The Capstone Creed

As a member of the University of Alabama community, I will pursue knowledge; act with fairness, honesty, and respect; foster civic responsibility; and strive for excellence.

UA ACADEMIC CALENDAR 2013 – 2014

<table>
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<tr>
<th>FALL 2013</th>
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<tr>
<td><strong>August 19</strong></td>
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</table>
Athletic Student Services Staff

Jon P. Dever  
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124 Bryant Hall  
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jsanders@ia.ua.edu  
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Evan Cardwell  
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(205) 348-3295

Molly Dowd  
Academic Advisor  
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m dowd@ia.ua.edu  
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ATHLETIC ADMINISTRATION

Bill Battle, Director of Athletics
223 Mal M. Moore Athletic Facility  bbattle@ia.ua.edu  348-3697

Kevin Almond, Senior Associate Athletics Director – Support Services
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204 Mal M. Moore Athletic Facility  fgaston@ia.ua.edu  348-5231

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206 Mal M. Moore Athletic Facility  slyons@ia.ua.edu  348-8850

Carol K. Park, Associate Athletics Director – Business Office
235 Mal M. Moore Athletic Facility  cpark@ia.ua.edu  348-3657

Milton Overton, Senior Associate Athletics Director - Technology Advancement
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Jeff Purinton, Associate Athletics – Director-Football Media Relations
Mal M. Moore Athletic Facility  jpurinton@ia.ua.edu  348-3631

Marie Robbins, J.D., Associate Athletics Director & Senior Woman Administrator
320 Coleman Coliseum  mrobbins@ia.ua.edu  348-4684

Steve Townsend, Special Assistant to the Athletics Director
A-120 Bryant Denny North End Zone  stownsend@ia.ua.edu  348-7854

Joe Pannunzio, Director for Football Operations
266 Mal M. Moore Athletic Facility  jpannunzio@ia.ua.edu  348-1986

Doug Walker, Associate Athletics Director – Athletic Communications
170 Coleman Coliseum  dwalker@ia.ua.edu  348-6084

Jonathan Bowling, Associate Athletics Director – Compliance
229 Mal M. Moore Athletic Facility  jbowling@ia.ua.edu  348-4388

Dr. Kevin Whitaker, Faculty Athletics Representative
174 H M Comer Hall  kwhitaker@eng.ua.edu  348-1598
ATHLETICS COMPLIANCE
Jonathan Bowling, Associate Athletics Director - Compliance 348-4388
Daniel Feig, Director of Compliance 348-3652
Carol Lucas, Assistant Director of Compliance 348-3615
Matt Self, Director of Compliance 348-3639
Jeremy Joffray, Assistant Director of Compliance 348-3519
Riley Edwards, Compliance Coordinator 348-3605

ATHLETIC COMMUNICATIONS
Doug Walker, Associate Athletics Director – Communications 348-7245
Aaron Jordan, Associate Director 348-7496
Roots Woodruff, Associate Director 348-6084
Rich Davi, Assistant Director 348-3550
Josh Maxson, Assistant Director 348-3673
Jessica Pare, Assistant Director 348-6734
Skip Powers, Assistant Director 348-2088
Amanda Stewart, Administrative Secretary 348-6084

ATHLETIC PHOTOGRAPHY
Kent Gidley, Director of Photography 348-2301
Amelia Brackin, Staff Photographer 348-2301

ATHLETIC TRAINING AND SPORTS MEDICINE
Jeff Allen, Director of Sports Medicine & Head Football Trainer 348-3663
Sherry Kimbro, Associate Head Athletic Trainer, Soccer 348-4421
Rodney Brown, Director of Rehabilitation 348-7403
Amy Bragg, Director of Performance Nutrition 348-3623
Joe Hoffer, Athletic Trainer, Baseball 348-3607
John Morr, Athletic Trainer, Men's Basketball 348-5347
TBA, Athletic Trainer, Women’s Basketball 348-5832
Ginger Gilmore, Athletic Trainer, Football 348-3841
Jeremy Gsell, Athletic Trainer, Football 348-3662
Monica Decker, Athletic Trainer, Gymnastics 348-5348
Erin Weaver, Athletic Trainer, Softball 348-3665
Bernard Burroughs, Athletic Trainer, Track and Field/Cross Country 348-3456
Sean O’Conner, Graduate Assistant, Football 348-4688
Kevin Siesel, Graduate Assistant, Football 348-4688
Kirby Earnhardt, Graduate Assistant, Cheerleading /Dance 348-3838
Matt Doell, Graduate Assistant, M/W Swimming / Diving 348-4422
Megan McGay, Graduate Assistant, M/W Swimming / Diving 348-4422
Kayleigh Zavadil, Graduate Assistant, M/W Tennis 348-3838
Tina Meyer, Graduate Assistant, Women's Track 348-3600
Tara Lynn Moore, Graduate Assistant, Rowing/Crew 348-3838
Katie O’Flaherty, Graduate Assistant, Rowing/Crew 348-3838
Leigh Waters, Graduate Assistant, Volleyball 348-4422
ATHLETICS STRENGTH AND CONDITIONING

Scott Cochran, Head Strength & Conditioning Coach 348-3600
Terry Jones, Assistant Head Strength & Conditioning Coach 348-2250
Rocky Colburn, Assistant Strength & Conditioning Coach 348-7106
Michelle Diltz, Assistant Strength & Conditioning Coach 348-3974
Jonathan Farris, Assistant Strength & Conditioning Coach 348-3977
Jim Hamner, Assistant Strength & Conditioning Coach 348-3977
Corey Harris, Assistant Strength & Conditioning Coach 348-3600
Mark Hocke, Assistant Strength & Conditioning Coach 348-3576
Travis Illian, Assistant Strength & Conditioning Coach 348-6633
Kindal Moorehead, Assistant Strength & Conditioning Coach 348-2743
Andy Weigel, Assistant Strength & Conditioning Coach 348-3630

ATHLETICS TECHNOLOGY ADVANCEMENT

Milton Overton, Senior Associate Athletics Director – Technology 348-3600
Rand Harris, Director Athletics Information Technology 348-0263
Evan Deerman, Technology Operations Manager 348-0773
Troy Finney, Senior Director Video Services 348-3644
Harold Sexton, Director Athletics Event Technology 348-0486
Josh Kidd, Systems Engineer I 348-3520
Greg Winn, Internal Applications Developer 348-0263

UNIVERSITY ADMINISTRATION

Dr. Judy Bonner, University President 348-5103
Dr. Joe Benson, Interim Provost & Vice President for Research 348-4892
Dr. Mark Nelson, Vice President Student Affairs & Vice Provost 348-8272
W. Michael George, University Registrar, Student Records 348-2857
Dr. Steven Hood, Executive Director Housing & Residential Communities 348-9364
Helen Allen, Director of Student Financial Aid 348-7949
John Maxwell, Director, Student Health Center 348-7960

“It’s not the will to win, but the will to prepare to win that makes the difference.”
-- Coach Paul “Bear” Bryant

IMPORTANT NUMBERS AT A GLANCE

ATHLETICS DEPARTMENT

Bill Battle Center for Athletic Student Services 348-6199
Mal M. Moore Athletic Facility 348-3600
Weight Room 1st Floor Moore Facility 348-3600
Training Room 1st Floor Moore Facility 348-3663
Aquatic Center 104 Aquatic Center 348-0977
Athletic Communications 170 Coleman Coliseum 348-6084
ATHLETIC DEPARTMENT MISSION STATEMENT

Drawing from our rich heritage and tradition of champions, the University Of Alabama Department Of Athletics is committed to the highest standard of excellence in all its endeavors to develop future leaders.

**TRADITION**

**CHAMPIONS**

**LEADERS**

In embracing our core values we will:
Build and maintain an athletic program that annually ranks among the national elite in all sports; emphasize recruitment of the top student-athlete; construct and develop first-class facilities in which our student-athletes and coaches can train and compete at the highest level; promote community involvement of our student-athletes, coaches and staff as necessary for our program’s success; and perpetuate our rich heritage and tradition through the spirited branding of our Crimson Tide name.

**VISION**

We will be visionary in our efforts to develop and maintain a
superior Intercollegiate Athletics Program.

INTEGRITY  We will demonstrate unquestionable integrity in all areas of conduct in total compliance with all UA, SEC and NCAA regulations; including day-to-day interaction with all fellow staff members and student-athletes.

COMMITMENT  We will commit to the total support of the educational, athletic and personal development of all our student-athletes while training future leaders.

RESPECT  We will demonstrate diversity and inclusiveness within our department providing opportunities regardless of gender, race or physical challenges.

EXCELLENCE  We will pursue generational loyalty to Crimson Tide Athletics through the comprehensive excellence in our athletic programs.

ACCOUNTABILITY  We will accept the responsibility for our actions as representatives of the athletic department while being accountable to our student-athletes, staff, fans and supporters.

STUDENT-ATHLETE INSTITUTIONAL COVENANT

The primary purpose of attendance at the University of Alabama of any student is to acquire an education; to earn at least an undergraduate degree. For the student-athlete, the goal must be the same. Education must be primary, while the student-athlete enjoys unique opportunities to learn outside the classroom through participation in intercollegiate athletic competition.

