY

PREFACE

The goal of the Liberty University drug testing program is to provide a fair, healthy, and equitable policy for student-athletes participating in NCAA competition. Liberty University is concerned for the health and well-being of each student-athlete. The university is hopeful that each student-athlete understands the importance and benefits of living a healthy and drug free life.

This program involves urine collection on specific occasions and laboratory analysis for substances on a list of banned drugs developed by the NCAA Executive Committee. This list is comprised of drugs known to be performance enhancing and/or potentially harmful to the health and well-being of the student-athlete. This program is in addition to the NCAA year-round and championship drug testing program and procedures. The drug screening and education program, including sanction phases, is separate and distinct from the NCAA drug testing and its sanction phases. Liberty University may amend, alter or revise the Drug Screening and Education Program at any time without notice.

CONSENT FORM

All student-athletes are required annually, prior to participation in intercollegiate competition, to sign the NCAA Drug Testing Consent Form and the Liberty University Consent to Testing and Authorization for Release of Information Form. These forms verify the student-athletes knowledge and understanding of the program, providing consent to the administration of the urinalysis testing required by the program, and permitting release of testing information to a limited group. Failure to sign this consent form will result in the student-athletes ineligibility for participation in intercollegiate competition.

DIETARY AND HERBAL SUPPLEMENT POLICY

Liberty University Department of Athletics and its personnel in accordance with NCAA regulations will not distribute, encourage or condone the use of any dietary supplements or ergogenic aids. The NCAA has issued a position statement that reads as follows:

“Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athletes own risk. Student-athletes should contact their institutions team physician or athletic trainer for further information.”

In accordance with NCAA regulations, Sports Medicine and Sports Nutrition will not endorse any particular supplement. Consultations are available to all student athletes seeking advice on supplements, ergogenic aids & dietary aids. Sports Medicine and Sports Nutrition utilize Drug Free Sport: www.drugfreesport.com/rec (DI password: ncaa1) as an additional resource.

ATHLETE SELECTION PROCESS

All student-athletes may be selected to participate in drug testing through two possible means:

1. Random Drug Testing

- a. Each semester and during the summer, the Liberty University Athletic Training Department may conduct random drug testing.
- b. Individuals will be selected through a random selection process by the Director of Sports Medicine in conjunction with the Director of Compliance.
- c. The head coaches of each team will be given a list of the student-athlete(s) selected from their team the day before testing is to be done.
- d. It is the head coach's responsibility to contact the student-athlete(s) and inform them of the time and place of the testing.
- e. The student-athlete is responsible for being at the designated testing site at the designated time.

Failure of the student-athlete to show for the drug testing will be treated in the same manner as a positive test result in terms of sanctions and eligibility to participate.

2. Reasonable Suspicion

- a. Reasonable suspicion is defined as suspicion founded on specific, objective facts which, when taken with rational inferences that may be drawn there from, indicate that a medical evaluation and/or testing will likely confirm that prohibited drugs are being used.
- b. Reasonable suspicion will normally be based on the observation of behavior or conduct, or the presence of certain physical or emotional characteristics or patterns, which are symptomatic of the use of prohibited drugs. Examples which may give rise to reasonable suspicion include violation of state laws or university regulations governing the use of alcohol and drugs, including driving while intoxicated or under the influence of drugs; violent conduct including assault and sexual assault; vandalism; theft; chronic fatigue or loss of vitality; decreased interest or effort in practices and competitions; prolonged illness or injuries; unexpected weight and/or strength gains or losses; unexplained fluctuations in moods expressed as inappropriate irritability, hostility anxiety, anger, or withdrawal.
- c. When a team physician, athletic trainer, strength coach, academic services coordinator, head coach, or any other university staff member believes there may be reasonable suspicion that a student-athlete may be using a prohibited substance, he/she will give written documentation of these suspicions to the Director of Sports Medicine. The Director of Sports Medicine will then refer the student-athlete to the team physician for an appropriate medical evaluation and assessment, which may include testing of urine for the presence of prohibited drugs.

Failure for a student-athlete to comply with a referral will be treated in the same manner as a positive test result in terms of sanctions and eligibility to participate.

PENALTIES

In assessing disciplinary action, the university shall have the discretion to impose a wide range of sanctions other than required withdrawal, including, but not limited to, drug counseling and periodic drug testing.