It is the responsibility of The University of Alabama to assure the student-athlete may realistically pursue both of these learning tracks, maximizing the benefits from both concurrently. In fulfilling this responsibility, the University should strive to assure that the student-athlete shall be integrated into the student body and be able to access the same collegiate experiences as any student may elect.

Important in this regard is that the student-athlete be admitted under the University’s normal admission policies, including reasonable utilization of special admission policies consistent with goals in achieving a diversified student body; that he or she be integrated in regular student housing; and, in as many ways as possible, be treated as a normal student. The student-athlete should neither receive unreasonable advantages nor be subject to discriminatory requirements.

It is incumbent upon the University in one special area --- academic assistance --- to treat the student-athlete unlike most other students. Because of the abnormal time demands upon the student-athlete, the University must provide a special program of academic support, including counseling and tutoring, to each student-athlete participating in the program.

The University of Alabama will provide the student-athlete an athletic program which adheres to the NCAA’s Principles for the Conduct of Student-Athlete Welfare and the Principle of Sound Academic Standards. Further, the athletic time demands upon the student-athlete will be regulated to a reasonable level by the University’s athletic administration.

Acknowledging these obligations of the University, student-athletes must pledge themselves to achieving three goals: (1) To obtain a degree; (2) To excel to the best of their athletic ability; and (3) To strive for these goals within the rules and guidelines set by the University of Alabama, the NCAA and SEC. With a strong commitment by the University and the student-athlete, the student-athlete will be enriched by the college experience, academically and athletically.
The Student-Athlete Advisory Committee (SAAC) consists of two to four members from each of The University of Alabama’s varsity athletic teams who serve as his or her team’s representative. The board meets monthly to share and discuss different ideas and developments that affect student-athletes at Alabama. Every meeting is open to all student-athletes. Board members are liaisons between their teams and the Center for Athletic Student Services. Your involvement with this group is encouraged, so if you have any ideas or suggestions, relay them to your team representatives.

<table>
<thead>
<tr>
<th>Sports</th>
<th>Members</th>
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<tbody>
<tr>
<td>Baseball</td>
<td>Cary Baxter, Daniel Cucjen, Ben Moore, Spencer Turnbull</td>
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<tr>
<td>Men’s Basketball</td>
<td>Levi Randolph, Retin Obasohan</td>
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<tr>
<td>Women’s Basketball</td>
<td>Briana Hutchen, Nikki Hegstetter</td>
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<tr>
<td>Football</td>
<td>Arie Kouandjio, Vinnie Sunseri, Landon Collins, Kevin Norwood</td>
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<tr>
<td>Men’s Golf</td>
<td>Lee Knox, Bobby Wyatt</td>
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<tr>
<td>Women’s Golf</td>
<td>Daniela Lendl, Hannah Collier</td>
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<tr>
<td>Gymnastics</td>
<td>Kim Jacob – Vice President, Sarah DeMeo, Kayla Williams</td>
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<tr>
<td>Rowing</td>
<td>Alyssa Drevenak, Joyce Auguste, Lynsey Marshall</td>
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<tr>
<td>Soccer</td>
<td>Molly Atherton, Sophie Campise</td>
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<tr>
<td>Swimming &amp; Diving</td>
<td>Laura Lee Smith – Secretary/Treasurer, Ryan Iamurri – President</td>
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</tbody>
</table>
CONSTITUTION OF STUDENT-ATHLETE ADVISORY COMMITTEE
UNIVERSITY OF ALABAMA

ARTICLE I
Name
The Student-Athlete Advisory Committee (SAAC), formerly known as the Student-Athlete Advisory Board (SAAB) is the organization that represents student-athletes on the campus of the University of Alabama. The organization, due to legislation by the National Collegiate Athletic Association, the governing body of student-athletes, will now be referred to as the Student-Athlete Advisory Committee (SAAC).

ARTICLE II
Purpose
1. The purpose of SAAC is to represent the voice of student-athletes on the campus of the University of Alabama.
2. To promote efficient communication with athletic department administration, coaches, staff, student-athletes and campus personnel.
3. To encourage involvement in all programs within the athletic department and campus.
4. To create awareness of all programs within the athletic department and campus.

ARTICLE III
Membership
The membership shall be composed of two to four (2-4) representatives of each of the varsity sports recognized by the athletic department and two (2) student trainers, and all
representatives will have the right to vote on issues. The only team allowed more than four (4) representatives will be the football team, due to the large numbers of participants. The representatives from the football team may not exceed six (6) members. Each representative will serve as a liaison between SAAC and their individual team. A representative, that is leaving due to graduation, or any other reason, and is an active member, may choose their replacement on SAAC. Approval from the coach of that individual team and the SAAC advisor is necessary before the replacement can become a member. A representative must stay a member for two years or on a continual basis until their eligibility as a full-time student-athlete expires. A representative cannot be a freshman, unless approved by SAAC officers, SAAC advisor and coach of that particular varsity sport. You must be a member of a varsity sport for consideration as a full-time student-athlete. There is no term limit for members, just officers. In promoting and fostering diversity among its members, the SAAC adheres to the University’s Statement on diversity and Nondiscrimination Notice, both of which are published in the Student- Athlete Handbook.

ARTICLE IV
Qualifications
The following are minimum requirements for membership to SAAC:
*The grade point average for each member should be a 2.2 or higher. If a representative drops below this grade point average, the representative will be put on probation for one semester. If the representative does not meet the required grade point average after that semester, he/she will be asked to resign as a member. *All members must be full time student-athletes. *No more than 2 unexcused absences from meetings. (Excused absences are competition, practice, illness, death in family, or meeting with a coach) *Must report all information from meetings to the representatives’ individual teams.

ARTICLE V
Meetings
The Student-Athlete Advisory Committee shall meet once a month, or as necessary, during the fall and spring semesters of each school year. The first meeting will be determined by the SAAC President and SAAC advisor. Sub-committees that are established will meet outside of the regular board meetings, and meeting days and times will be established by the sub-committee. The board meetings will be decided by the board, and will stay that way for the semester, unless otherwise notified by the SAAC officers and advisor. Representatives cannot have more than two (2) unexcused absences during the year. You may send a teammate in your place for the meeting, but that person will not be able to vote on any issue that may arise during the meeting. The result of more than two (2) unexcused absences will result in notification to the coach of that individual sport, SAAC and that member, and that member will be asked to resign from the board and will be replaced with another student-athlete from that individual sport. That replacement member will come from the coach of that individual sport and SAAC advisor.

Sub-committees will be established within SAAC at its own discretion. The President will appoint a chairperson of that committee and that person will report updates to SAAC during the regular monthly meeting or a meeting called by the President.

ARTICLE VI
Officers
The representatives of The Student-Athlete Advisory Committee will elect officers each year. The following is a list of officers and their duties:

President Presides at all meetings and appoints a chairperson for each of the sub-committees established during the academic year. The President serves as the spokesperson for SAAC.

Vice-President Serves as President when the President is unable to attend meetings or
fulfill duties at anytime during the year. The Vice-President monitors each sub-committee and receives the report by each of those sub-committees.

**Secretary/Treasurer** Shall take active minutes and be in attendance at each meeting, as well as be responsible for all money collected during different events. The secretary/treasurer will be responsible for typing the agenda and minutes. The SAAC advisor, along with the secretary/treasurer, will be responsible for getting all information out to members and coaches, and depositing money in the SAAC Fund during the school year.

**Committee Chairperson** This person is in charge of all committees and each sub-committee chairperson. This person must report to the President all committees and their minutes.

All officers can serve for two academic years, beginning in the fall semester and ending in the spring semester.

Elections will take place during the March meeting for each office. Officers have to run each year and must have quorum (15 active members) in order to vote. Only active members run for office and vote. Non-active members are excluded from holding office and voting for any office.

**ARTICLE VII**

**Voting**

All active representatives have the right to vote on any issue that may arise during a board meeting. In order for an issue to pass, or an officer to be elected, a quorum must be present. A quorum is fifteen (15) active members present at the board meeting. Issues that arise during sub-committee meetings, that need a vote by membership, will be voted during a regularly scheduled board meeting, or a meeting called by the President. You may send a member in your place to any regularly scheduled meeting, subcommittee meeting, or called meeting, but that person will not be able to vote.

**ARTICLE VIII**

**Amendment To The Constitution**

These articles may be amended by two-thirds vote of the total membership, providing a quorum is available. Fifteen (15) active members will constitute a quorum for purposes of SAAC.

**STUDENT-ATHLETE DINING SERVICES**

**STUDENT-ATHLETE DINING OPTIONS**

Bama Dining, the University’s on-campus dining program, offers a variety of dining locations and meal plans for students.

**Meal Plan Options**

- **Bama Bronze** – 80 meals per semester + 10 guest meals per semester.
- **Bama Silver** – 160 meals per semester + 10 guest meals per semester.
- **Bama Gold** – 220 meals per semester + 10 guest meals per semester.
- **Bama Unlimited** – unlimited meals + 10 guest meals per semester.

Unused meals roll over from fall to spring semester, but not from spring semester to summer terms or the following fall semester.

First-year undergraduate students are required by the University to participate in the Freshman Year Experience Meal Plan which requires freshman students to register for the Bama Silver, Bama Gold or Bama Unlimited Meal Plan.