Disciplinary action normally will involve academic penalties, including the possibility of loss of credit for work done during the semester in which disciplinary action is taken.

In the case of a first positive test result:

- A. The sample will be retested. The result of the retesting will be sent to the Director of Sports Medicine. If the retest is verified and confirmed, the Director of Sports Medicine shall then notify the Director of Athletics and the Team Physician.
- B. The Director of Athletics shall then notify the appropriate head coach that a positive test result was obtained. Details regarding types of drugs and other circumstantial information shall be kept confidential by the Team Physician, Director of Athletics and the Director of Sports Medicine.
- C. The Director of Athletics will then notify the student-athlete that a positive test result was obtained. The student-athlete will then be required to meet with the Director of Athletics, Director of Sports Medicine, and the Team Physician, where the student-athlete will be given an opportunity to defend him/herself.
- D. The student-athlete may be ineligible to participate in regular-season and postseason competition for one calendar year (i.e., 365 days) after the positive drug test and may be charged with a loss of a minimum of one season of competition in all sports. The student-athlete may remain ineligible for all regular-season and postseason competition for one calendar year after the student-athlete's positive drug test, and until the student-athlete retests negative and the student athlete's eligibility is restored by the Student-Athlete Reinstatement Committee. The student-athlete will also be required to attend a drug abuse assessment counseling session, set up by the Team Physician.
- E. The student-athlete is also subject to the ramifications set forth by the Liberty Way, which may include, but are not limited to fines, reprimands, loss of all scholarships, and Administrative Withdrawal.

RIGHT TO REQUEST A REVIEW

- A. If the student-athlete desires to contest the results of the test or the proposed sanctions, he or she has the right to request a review.
- B. The request for the review must be in writing and must be submitted within two days of the notification of the positive test result to the Director of Athletics.
- C. Evidence of the student's use of prohibited drugs, including all test results, and the reasons why the proposed sanctions should be imposed will be presented to the Director of Athletics for review. The student will have the right to contest the test results, to present reasons why the proposed action should not be taken, and to present evidence to support his or her contentions.

D. The Director of Athletics will render a written decision within five working days of the review which will be the final decision in this matter.

In the case of a second positive test result for the use of any drug:

A. The sample will be retested. The result of the testing will be sent to the Director of Sports Medicine. If the retest is verified and confirmed, the Director of Sports Medicine will then notify the Director of Athletics and the Team Physician.

B. The Director of Athletics shall then notify the appropriate head coach a second positive test has occurred. Details regarding types of drugs and other circumstantial information shall be kept confidential by the Team Physician, Director of Athletics and the Director of Sports Medicine.

C. The Director of Athletics will then notify the student-athlete that a second positive test result was obtained. The student-athlete will then meet with the Director of Athletics, Director of Sports Medicine, and the Team Physician. The student-athlete will then be given the opportunity to defend him/herself.

D. The student-athlete may then lose ALL remaining regular-season and postseason eligibility in ALL sports. The student-athlete must also enter a drug abuse counseling program.

MEDICAL EXCEPTION PROCESS / ADHD DOCUMENTATION AND MEDICATION

The NCAA bans certain classes of drugs because they can harm student-athletes and/or create an unfair advantage in competition. There are valid prescription medications that contain NCAA banned substances even though some student-athletes may need to use these medicines for specific health needs or to legitimately support their academic progress. The stimulants found in most ADHD medications fall into the category of NCAA banned substances.

The NCAA has a procedure to review and approve legitimate use of medications that contain NCAA banned substances through a Medical Exceptions Procedure, **but it requires the Student Athlete to report and document all prescription medication with the Liberty University Sports Medicine Department.** Furthermore, prescription use of ADHD medication requires prior comprehensive testing to establish a diagnosis of ADHD documentation. This requires documentation from the prescribing physician containing at minimum the information listed below.

- Description of the evaluation process which identifies the assessment tools and procedures.
- Statement of the Diagnosis, including when it was confirmed.
- History of ADHD treatment (previous/ongoing).
- Statement that a non-banned ADHD alternative has been considered if a stimulant is currently prescribed.
- Statement regarding follow-up and monitoring visits.

Further information can be obtained about the NCAA policy visiting the Sports Medicine link at www.libertyflames.com.

*****The list of current NCAA banned drugs can be found at: www.ncaa.org/health-safety**

COMPLIMENTARY TICKETS

Liberty may provide up to FOUR complimentary admissions per home or away (barring contracted ticket allotment) contest to a student-athlete in the sport in which the individual participates (either practices or competes), regardless of whether the student-athlete competes in the contest.

Exceptions:

- 1. Liberty may provide each student-athlete who participates in or is a member of a team participating in an NCAA championship with six complimentary admissions to all contests at the site at which the student (or team) participates.**
- 2. Complimentary admissions may be provided to members of Liberty's team for all contests in a tournament in which the team is participating, rather than only for the games in which Liberty's team participates. However, the contests must be at the site at which Liberty's team participates.**

Complimentary admissions shall be provided only through a pass list for individuals designated by the student-athlete. "Hard tickets" shall not be issued. Before each game, student-athlete will log into Jumpforward and select their guests for each game. A player may choose to forfeit or "allocate" his/her tickets to another player. No changes will be made to the pass list once the deadline has passed.

The individual utilizing the complimentary admission must present identification to the person supervising the use

of the pass list at the admission gate. The individual then shall be provided a ticket stub or other identification of a specified reserved seat or treated as a general-admission ticket holder. For away contests, if a ticket representative is not traveling, the ticket office will send a copy of the comp ticket guest list to the institution. Each pass list is to be returned by mail or fax following the event to the Compliance Coordinator to ensure compliance with all NCAA legislation. **NO CHANGES ARE ALLOWED AT THE SITE OF THE CONTEST.**

All ticket requests during the Academic year will be processed through their Jump Forward accounts. All student-athletes are responsible for assigning their complimentary tickets on time.

SUMMARY OF NCAA LEGISLATION FOR COMPLIMENTARY TICKETS

Sale of complimentary admissions

A student-athlete may not receive payment from any source for his or her complimentary admissions and may not exchange or assign them for any item of value.

Payment to Third Party

Individuals designated by the student-athlete to receive complimentary admissions are not permitted to receive any type of payment for these admissions or to exchange or assign them for any item of value. Receipt of payment for complimentary admissions by such designated individuals is prohibited and considered an extra benefit (this action would render the student-athlete ineligible for intercollegiate competition).

Student-Athlete Ticket Purchases

Liberty may not provide a special arrangement to sell a student-athlete ticket(s) to an athletics event. Tickets shall be available for purchase by student-athletes according to the same purchasing procedures used for other students.

Sale Above Face Value

A student-athlete may not purchase tickets for an athletics contest from Liberty and then sell the tickets at a price greater than their face value.

TRADITIONS

Rock Royer/Mac Rivera Award

The Rock Royer/Mac Rivera Award is the most prestigious athletic award given by Liberty University. This award is presented annually to the senior student-athlete who has demonstrated an outstanding Christian testimony in all areas of collegiate life. Student-athletes are nominated by their respective coaches. This nomination is forwarded in written form to a selection committee for consideration. The selection committee chooses the most worthy candidate.

This award is given in honor and memory of Rock Royer, the school's first football coach who died in an airplane crash, and Mac Rivera. Rivera was a member of Liberty's men's basketball team who was tragically killed during his time at Liberty as a student-athlete. Both of these men portrayed tremendous Christian testimonies and were truly outstanding as a coach and a student-athlete.

Award Recipients:

2013 Jennifer Klugh, Track/Field

2012 Jesse Sanders, men's basketball

2011 Zach Duke, football

2010 Chris Rocco, football

2009 Beth Bennett, softball

2008 Allyson Fasnacht, women's basketball

2007 Arlene Zelinkas, track & field

2006 Sonia Rodriguez, women's soccer & Phillip
Thompson, baseball

2005 Sam Gado, football & Danielle McNaney, track & field

2004 Tatiana Tkachuk, volleyball

2003 Collin Mascagni, men's soccer

2002 Heather Sagan, track & field
 2001 Andrea Wildrick, track & field
 2000 Nathan Day, men's basketball
 1999 Elena Kisseleva, women's basketball
 1998 Jarrod Everson, football
 1997 Ben Anderson, football
 1996 Michael Prettyman, track & field
 1995 Ryan Werner, track & field
 1994 Todd Setsma, men's golf
 1993 Matthew Hildebrand, men's basketball
 1992 Theresa Bream, women's basketball & volleyball
 1991 Michael Coleman, men's basketball
 1990 Craig Holiday, wrestling
 1989 Lynn Atwood, women's basketball/track & field
 1988 Kathy Guetterman, volleyball
 1987 Pam Wilder, women's basketball
 1986 Ron Starnes, men's soccer
 1985 Sue Andrew, track & field & Dave Bream, baseball
 1984 Rick Seilhmer, wrestling
 1983 Bill Gillespie, football/track & field
 1982 Sharon Snodgrass, women's basketball
 1981 D.J. Hertzler, football
 1980 Karl Hess, men's basketball
 1979 Dave Anderson, football
 1978 Gary Avila, wrestling
 1977 Scott Goetz, football and Paul Dalton, men's basketball
 1976 David Neff, football
 1975 Sling Patterson, football

George A. Christenberry Award

The Big South Conference presents the George A. Christenberry Award for Academic Excellence each year to one male student-athlete and one female student-athlete who attain the highest grade point averages during their college careers and are graduates of a member institution during that year.

Award Recipients:

2010-2011	Jeremy Anderson	Men's Basketball
2010-2011	Panashe Nhekairo	Men's Soccer
2008-2009	Patrick Walker	Wrestling
2005-2006	Daniel Darnell	Soccer
2004-2005	Danielle McNaney	Track and Field
2003-2004	Mats Persson	Basketball
2003-2004	Jeremy Graves	Track and Field
2002-2003	Brooke Garman	Tennis
1998-1999	Cathy Williams	Track and Field
1997-1998	Holly Deem	Track and Field
1996-1997	Lora Randolph	Track and Field

1992-1993 Karl Shoemaker Basketball

BIG SOUTH SCHOLAR-ATHLETE OF THE YEAR

Each year the Sports Information Directors of the Big South Conference select a male and female Scholar-Athlete of the Year. The award is given to the two nominees (one male and one female) that have achieved excellence on the field and in the classroom, exemplifying the term student-athlete.

Award Recipients:

2008-2009 Megan Frazee Women's Basketball
2004-2005 Danielle McNaney Track and Field
2000-2001 Bruce Kite Cross Country

HOWARD BAGWELL AWARD/WOMEN'S PLAYER OF THE YEAR

Each year the Big South Conference awards a male and female Player of the Year. The award is given to the top athletic performer for that year. The Men's Player of the Year receives the Howard Bagwell Award, named for former Charleston Southern Athletics Director Howard Bagwell.

Howard Bagwell Award Recipients:

2010-2011 Sam Chelanga Cross Country/Track and Field
2009-2010 Sam Chelanga Cross Country/Track and Field
2008-2009 Sam Chelanga Cross Country/Track and Field
2007-2008 Josh McDougal Cross Country/Track and Field
2006-2007 Josh McDougal Cross Country/Track and Field
2005-2006 Josh McDougal Cross Country/Track and Field
1999-2000 Keith Butler Baseball

Women's Player of the Year Recipients:

2008-2009 Megan Frazee Basketball
2007-2008 Megan Frazee Basketball
2004-2005 Katie Feenstra Basketball
2003-2004 Katie Feenstra Basketball
2001-2002 Heather Sagan Cross Country/Track and Field
1999-2000 Anthonia Akpama Volleyball

NCAA DIVISION I COSIDA ACADEMIC ALL-AMERICANS

2011	Pat Kelly	Football	First Team
2011	Phillip Aseweh	Men's Soccer	Second Team
2010	Chris Rocco	Football	First Team
2009	Daniel Newell	Track and Field	Third Team
2009	Megan Frazee	Basketball	Second Team
2008	Mike Gelatt	Soccer	First Team
2008	Megan Frazee	Basketball	First Team
2008	Clendon Henderson	Track and Field	First Team
2007	Arlene Zelinskis	Track and Field	Second Team
2007	Mike Gelatt	Soccer	First Team
2005	Jay Cline	Football	Second Team
2005	Kristin Colson	Volleyball	Second Team
2005	Kristal Tharp	Basketball	Second Team
2005	Danielle McNaney	Track and Field	First Team
2004	Danielle McNaney	Track and Field	Second Team
2002	Heather Sagan	Track and Field	First Team

1999	Jennifer Hodges	Soccer	Third Team
1998	Jason Benham	Baseball	Third Team
1998	Holly Deem	Track and Field	Third Team
1998	Cathy Williams	Cross Country	Third Team
1998	Jarroed Everson	Football	First Team
1997	Jarroed Everson	Football	Second Team

SASSER CUP

Originally known as the Commissioner's Cup, the **Sasser Cup** was renamed in 2000 to honor the retiring **George F. "Buddy" Sasser**, who served as the Conference Commissioner from 1989 to 1996, and as the Director of Athletics at Coastal Carolina from 1986-89 and 1996-00. It is awarded annually to the member institution with the most athletic success for that year based on regular season and championship performance.