For student-athletes, often a sport’s practice schedule, team travel schedule, etc. makes it impractical for the student-athletes to eat as many meals as are provided in the Silver, Gold or Unlimited plans. Therefore, Head Coaches can request an exemption for their freshman student-athletes from the freshman meal plan requirement by submitting the
student-athletes’ names to the Compliance Office. Head Coaches can request that their freshman be on the Bama Bronze Meal Plan or no meal plan at all. The Compliance Office will compile a master list of freshman student-athletes who will be exempt from the freshman meal plan requirement and submit the list to the Bama Dining Office prior to the start of the fall semester.

DINING DOLLARS
All undergraduate students enrolled in nine (9) credit hours or more receive $300 per semester in Dining Dollars which is credited to the student’s Action Card.

- Student-Athletes on full board scholarships, Dining Dollars are included in the board scholarship.
- Student-Athletes on NO or partial board scholarship are required to pay for the $300 Dining Dollars.

TRAINING TABLE – BRYANT SPORTS GRILL
The Bryant Sports Grill, located adjacent to Bryant Hall Academic Center, serves the lunch and dinner meals, including the training table meal, six (6) days per week (closed on Saturdays) during the academic year. The Bryant Sports Grill accepts athletics meal plans, non-athletic meal plans with an additional fee (i.e., for non-board scholarship student-athletes) Dining Dollars and Bama Cash.

STUDENT ON-CAMPUS HOUSING
The Department of Intercollegiate Athletics has an annual inventory of on-campus housing options for student-athletes. On-campus housing for football student-athletes is coordinated through the Director of Football Operations. On-campus housing for all other student-athletes is coordinated through the office of the Associate Athletics Director/Senior Woman Administrator.

During the spring semester of each year, student-athletes desiring to live on campus the following academic year should communicate such to their head coach. Coaches will then communicate their on-campus housing requests for the following academic year to the Associate Athletics Director/Senior Woman Administrator. Once all inventory requests are submitted, the Associate Athletics Director/Senior Woman Administrator will evaluate requests relative to available spaces and assign accordingly. If requests exceed available inventory, every effort will be made to request additional spaces from the office of Housing and Residential Communities.

Student-athletes assigned to on camp housing in the athletics inventory may not relocate during the academic year from their assigned space (either to another on-campus space or off campus) without prior approval from their head coach and the Associate Athletics Director/SWA.

Effective with the fall, 2006 semester, all freshman students enrolled at the University are required to live in on-campus housing. Students may apply for a waiver of this requirement by completing the Freshman Residency Exemption Form. The Freshman Residency Exemption Request Form and additional housing information regarding on-campus housing can be found on-line at mybama.ua.edu or by calling Housing at (205) 348-6676.

THE BILL BATTLE CENTER FOR ATHLETIC STUDENT SERVICES
As a student-athlete, you represent The University of Alabama in intercollegiate athletic competition and are a regular, full-time student of the University. You have the same academic responsibilities as students who are not athletes, and you must devote sizeable amounts of time and energy to participate in your sport. Student-athletes have the ultimate responsibility for learning and for following a program that leads to a college de-
gree. To support you in these efforts, the Office for Academic Affairs in conjunction with the Department of Intercollegiate Athletic Student Services seeks to provide quality academic support services that will give you the greatest opportunity to excel in academics while competing in intercollegiate athletics.

The Bill Battle Center for Athletic Student Services (CASS) is open Monday through Thursday from 7:30 a.m. until 9:30 p.m., Friday until 5:00 p.m. and Sunday from 6:30 p.m. until 9:30 p.m. CASS staff provides a number of services that include, but are not limited to, monitoring student-athletes’ academic progress, providing assistance in selecting a major and supervising study hall. You will learn more about each of these services in the pages that follow.

Every effort is made to make the transition to college life as smooth as possible for the student-athlete. It is the goal of CASS staff to see that Alabama’s student-athletes have every opportunity to complete their education. It is a sincere hope that the Center provides a basis for the student-athlete to discover the importance of finding a balance between academic, athletic, social, and personal development.

GOALS OF THE CENTER

• **Support** student-athletes efforts to receive a quality education and graduate from the University of Alabama with their chosen degree;

• **Encourage** and facilitate student-athletes’ goals for their career and for their personal development;

• **Ensure** that the academic integrity of the University is maintained;

• **Comply** with the rules and regulations of the University, the SEC, and NCAA;

• **Help** ensure athletic eligibility during student-athlete’s tenure at the University.

CASS ACADEMIC SUPPORT SERVICES

ACADEMIC ADVISING

Athletic Academic Advisors in CASS are not the student-athletes' primary advisors concerning course selection. Students at The University of Alabama are assigned a divisional advisor upon entering the University. As professional educators, divisional advisors are knowledgeable about the degree requirements of their particular programs of study. Therefore, student-athletes are encouraged to develop and maintain close ties with divisional advisors who assist them in registration and class scheduling. However, it is important to note that each student-athlete retains sole responsibility for becoming familiar with all policies and procedures governing completion of the degree program in which the student is registered.

COUNSELING

The University is concerned about the personal, social, and academic development of students. Occasionally, there may be a need for a student-athlete to talk with a professionally trained counselor. Such assistance is made available to student-athletes by counselors in Counseling and Psychological Services, as well as CASS. Also, a clinical psychologist is available by referral. Contact Jon Dever, Assistant Athletics Director for Student Services, for this service.

TUTORIAL & ACADEMIC ENHANCEMENT SERVICES

CASS offers individual tutoring, test reviews, and group tutoring sessions. The majority of tutors are available during evening study hall. A limited number of tutors are available by appointment in the morning and mid-afternoon for your convenience.

CASS also offers a personal monitoring program designed to assist student-athletes develop time management skills, note taking skills and test preparation strategies. All tutoring sessions are held in Bryant Hall Athletic Student Services Building. Remember, tutoring is not a substitute for regular class attendance and daily study.
For further information on tutoring and other academic enhancement services contact Brenda Elliott, Assistant Director - Academic Programs, 133 Bryant Hall, 348-3837, belliott@ia.ua.edu.

LEARNING SPECIALIST
The Learning Specialist is a resource person for teaching and learning strategies, working closely with student-athletes to assist them with their educational development. The principal duties and activities at CASS include the following: assessing student-athletes and planning developmental instruction for learning needs; teaching study skills; coordinating the accommodations recommended by the University of Alabama Office Of Disability Services (ODS) for at-risk students; facilitating small group study; and connecting students and tutors for academic improvement in specific college subjects. The Learning Specialist assists students during day and evening study hall. For further information on resources available through this service contact Joy Burroughs, Learning Specialist, 218 Bryant Hall, 348-5417.

ACADEMIC SUPPORT SERVICES

SUPERVISED STUDY HALL
Study hall is an integral part of our academic support service. Study hall is supervised study times with the purpose of helping student-athletes organize their study time more effectively. Study hall is conducted in Bryant Hall’s Bill Battle Center for Athletic Student Services. It is mandatory for all freshmen and college transfer student-athletes, and upperclassmen with a cumulative GPA below 2.5, to attend study hall. Study hall times are assigned at the discretion of athletic academic program advisors.

The Bill Battle Center for Athletic Student Services is one of the finest academic centers for student-athletes in the country. It has a computer lab with 48 flat screen Dell computers, 2 multi-media classrooms, 30 tutorial rooms equipped with Dell computers and wireless internet, 2 math labs equipped with computers, and a student lounge.

STUDY HALL HOURS

Monday – Thursday
7:30 a.m. – 9:30 p.m.

Friday
7:30 a.m. – 5:00 p.m.

Closed Saturday

Sunday
6:30 p.m. – 9:30 p.m.

STUDY HALL RULES
• The Bill Battle Center for Athletic Student Services and Bryant Hall are for the exclusive use of student-athletes and persons affiliated with the Athletic Department. Others should not use the facilities without permission.
• Cell phone use is prohibited during tutoring sessions.
• Digital audio players are permitted in study hall provided the volume does not disturb others.
• No tobacco products, including smokeless tobacco, permitted.
• No pets allowed.
• Modest apparel should be worn.
• Food and beverages allowed in the student lounge, but NOT in tutorial rooms.
• Study groups are NOT permitted unless a test review or group tutoring session is supervised by a tutor.
ACADEMIC SUPPORT SERVICES
ACADEMIC PROGRESS REPORT
An important function of CASS is to monitor the academic progress of all student-athletes. CASS staff communicates by telephone, mail, and personal contact with all instructors to determine each student-athlete’s academic status throughout the semester. This information is made available to each coach and parent. In addition, the staff works with the divisional advisors to ensure degree progress is in compliance with NCAA, SEC, and University regulations.

REGISTRATION AND DROP/ADD
During campus advising and registration, each student-athlete must meet with their athletic advisor PRIOR to meeting with their faculty or divisional advisor to develop a proposed class schedule for the next semester. In developing the schedule, CASS advisors take into consideration an athlete’s academic standing and degree program, along with his or her practice, travel, and competition schedule. Next the student-athlete will meet with his or her divisional advisor in their respective college to have the proposed schedule reviewed and be cleared for on-line registration.

Athletes must consult their athletic academic advisor for approval before dropping or adding a course. All changes in schedules must be made during the University’s official drop/add period. If an athlete drops below 12 credit hours he or she will immediately be ineligible to practice or compete, and his or her grant-in-aid will be revoked unless otherwise approved by the Department of Athletics.

REGISTRATION HOLDS AND BLOCKS
Holds and/or blocks prohibit students from registering for classes. Unpaid fines, student fees, missing University documentation/paperwork and not going through pre-registration advising are some reasons students would not be able to register.

ACADEMIC CLASS LOAD
All student-athletes are required to take a minimum of 12 credit hours each semester. However, it is strongly recommended student-athletes take an average of 15 credit hours each semester. A student-athlete cannot drop below 12 hours at any time; otherwise, their scholarship and eligibility will be in jeopardy. Correspondence or independent study courses cannot be applied to fulfill the 12 credit hours requirement.

STUDENT ATHLETE TEXTBOOK POLICY
1. Prior to each academic term, the Athletic Department Compliance Office sends a list of student-athletes who are to receive a book scholarship to the University Supply Store. If you have any questions about whether or not you are to receive a book scholarship, contact your head coach or the Compliance Office.
2. The University Supply Store will pre-package textbooks for each student-athlete according to the student-athlete’s approved course schedule. Textbooks and/or course supplies must be required on the course syllabus for each course. Textbooks or other course supplies that are listed as “recommended” or “optional” or “suggested” may not be provided by a book scholarship, per NCAA rules.
3. Student-athletes must pick up their required pre-packaged textbooks during the designated dates and times each semester at the University Supply Store in the Ferguson Center at the Athletics Charge Register. This Register is located at the Textbook Department Buyback Counter outside of the Supply Store, across from the elevators.
4. At the Athletics Charge Register student-athletes must show a valid form of picture identification (i.e. Student ID, driver license, passport). The student-athlete will be asked to sign the Textbook Issuance Agreement prior to receiving any textbooks or other supplies. A copy of this form will be provided to the student-athlete.
5. The Supply Store will then verify each book to be given to the student-athlete and the
student-athlete will be issued their books. At the conclusion of the textbook issuance process, the student-athlete will sign the textbook invoice.

6. Under the following circumstances, the student-athletes must see the sport-specific academic advisor at Bryant Hall to be issued a UA Textbook Requisition Form:
   (i) After receiving textbooks, if the student-athlete has added a course and needs additional textbooks or course supplies;
   (ii) If the student-athlete has questions about whether or not a book or item is required for a course or if the student-athlete needs additional supplies for a particular course, or;
   (iii) If the student-athlete misses the specific designated dates and times each semester for pre-packaged textbook pick-up at the Supply Store.

Upon seeing the sport-specific advisor, the student-athlete must receive a UA Textbook Requisition Form for Student-Athletes from their academic advisor to obtain the additional required textbooks or course supplies from the University Supply Store. The student-athlete must then take the UA Textbook Requisition Form to the Compliance Office to receive final approval and have the form embossed or stamped prior to picking up the textbooks and/or course supplies at the Athletics Charge Register. The University Supply Store will not provide additional required textbooks or course supplies without the UA Textbook Requisition Form for Student-Athletes and signed approval from both the sport-specific academic advisor and the Athletics Compliance Office.

7. The student-athlete should retain a copy of the textbook invoice and/or textbook requisition form for their records.

8. Upon dropping a course, the student-athlete must immediately return each issued and required textbook for the dropped course to the University Supply Store for credit and return the receipt to the sport-specific academic advisor for the student-athlete’s file.

9. The student-athlete must immediately report any lost or stolen textbooks to the sport-specific academic advisor. If a textbook is lost or damaged, the student-athlete is responsible for the replacement value. If a textbook is stolen, the student-athlete must complete a stolen textbook report with the University Police Department and, within 48 hours, provide the sport-specific academic advisor with a copy of the police report.

10. At the end of each academic term, the student-athlete does not have to return the textbooks to the bookstore. The student-athlete may choose to keep their books or sell them back to the bookstore through the appropriate procedures.

11. Questions regarding the Procedures for Issuance of Textbooks for Student-Athletes should be referred to the Athletics Compliance Office at (205) 348-3615 or compliance@ia.ua.edu. The Athletics Compliance Office is located on the 2nd floor of the Mal M. Moore Athletic Complex.

CLASS ATTENDANCE
Daily class attendance is mandatory for all student-athletes. It is the responsibility of the student-athlete to attend all classes and lab sessions. Absences are excused only for athletic competition. Excuse letters are available in the Center for Athletic Student Services main office and should be submitted to all instructors at the beginning of the semester. Failure to follow this attendance policy may result in loss of athletic scholarship for summer school.

To review the Academic Accountability Policy in its entirety, please refer to pages 26 and 27.

CORRESPONDENCE COURSES
Correspondence courses are designed to take a minimum of six weeks for completion. CASS staff must approve registration for all correspondence courses. Correspondence course credit does NOT apply toward the 12 hours per semester academic load for eligibility to compete.
OFF CAMPUS COURSES
To receive credit for a course taken at another institution (e.g. during summer break), course selection must be approved by both the CASS advisor and the student-athlete’s divisional registrar before enrollment in that course. Without proper approval, the course cannot be credited toward athletic eligibility. Courses taken at another institution will not be computed in the calculation of The University of Alabama grade point average until graduation.

WITHDRAWAL FROM SCHOOL
Should a student-athlete need to withdraw from school, he or she must first contact their CASS advisor prior to going to the Registrar’s Office to complete withdrawal forms. Students must process the withdrawal form before the last official day of class; in most instances the week before final exams.

THE STORY OF BIG AL
The story of how the elephant became the mascot for The University of Alabama dates back to 1930. On October 8 of that year, a sportswriter wrote, “At the end of the quarter, the earth started to tremble, there was a distant rumble that continued to grow. Some excited fan in the stands bellowed, ‘Hold your horses, the elephants are coming,’ and out stamped this Alabama varsity.”

Big Al’s debut as UA’s mascot came at the 1979 Sugar Bowl, where the Crimson Tide turned back Penn State at the goal line to earn a 14-7 victory and a national championship.

Today, the elephant is synonymous with the Crimson Tide and Big Al is one of the nation’s most popular collegiate mascots.

ACADEMIC ACCOUNTABILITY POLICY
The University of Alabama and the Center for Athletic Student Services (CASS) are committed to the academic success of student-athletes. Student-athletes must miss some classes as a result of travel for athletic competition. It is The University of Alabama Department of Intercollegiate Athletics’ policy that no more than twelve (12) class days may be missed per term due to regular season competition. Sports that have a team grade point average (GPA) above a 3.0 may request additional days per approval from the Director of Athletics and the Faculty Athletic Representative. To this end, each coach has a role in ensuring that his or her student-athletes meet their academic obligations. This policy ensures an academic accountability which requires input from the head coach to help refocus student-athletes who are not meeting their academic obligations.

POINT PROCEDURE
At the heart of this accountability program is the point system. Each student-athlete will receive one negative point for each missed academic obligation throughout the semester. Missed obligations include: a missed class, tutorial appointment, mentor appointment, counselor appointment, or study hall obligation (obligations missed for school sanctioned travel do not result in points). If a student-athlete has been wrongly marked as absent from a class, the student-athlete may appeal by having faculty communicate directly to the sport specific academic advisor.

Student-athletes can also receive positive points, which will offset negative points the student-athlete may incur. Student-athletes may receive positive points for: meeting all academic obligations in a given week, which includes: demonstrating special effort in the classroom, putting forth extra effort in study hall, or by meeting proactively with faculty members. Additional positive points may be awarded at the discretion of the Assistant
Athletic Director for Student Services in consultation with the sport specific academic advisor. Each student-athlete will begin the semester with a total of zero (0) points and cannot accumulate positive points.

SANCTION PROCEDURES
The sport specific academic advisor will provide point updates to the coaching staff on a regular basis. Disciplinary action taken against student-athletes with 1-9 negative points will be left to the discretion of each head coach based on the levels below. With the accumulation of nine (9) points, the Assistant Athletic Director for Student Services will call a meeting with the Head Coach and the Sport Oversight Administrator to outline and implement an academic plan for behavior modification and a clear response plan should any additional negative points be incurred. A copy of this plan must be signed by all parties and kept in the student-athlete’s file at the CASS. At ten (10) negative points, the Head Coach and the student-athlete will be required to meet with the Director of Athletics and the Sports Oversight Administrator to be notified of suspension from athletic competition.

DISCIPLINARY ACTIONS
Level 1 (0-3 points) (any or all of the following may be selected):
• Additional study hall
• Loss of complimentary tickets
• Letter to parents
• Practice limitations
Level 2 (4-6 points) (any of the above and/or one of the following):
• Partial suspension from athletic contest or contests
• Letter to parents
• Suspension from athletic contest or contests
Level 3 (7-9 points) (any of the above and/or one of the following):
• Reduction or revocation of summer aid
• Letter to parents
• Suspension from athletic practice
• Suspension from athletic competition
Level 4 (10 points)
• Suspension from the next scheduled competition for each point
• Letter to parents

Student-athletes who have earned sixty (60) hours or more and have a cumulative GPA of 3.00 or higher are exempt from the above policy with the stipulation the student-athlete maintain the 3.00 GPA.

LIFE SKILLS PROGRAM
The Life Skills Program is another student support service offered by the Center for Athletic Student Services. The challenges that today’s college athletes face, both in and out of their athletic arenas, are unparalleled in the history of higher education. Unfortunately, many college athletes are unprepared to face today’s biggest challenge: life after graduation.