Sasser Cup Winners:

2012-2013 **Liberty**

2011-2012 **Liberty**

2010-2011 **Liberty**

2009-2010 **Liberty**

2008-2009 **Liberty**

2007-2008 **Liberty**

2006-2007 Coastal Carolina

2005-2006 Coastal Carolina

2004-2005 Coastal Carolina

2003-2004 Coastal Carolina

2002-2003 **Liberty**

2001-2002 **Liberty**

2000-2001 Coastal Carolina

1999-2000 **Liberty**

1998-1999 **Liberty**

1997-1998 **Liberty**

1996-1997 UNC Greensboro

1995-1996 UNC Greensboro

1994-1995 UNC Greensboro

1993-1994 Campbell

1992-1993 Campbell

1991-1992 Campbell

1990-1991 Coastal Carolina

1989-1990 Coastal Carolina

1988-1989 Coastal Carolina

1987 1988 Coastal Carolina

1986-1987 Winthrop

1985-1986 Winthrop

FLAMES CLUB

The Flames Club is integral to the success of Liberty University Athletics, and is the channel through which Flames Nation can partner with our coaches and student-athletes for the advancement of the athletics program. With the ever-increasing cost of competing at the NCAA Division I level, a dynamic booster club is critical to putting the strongest possible teams on the field, court, track, course, and in the pool. The mission of the Flames Club is to raise financial support for Liberty University Athletics and to ensure that our coaches and student-athletes have everything they need to compete for championships.

Members of the Flames Club enjoy the satisfaction of knowing that their gifts are ultimately investments in the lives of our student-athletes. These gifts help to provide our student-athletes with the academic foundation, spiritual training, and disciplines learned through athletics competition that are essential to success in life. Flames Club members can also be rewarded with preferred seating, parking, and hospitality privileges; based upon membership level.

To obtain more information or to contact the Flames Club, please call 434-582-CLUB (2582), email FlamesClub@Liberty.edu, or visit www.LibertyFlames.com/FlamesClub.

STUDENT FLAMES CLUB

The Student Flames Club (SFC) exists to promote school spirit, enhance the Game day atmosphere at Liberty athletics events, and to give the student body an avenue to identify with the University's athletics programs. Organized in 2006, the SFC is sponsored by Domino's Pizza and has grown to 1,000 members. The SFC provides participating members with:

- Exclusive SFC T-shirt & Drawstring Bag
- SFC Flames Pass Decal
- 10% off at the Liberty University Barnes & Noble Bookstore
- Coupons and discounts to Local Restaurants
- Opportunity to Reserve a Premium Tailgating Space for all Home Football Games
- First Priority on Tickets for select Away games & Postseason events
- Invitation to exclusive SFC Events throughout the year

**Membership and benefits are valid for the 2015-16 academic year.

Membership is only \$25. Call 434-582-4450 or e-mail SFC@liberty.edu for more information.

Sign up today so that you can be a part of the action as Liberty Flames Athletics soars to new heights in 2015!

RECEIPT OF STUDENT-ATHLETE HANDBOOK: COMPLIANCE

Print Name

LU ID Number

As a student-athlete at Liberty University I have received the Student-Athlete Handbook for the 2015-2016 academic year, have been made aware of the policies and procedures contained within, and am responsible for reading and understanding its contents. I accept my obligations and responsibilities as a student-athlete. I understand that being a student-athlete at Liberty University is an honor and a privilege and that I will be held to a standard above my peers. The student-athlete handbook can also be read online on the athletics compliance website.

I also understand that my Head Coach, the Director of Athletics, and the Compliance Office are available to answer any questions I have regarding NCAA, conference, and Liberty University regulations. I understand I am subject to penalties listed in this handbook and/or at the discretion of the Director of Athletics and other Liberty University administration if I violate any policy in the Student-Athlete Handbook or the Liberty Way.

Signature of Student-Athlete

Date

Phone Number

Sport