To prepare college athletes for life’s challenges beyond their athletic arenas, the NCAA developed the Life Skills Program. The program was designed to help college athletes bridge the gap from college life to professional life in the work world, as well as, make meaningful contributions to their communities.

Five Point Focus Of Life Skills
Academic Excellence
The academic department provides student athletes with all the tools needed to succeed in the classroom:

- Academic support
- Academic advising and counseling
- Study skills programs
- Tutorial services
- Computer labs
- Personal monitoring

**Athletic Experience**
The Department of Intercollegiate Athletics provides excellence in:

- Sports Medicine
- Media Relations
- Athletic Facilities

**Career Development**
This commitment helps student-athletes to prepare for life after their career at the University with the following resources:

- Career counseling
- Collaboration with Career Center on campus
- Student-athlete
- Career exploration course
- Career Guide for Student-Athletes
- Bama Career Network

**Community Service**
This allows student-athletes to make valuable contributions to the community:

- Reading to elementary schools
- Outreach (boys and girls club, volunteering with disabled kids)
- Project Angel Tree
- Speaking to kids at various community centers
- Joining Student-Athlete Advisory Committee

**Personal Development**
Personal development helps to improve student-athletes’ awareness of social and personal needs. Examples of workshops for student-athletes include:

- Alcohol and drug education
- Time management
- Personal relationships
- Stress management
- Gambling

For additional information contact
Jill Lancaster, Director
Life Skills and Community Outreach
jlancaster@ia.ua.edu
(205) 348-6618

http://www.rolltide.com/ot/champs-life-skills.html
NO PASS NO PLAY RULE
NCAA MINIMUM CREDITS PASSED REQUIREMENT

• MUST PASS a minimum of 6 credit hours in the fall semester to be eligible for competition in the spring semester or in post-season competition e.g., Bowl games, NCAA tournaments, etc.

• MUST PASS a minimum of 6 credit hours in the spring semester to be eligible for competition in post-season tournaments.

ELIGIBILITY
In addition to University academic policies, each student-athlete must make satisfactory progress toward a degree to be eligible for continued competition. Eligibility for competition shall be determined based on satisfactory completion of at least:

- 24 semester hours of academic credit prior to the start of the student-athlete’s second year of collegiate enrollment
- 18 semester hours of academic credit since the beginning of the preceding regular two semesters. Hours earned during the summer may not be used to fulfill this requirement.
- 6 semester hours of academic credit during the preceding regular academic term.

Student-athletes must also designate a degree program. Before the beginning of their fifth semester, each student-athlete must officially declare a major, and after that point, all course work should be applicable to that major. Student-athletes must also be assigned a divisional advisor from that degree program. Any change in curriculum, including declaring a major, must be documented by the Dean’s Office of the chosen degree program, as well as the CASS. For answers to questions concerning academic eligibility, student-athletes should contact their Athletic Academic Program Advisor.

NCAA ACADEMIC RULES AND REQUIREMENTS
Following is an eligibility checklist and summary of NCAA academic requirements that impact your eligibility to participate in intercollegiate athletics while at The University of Alabama. While the CASS staff and the compliance office monitor these requirements for each student-athlete, you are also responsible for knowing these requirements and maintaining academic progress toward a degree. Thus, you should read the following information carefully. If you have any questions about these requirements, please contact your Athletic Academic Program Advisor.

At the beginning of each semester, every student-athlete’s academic record is evaluated using the NCAA requirements listed on the following page. If a student-athlete meets these requirements, he or she is certified for that semester. At the beginning of the subsequent semester, every student-athlete’s academic record is re-evaluated using the same requirements. If a student-athlete meets these requirements, he or she is re-certified for that semester. If a student-athlete does not meet these requirements by the start of each semester, then he or she is not eligible for competition during the semester.

NCAA ELIGIBILITY CHECKLIST
24/36

• To be eligible for competition, a student-athlete must complete a minimum of 24-semester or 36-quarter hours of academic credit prior to the beginning of the second
year of enrollment.

18/27
• To be eligible for competition, a student-athlete must complete 18-semester hours or 27-quarter hours of academic credit during each regular academic year.

Definition of Academic Year
• The regular academic year shall be defined as the time beginning with the opening of the institution’s fall term and concluding with the institution’s spring commencement exercises.

Six-Hour Requirement
• To be eligible for competition, a student-athlete must complete a minimum of six-semester or -quarter hours of academic credit in the previous full-time regular academic term.
• Also effective for graduate students and continuing students

Remedial, Tutorial, Noncredit Hours
• Remedial, tutorial and noncredit hours may be used.
• Must be earned in the student-athlete’s first year of enrollment.
• Maximum of six-semester or nine-quarter hours may be used to meet credit-hour requirements.

Percentage of Degree - 40/60/80
• To be eligible for competition, a student-athlete must meet the following progress-toward-degree requirements:
  1. Start of third year: 40 percent of degree completed.
  2. Start of fourth year: 60 percent of degree completed.
  3. Start of fifth year: 80 percent of degree completed.
  4. Midyear certification is available.

Percentage of Degree - 40/60/80
• The following number of degree hours must be completed for a student-athlete to meet the progress-toward-degree requirements (based on 120-hour degree program):
  1. Start of third year: 120 x 40% = 48 hours
  2. Start of fourth year: 120 x 60% = 72 hours
  3. Start of fifth year: 120 x 80% = 96 hours

90/95/100 - Grade-Point Average Requirements
• To be eligible for competition, a student-athlete must achieve the following minimum GPA:
  1. Start of second year: 90 percent of GPA required for graduation.
  2. Start of third year: 95 percent of GPA required for graduation.
  3. Start of fourth and subsequent years: 100 percent of GPA required for graduation.

90/95/100 - Grade-Point Average Requirements
• To be eligible for competition, a student-athlete must achieve the following minimum GPA (based on a 2.000 GPA):
  1. Start of second year - 2.000 x 90% = 1.800
  2. Start of third year - 2.000 x 95% = 1.900
  3. Start of fourth year - 2.000 x 100% = 2.000
SCHOLASTIC PROGRESS STANDARD

In order to monitor students’ progress toward the baccalaureate degree, The University of Alabama employs the Scholastic Progress Standard (SPS). The SPS sets the minimum required grade point average for freshmen, sophomore, junior, and senior students. Students are advised that these are minimum GPA requirements for continuing at the University. To meet divisional graduation requirements, higher grade point averages may be needed.

Grade point averages are computed on the following grades: A, B, C, D, F, or I and any pluses or minuses that appear on the record. In computing a grade point average, an “I” counts as an “F” until replaced by the earned grade. A grade of “P” does not enter into the computation.

Required Minimum Grade Point Average on Academic Work Attempted at The University of Alabama (SPS)

<table>
<thead>
<tr>
<th>Credit Hours Earned*</th>
<th>Required UA GPA</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–30</td>
<td>1.50</td>
</tr>
<tr>
<td>31–60</td>
<td>1.70</td>
</tr>
<tr>
<td>61–90</td>
<td>1.90</td>
</tr>
<tr>
<td>91 or more</td>
<td>2.00</td>
</tr>
</tbody>
</table>

\[ \text{Grade Points ÷ Quality Hours = GPA} \]

*Includes transferred credit

STUDENT-ATHLETE SATISFACTORY PROGRESS

A student-athlete who has completed at least one academic year in residence at The University of Alabama shall be required to satisfy minimum academic progress requirements for continuing athletic eligibility. In addition to the stated academic requirements for continued enrollment at The University of Alabama, a student-athlete must satisfy the academic progress requirements of the Southeastern Conference and of the National Collegiate Athletic Association in order to remain eligible for athletics-related financial aid and for practice and participation in varsity sports.

ACADEMIC WARNING

A student will be placed on academic warning if his or her cumulative University of Alabama grade point average (GPA) is below 2.0 but above the appropriate scholastic progress standard (SPS). The purpose of the academic warning is to alert students to improve their academic performance and to introduce students to available academic support. Students placed on academic warning must meet with their divisional academic advisor by March 1 for warnings issued at the end of fall semester and by August 1 for warnings issued at the end of spring semester. Academic warning does not restrict students’ ability to register for the upcoming semester or the summer term.

ACADEMIC SUSPENSION

A student whose cumulative University of Alabama GPA at the end of the spring semester is below the appropriate SPS will be suspended. The suspended student will be allowed to enroll in summer term in order to improve his or her University of Alabama grade point average. If improvement results in compliance with the SPS, the student will be reinstated for the subsequent semester, but the previous suspension will be marked on the permanent academic transcript. The first suspension is for one semester. Subsequent suspensions are indefinite. A student may appeal first or subsequent suspensions to his or her college’s dean or dean’s designee. For further information about the appeals process consult your Athletic Academic Program Advisor.
UNIVERSITY CODE OF ACADEMIC CONDUCT

The University Code of Academic Conduct states that academic misconduct includes all acts of dishonesty in any academically related matter and any knowing or intentional help or attempt to help, or conspiracy to help, another student commit an act of academic dishonesty. Academic dishonesty includes, but is not limited to, each of the following acts when performed in any type of academically related matter, exercise, or activity:

**Cheating** – using or attempting to use unauthorized materials, information, study aids, or computer related information.

**Plagiarism** – representing the words, data, works, ideas, computer program or output, or anything not generated in an authorized fashion, as one’s own.

**Fabrication** – presenting as genuine any invented or falsified citation or material.

**Misrepresentation** – falsifying, altering, or misstating the contents of documents or other materials related to academic matters, including schedules, prerequisites, and transcripts.

**Falsification of Records** – knowingly furnishing false information to the University, or forging, altering, or making unauthorized use of a University document, record, or identification.

Academic misconduct cases shall be resolved by the divisional academic misconduct monitor or the academic dean of the division in which the alleged action took place after consultation with the academic dean or monitor in the division where the student is enrolled.

Penalties for academic misconduct can range from a reprimand to a penalty as severe as suspension for a definite time or even indefinite suspension. Academic deans have the authority to impose the full range of penalties. Students who admit to or are found guilty of an academic offense for which a penalty less than an indefinite suspension is imposed will receive a penalty of indefinite suspension if they admit to or are found guilty of a second offense of academic misconduct.

For other University rules and regulations please refer to the Undergraduate Catalog or the Student Handbook on-line at [http://www.studenthandbook.ua.edu/conduct.html](http://www.studenthandbook.ua.edu/conduct.html)

POLICY ON STUDENT-ATHLETE FINANCIAL AID

**APPEALS**

**POLICY**

A student who wishes to appeal any decision related to his or her athletic financial aid shall submit written request that includes the following information:

- the student’s name, student number, year in school, sport;
- type and amount of previous athletic financial aid;
- reasons for believing that the decision was unfair, including names of institutional staff members with whom the student has discussed the aid, and
- copies of any relevant documents.

The student should submit these materials to the Director of Student Financial Aid as soon as possible, but no later than 10 days, after receiving notification of the award or of non-renewal. Financial Aid Office, 106 Student Services Building, 348-6756, [http://financialaid.ua.edu](http://financialaid.ua.edu).

**COMMITTEE**

The committee designated to hear athletic financial aid appeals is the Financial Aid Appeals Board, which is composed of the Associate Director and the Assistant Director(s) of Student Financial Aid. This is the normal body which hears academic progress appeals and other appeals concerning student financial aid awarded through The University of Alabama. The Board reports its findings to the Director of Student Financial Aid within
one week of concluded deliberations.

PROCEDURES
The Board reviews all documentation relative to the athletic aid awarded as well as the information submitted with the appeal notification. The Board will make a preliminary decision as to whether any violation of rules, regulations or institutional policies is evident. The Board can render one of three findings as a result of the preliminary review:
- No evidence of a violation is evident;
- There is evidence of a violation and a hearing is required;
- The Board needs further information on which to make a preliminary decision.

The student and the Director of Athletics will be notified in writing of the preliminary review results within 10 days after the review is concluded. The student is advised in the letter of the right to provide additional information and to request an in-person hearing to present any extenuating circumstances. This written request should be received by the Director of Student Financial Aid within 15 days of receipt of the letter. If a hearing is required, the hearing shall be scheduled as soon as all parties can be called together but no later than one month after the notification of the results of the preliminary review.

There is no appeal beyond the final decision of the Financial Aid Appeals Board. If no additional information or request for in-person hearing is received within the stated time period, the preliminary review decision shall be considered final.

SUMMER SCHOOL FINANCIAL AID
The decision to grant financial aid for interim and summer terms will be contingent upon approval of the Athletic Academic Program Advisor, Head Coach and appropriate Athletic Administrator. Additionally, in accordance with NCAA rules, summer school aid may be awarded only in proportion to the amount of athletically-related financial aid received by the student-athlete during the student-athlete’s previous academic year.

Criteria for granting financial aid for interim and summer terms:
1. Student-athletes who want to earn credits in order to keep on schedule for graduation.
2. Student-athletes who, because of injury or rehabilitation, need to be on campus for treatment/rehabilitation.
3. Student-athletes who need required practicum or internship for graduation.
4. Student-athletes who need to earn credits for athletic eligibility.

Additional requirements:
1. Mandatory class attendance.
2. Must enroll in a minimum of six hours per summer term (note: exceptions must be approved by the Athletic Academic Program Advisor and appropriate reporting Athletic Administrator). Example - tuition only grant could be limited to any number of hour.
3. The student-athlete will be responsible for reimbursement of the summer school financial aid of any interim or summer term course in which the grades of failure (F) or withdrawal (WP) are earned, prior to the mid-term of the succeeding semester. The provision may be waived by the Director of Athletics only.

NON-ACADEMIC REGULATIONS
In addition to the academic eligibility rules you must adhere to, there are a number of other NCAA rules which may affect your eligibility as a student-athlete at The University of Alabama. Should you have any questions concerning the NCAA rules or any other rule which may affect your eligibility, please consult your Head Coach or Jonathan Bowling, Associate Athletics Director for Compliance.

Almost every facet of a student-athlete’s academic and athletic life is governed by an
NCAA rule or interpretation passed on by the NCAA Legislative Assistance Department. There are far too many NCAA rules and regulations to list in this student-athlete handbook. However, there are some you need to be aware of in order to maintain your amateur status, and remain athletically eligible. The NCAA Manual defines an amateur student-athlete as one “who engages in a particular sport for the educational, physical, mental and social benefits derived there from and for whom participation in that sport is an avocation.” Therefore, an individual loses amateur status and thus shall not be eligible for intercollegiate competition in a particular sport if that individual:

1. Uses his or her athletic skill (directly or indirectly) for pay in any form in that sport;
2. Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
3. Signs a contract or commitment of any kind to play professional athletics, regardless of the legal enforceability of the contract or any consideration received;
4. Agrees (orally or in writing) to be represented by an agent for the purpose of marketing his or her athletic ability or reputation in that sport;
5. Enters into a professional draft or an agreement with an agent or other entity to negotiate a professional contract;
6. Competes on any professional athletics team even if no pay or remuneration for expenses was received;
7. Agrees to have his or her picture or name used to promote a commercial product (includes fund-raising events at malls or other commercial establishments);
8. Accepts “extra benefits” such as gifts, meals, loans of cars or money from one other than those upon whom he or she is legally dependent, or benefit not available to other University of Alabama students;
9. Participates in a summer league not approved by the NCAA (written permission from the Director of Athletics must be given);
10. Receives payment from any source for his or her complimentary admissions. A student-athlete may not exchange or assign them for any item of value.

Further information available at http://www.rolltide.com/compliance/alab-compliance.html

Never quit. It is the easiest cop-out in the world. Set a goal and don’t quit until you attain it. When you do attain it, set another goal, and don’t quit until you reach it. Never quit.”

-Coach Paul “Bear” Bryant

ATHLETICS DEPARTMENT

POSITION REGARDING INTRA-CONFERENCE TRANSFERS

PERMISSION TO SPEAK ISSUES

NCAA, and therefore SEC, rules require any other four-year institution, regardless of division or conference, to receive written permission from the University of Alabama in order to speak with a UA student-athlete regarding a potential transfer. [Reference NCAA bylaw 13.1.1.3] In other words, if a UA student-athlete telephoned a coach at another four-year institution about transferring to that institution, then the coach of that institution is required to inform the student-athlete that he or she is not permitted to talk with the student-athlete without receiving written permission to do so from the University of Alabama. Likewise, a coach of another four-year institution is not permitted to contact a UA student-athlete without first receiving written permission to do so from UA.
Once UA grants another institution permission to speak with a UA student-athlete, then communication between that institution and the student-athlete may take place. In addition, in all sports, if UA grants the student-athlete permission to speak with another four-year institution, the student-athlete may receive an athletic scholarship at that institution and may practice at that institution during his or her first year in residence at that school. Whether a student-athlete is permitted to compete during his or her first year of enrollment at that institution depends on the application of the transfer rules in bylaw 14.5.5.

If UA does not grant another institution permission to speak with a UA student-athlete, then NCAA rules state that the institution and the student-athlete may not communicate with each other about a transfer, the institution may not encourage the student-athlete to transfer, and may not award the student-athlete athletic-related financial aid during the student’s first year of enrollment at that institution. If this is the Department’s decision, then the student-athlete will be notified of such decision in writing and be offered the opportunity to appeal that decision to the UA Transfer Appeals Committee.

It is the practice of the UA Department of Intercollegiate Athletics not to grant permission to a Southeastern Conference institution to speak with a UA student-athlete under NCAA bylaw 13.1.1.3. However, the head coach and his or her sport oversight administrator may decide in a particular case that circumstances are such that permission to speak is warranted.

TRANSFER ISSUES

Once another four-year institution has been granted permission to speak with a UA student-athlete, the transfer rules of NCAA bylaw 14.5.5 apply. The basic transfer rule (14.5.5.1) for a student-athlete transferring from one four-year school to another four-year school requires the student-athlete to serve one year of residence at the second school. During the year of residence, the student-athlete may receive an athletics scholarship (assuming permission to speak was granted under bylaw 13.1.1.3) and may practice, but may not compete.

There are several exceptions to the basic rule regarding no competition during the first year of enrollment. These exceptions are outlined in NCAA bylaw 14.5.5.2. If a student-athlete qualifies for an exception, then not only can the student-athlete receive an athletics scholarship and practice at the school to which he or she transfers, but the student-athlete may also compete at that school during his or her first year of enrollment there.

The most commonly used exception is called the “one-time transfer exception” outlined in bylaw 14.5.5.2.10. This exception does not apply to student-athletes in the sports of Division I-A football, Division I men’s and women’s basketball and Division I men’s ice hockey. For all other sports, in order to qualify for this exception, several requirements must be met, including the requirement that UA certifies in writing that it has no objection to the student’s being granted an exception to the transfer residence requirement. In other words, UA must “release” a student-athlete under the one-time transfer exception in order for the student-athlete to compete at the school to which he or she transfers during his or her first year of enrollment there. If UA does not grant such a “release” under the one-time transfer exception, then UA will notify the student-athlete of such decision in writing and notify the student-athlete that he or she may appeal such decision to the UA Transfer Appeals Committee.

It is the practice of the UA Department of Intercollegiate Athletics not to grant a “release” under the one-time transfer exception (bylaw 14.5.5.2.10) to a Southeastern Conference institution. However, the head coach and his or her sport oversight administrator may decide in a particular case that circumstances are such that a “release” is warranted.

OUTSIDE SPORTS COMPETITION

Occasionally, questions arise regarding whether you are permitted to participate in outside sports competition [e.g., athletics competition against any other athletics team (including
an alumni team) that does not represent The University of Alabama intercollegiate athletics program. A student-athlete in any sport other than basketball, who participates during the academic year as a member of any outside team in any non-collegiate, amateur competition becomes ineligible for intercollegiate competition unless their eligibility is restored. A student-athlete who participates in any organized basketball competition, except while representing UA in intercollegiate competition, becomes ineligible for any further intercollegiate competition in basketball.

NCAA rules do permit you to compete in one game a year in your sport involving players from your former high school and its alumni team, provided in a sport other than basketball it takes place during an official vacation period during the regular academic year. In addition, it is permissible for a student-athlete to participate in outside competition as an individual during the academic year in the student-athlete’s sport, as long as the student-athlete represents only himself or herself in competition and does not engage in such competition as a member of or receive expenses from an outside team. Such participation must be approved by the Director of Athletics, the Assistant Athletic Director for Compliance and your Head Coach.

NCAA bylaws specify that organized competition exists when any one of the following conditions exist:

(a) Competition is scheduled and publicized in advance;
(b) Official score is kept;
(c) Individual or team standings are maintained;
(d) Official timer or game officials are used;
(e) Admission is charged;
(f) Teams are regularly formed or team rosters are predetermined;
(g) Team uniforms are utilized;
(h) A team is privately commercially sponsored; or
(i) The competition is either directly or indirectly sponsored, promoted or administered by an individual, an organization or any other agency.

STOP! Think before you act. Don’t jeopardize your eligibility to compete as an amateur student-athlete. Consult your Head Coach or the AD for Compliance concerning the rules.”

GAMBLING AND BRIBERY

Student-Athletes shall not knowingly participate in sports wagering activities or provide information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition. The same is true for all University of Alabama athletics department staff members (e.g., administrators, coaches, trainers, managers, etc.) Not only are these activities against NCAA rules and regulations, but there are also state and federal laws which prohibit various forms of gambling or the accepting of bribes. Involvement in such activities will result in the immediate loss of your eligibility to participate in intercollegiate athletics at The University of Alabama.

NCAA rules (Bylaw 10.3) prohibit student-athletes and staff members from engaging in the following activities:

SPORTS WAGERING ACTIVITIES

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

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

**Be aware that placing bets in any amount with bookmaker or a parlay card operator (even if they are fellow students) is strictly prohibited whether it take place on or off campus. Because of the severity of the Sanctions associated with gambling, you must adhere to the following guidelines:**

1. Report to your coach any attempt to secure information concerning situations which might alter the normal performance of your team.
2. Don’t accept any “free rides” from strangers, such as meals, presents, etc. You are required by both the athletic department and the NCAA to report any individual who offers gifts, money or favors in exchange for supplying information or for attempting to alter the outcome of any contest.
3. Be aware of the legalities of gambling at an institution and state level. Understand that the consequences at the University level may be expulsion and that the University will also assist with the enforcement of federal, state and local gambling and anti-bribery laws.
4. Don’t accept any money from a “fan” for a game “well-played.”
5. Don’t attempt to sell your complimentary admissions to anyone.
6. Don’t discuss the condition or attitude of your team with anyone other than your teammates or coaches.

The public is more aware of NCAA rules than ever before. Accepting something from someone, which is contrary to NCAA rules, could be used as an instrument to entice you to do something wrong or cause you to be in violation of NCAA rules governing extra benefits.

**STUDENT-ATHLETE EMPLOYMENT**

Great caution must be exercised by student-athletes, coaches and administrators with regard to student-athlete employment either on or off-campus. Specific NCAA and University regulations must be followed in order to ensure the continued eligibility of the student-athlete.

Any student-athlete who desires to secure employment opportunities at anytime during the academic year **must** contact the Compliance office before beginning employment. Failure to follow proper procedures **prior to** securing a job could result in immediate loss of athletic eligibility at The University of Alabama.

The following rules apply to all student-athlete employment:

- The student-athlete **may not** receive any compensation for the value or utility he/she may have for the employer because of the publicity, reputation, fame or personal following he/she has obtained because of athletics ability.
- The student-athlete shall be compensated only for work actually performed.
- The student-athlete shall be compensated at a rate commensurate with the going rate in the area for similar services.
- Proper documentation must be completed by the student-athlete and the employer **prior to** beginning any employment activity.
- A student-athlete is permitted to endorse or promote any commercial product or organization as part of any employment arrangement.

**EXTRA BENEFITS**

An extra benefit is any special arrangement by an institutional employee or a representa-
Examples of extra benefits include, but are not limited to, the following:

- Providing cash or loans in any amount, or signing or co-signing for a loan or a guarantee of bond.
- The use of an automobile or other personal property (i.e. boats, summer homes, stereos, etc.)
- Providing cash or loans to relatives or friends of student-athletes.
- Any tangible items, including merchandise.
- Free or reduced-cost housing.
- Gifts of any kind, including birthday cards, flowers, holiday gifts, gifts or clothing or equipment.
- Providing special discounts for goods and services (e.g. car repairs, leg services, haircuts, meals at local restaurants, etc.)
- Purchasing complimentary admissions from a student-athlete.
- Providing an honorarium to a student-athlete for a speaking engagement.
- Providing typing services or other costs associated with a school projects or reports.
- Special discounts or payment arrangements on loans.
- Employment of relatives, friends, or legal guardians.
- Purchase of items or services from a prospect or the prospect’s family at inflated prices.
- Arrangements for payment of transportation costs incurred by relatives or friends of a student-athlete.

For more information about Extra Benefits, please contact the Compliance Office, 348-3615.

PROCEDURES FOR REPORTING A VIOLATION

In accordance with NCAA rules and regulations, all suspected or alleged violations of NCAA rules, whether they are secondary or major, shall be investigated. At no time shall any rule violation (secondary or major) go unreported to the athletics compliance office. If the associate athletics director for compliance (in conjunction with the director of athletics, faculty athletics representative and, if necessary, the University’s legal counsel) determines that a violation has occurred, the violation (or possible violation) will be reported to the NCAA national office and/or appropriate conference officials.

**What is the definition of a secondary or major violation?**

- A **secondary violation** is one that provides only a limited recruiting or competitive advantage and is isolated or inadvertent in nature.
- A **major violation** is any other violation, specifically those that provide an extensive recruiting or competitive advantage. **NOTE: A repeated secondary violation by a member institution may be identified as a major violation.**
Reporting A Violation

a. Any individual (e.g., athletic department staff member, student-athlete, university employee, representative of the University’s athletics interests, member of the community) may report an alleged, rumored, or suspected violation.

b. The individual may report the alleged, rumored, or suspected violation verbally or in writing. This individual may report an alleged violation anonymously.

To Whom Shall An Alleged Violation Be Reported?

a. If an alleged or rumored violation is communicated to any athletic department staff member, the staff member has an obligation to notify the athletics compliance office of the violation in a timely manner. All staff members are expected to be committed to this policy and are to immediately report any alleged or suspected situation or activities that may represent violations of any NCAA, Conference or institutional rules to the athletics compliance office.

b. Individuals, other than athletic department staff members, may report an alleged violation to any or all of the following persons:
   • Jonathan Bowling, AD Compliance
   • Bill Battle, Director of Athletics; or
   • Kevin Whittaker, Faculty Athletics Representative

ATHLETIC TRAINING & SPORTS MEDICINE

INTRODUCTION

Every student-athlete at The University of Alabama (UA) is entitled to state-of-the-art medical care while participating at The University of Alabama. The Athletic Training/Medical Staff coordinates and delivers professional and comprehensive preventive, treatment, rehabilitation and counseling services to all UA athletes.

The goal of the Athletic Training Program is to keep each student-athlete healthy and injury free. In the unfortunate case of injury or illness, the staff will provide quality medical care enabling the athlete to return to participation both as a student and athlete.

There are specific guidelines the Department of Intercollegiate Athletics, team physicians, athletic trainers, coaches and athletes follow to comply with Federal, National Collegiate Athletic Association (NCAA), Southeastern Conference (SEC), UA and Department of Intercollegiate Athletics rules and regulations. Those guidelines are listed in this manual.

THE ATHLETIC TRAINING PROGRAM

The Athletic Training Program provides comprehensive sports medicine care for athletically related illnesses and injuries. This is subject to NCAA, SEC, and Athletic Department rules and within the limitations of the Athletic Department’s insurance policies.

The Athletic Medical Staff is comprised of a Sports Medicine Director, team physicians, and Athletic Training Staff. The Athletic Training Staff are all full-time employees of The University of Alabama, and Graduate Assistant Athletic Trainers will work under the supervision of the Staff Athletic Trainers. In addition, consultant physicians (in most specialties) work with the medical/athletic training staff. All of these professionals work together to meet the athletes’ health care needs. In conjunction with the Athletic Medical Staff, UA utilizes athletic training students from the Athletic Training Education Program (ATEP) through the College of Human Environmental Sciences.

After an injured student-athlete is evaluated by the Athletic Training Staff, specific guidelines are followed for medical referral. Following evaluation, treatment and rehabilitation programs are developed specifically for the illness or injury.

The Athletic Training department maintains 6 athletic training rooms to meet athletes’ needs. The two main Athletic Training rooms are located in the Mal M. Moore Athletic
Facility and Coleman Coliseum. Each contains state of the art equipment specifically for
the treatment and rehabilitation of athletic injuries. Four satellite athletic training rooms
are located at the Soccer complex, Tennis complex, Softball stadium and Baseball stadium. All advanced treatment and rehabilitation is performed under the supervision of members of the full time professional athletic training staff.

As part of the student-athlete’s educational program, the Athletic Training Staff works in conjunction with the LifeSkills director to arrange lectures on medically related topics for individuals, groups or teams. The Athletic Training Staff also offers instruction in athletic training skills, first aid and CPR. Other specific services are detailed in this manual.

**AMERICAN MEDICAL ASSOCIATION**

**BILL OF RIGHTS FOR THE ATHLETE**

The American Medical Association’s Committee on the Medical Aspects of Sports developed a creed to assure all athletes are afforded optimum protection against injury. This bill states that each athlete participating in organized sports has the right to:

A. Good Coaching
B. Good officiating
C. Quality Equipment and Facilities
D. Quality Health Supervision

It is the mission of The University of Alabama Department of Intercollegiate Athletics to see that each participating athlete is afforded these rights.

**ROLE OF THE ATHLETIC TRAINER**

The Certified Athletic Trainer (ATC) is a highly educated allied health professional specifically trained in the total health care of people who are physically active. ATCs must earn a college degree from an accredited athletic training education program. They must also pass a national board examination and maintain their certification with ongoing continuing education. In Alabama, ATCs must also hold a state license. Certified athletic trainers practice in 6 major areas: 1-prevention, 2-clinical evaluation & diagnosis; 3-immediate care; 4-treatment, rehabilitation & reconditioning; 5-organization & administration; and 6-professional responsibility.

The Certified Athletic Trainer works under the direction of a licensed physician when practicing the art and science of athletic training. All UA Staff Athletic Trainers are nationally Certified and licensed by the State of Alabama.

**RIGHTS AS A STUDENT-ATHLETE AT THE UNIVERSITY OF ALABAMA**

As an athlete at UA being treated by a member of the UA Medical Staff, you have the right to:

A. Considerate and respectful treatment and care.
B. Complete and current information regarding your condition, treatment, rehabilitation and prognosis in terms and language you can understand.
C. Participate in the planning of your medical treatment and rehabilitation program.
D. Confidential treatment of your personal and medical records by Health Insurance Portability and Accountability Act (HIPAA) and Family Educational Rights and Privacy Act (FERPA) regulations. (Buckley amendment)
E. Approve or refuse the release of your personal records and medical information.
F. Expect the Athletic Trainers and Medical Staff to make a reasonable response to your requests.
G. Expect continuity of care.
YOUR RESPONSIBILITY AS A STUDENT-ATHLETE AT THE UNIVERSITY OF ALABAMA

In order to achieve the objective of quality medical care, each student-athlete has a responsibility to:

A. Be honest and direct with the athletic trainers caring for you.
B. Report all injuries and illnesses with 24 hours.
C. Follow the treatment and rehabilitation plan prescribed. It is your responsibility to advise the athletic trainers if there is any problem or reason why you cannot follow the plan.
D. Report to the athletic training room daily for treatment until you are cleared by the athletic training/medical staff.
E. Report any change in condition to a staff athletic trainer.
F. Understand your health problem and the treatment and rehabilitation program to your satisfaction.

If you do not understand any part of your program, ask a staff athletic trainer or physician. Be sure you know what is expected of you.

When you want to know ASK!
If you have something to say SPEAK UP!

STUDENT HEALTH CENTER

If you are an enrolled full-time student possessing a currently valid ACTion card, you are automatically eligible for all services provided by the Student Health Center (SHC). There are separate charges for services with SHC providers, including but not limited to X-rays, laboratory fees, office visits, orthopedic appliances and prescriptions filled at the SHC pharmacy. For more information you can access the SHC website at www.shc.ua.edu.

The SHC is located on the corner of University Boulevard and 5th Avenue East. You should bring your ACTion card and any necessary paperwork from the athletic training room with you.

During the fall and spring semester the SHC is open from 8:00 a.m. to 8:00 p.m., Monday through Thursday, 9:00 a.m. to 5:00 p.m. on Friday and 1:00 p.m. to 4:00 p.m. on Saturday (closed on home football game days) and Sunday.

MEDICAL INSURANCE

The UA provides a medical and catastrophic insurance program for its student-athletes. This policy, however, is secondary to, or in excess of, personal family medical insurance coverage, and covers only injuries/illnesses/accidents resulting from the direct participation in the intercollegiate athletics program during the dates of the primary competitive season and designated off-seasons as approved by the Director of Athletics according to NCAA regulations. This will only apply for athletic related injuries which occur during permissible NCAA related athletic activities. (Refer to NCAA bylaw 16.4)

All UA student-athletes MUST be submit health insurance form indicating type of individual health insurance or absence of health insurance prior to participation in any practice, game, and/or competition. This insurance information must be on file prior to the start of practice. Student-athletes, who do not have their insurance information on file or have not made special arrangements, will not be permitted to participate in any activity. Notifying and providing the proper paperwork to the athletic trainer of any change in health insurance coverage during the academic year is the responsibility of the student-athlete and/or the legal guardian. If the athletic training insurance coordinator is not notified prior to any medical expenses incurred, then the financial responsibility of those services may become
that of the student-athlete and/or the legal guardian. 

UA will file all claims and coordinate all benefits for athletic related injuries and illnesses. If you have any question, please contact our insurance coordinator at (205) 348-3640.

**SPECIAL ASSISTANCE FUND**

In some instances, medical expenses not covered by the student-athlete’s or University’s health insurance may be paid for through the Student-Athletes Opportunity Fund (SAOF) or Special Assistance Fund (SAF). Consult with the staff athletic trainer and/or compliance office.

**INTERNATIONAL STUDENT-ATHLETES**

The UA regulations stipulate that all international students must purchase health insurance in order to be eligible to register for classes. This health insurance must provide coverage for injuries sustained while participating in intercollegiate athletics or student-athletes will be required to purchase a separate policy that covers injuries/illnesses sustained while participating in intercollegiate athletics.

**NCAA REGULATIONS**

The NCAA regulations state the Athletics Department is allowed to be financially responsible for the medical care of the student-athlete when the injury is directly related to the student-athlete’s sport and occurs during a permissible NCAA related athletic activity. However, the UA medical insurance provider for athletics only insures injuries sustained while participating in sanctioned NCAA intercollegiate activities.

**PRE-SEASON PHYSICALS**

All student-athletes are mandated to have a physical before being allowed to participate. Physicals for student-athletes in sports whose practice begins prior to the start of the academic fall semester will be performed prior to the start of the first practice. The athletic training staff will coordinate the dates and times with the respective coaches. Testing for sickle cell and sickle cell trait is conducted on all new incoming student-athletes, which requires an invasive procedure of submitting to a blood test. The responsibility of the student-athlete to notify and provide the medical staff of any previous testing/results for sickle cell or sickle cell trait. Anyone missing a scheduled physical without prior permission from a staff athletic trainer will be responsible for obtaining one at his/her own expense. No participation or practice will be allowed until a physical is on file in the athletic training department.

**PRE-EXISTING INJURIES OR CONDITIONS**

Disqualification from participation due to pre-existing injuries or conditions is at the discretion of the UA medical staff. Participation with known previous medical conditions is strictly at the discretion/judgment of The University of Alabama Team Physicians. Failure to report and document pre-existing problems releases The University of Alabama Department of Intercollegiate Athletics from any liability in the event of aggravation or worsening of the initial injury.

**CLOSE OUT SCREENING**

Following the conclusion of each competitive season, graduation, transferring or termination of an athletic career, each student-athlete may need to undergo a physical examination to document any injuries sustained while at UA. If surgery or further treatment of an injury sustained is required, it should be performed within one calendar year of that academic year. No procedure will be paid for unless coordinated through The University of Alabama Athletic Training Department. UA will not be financially responsible for an injury or condition that is not documented in the student-athlete’s permanent medical file.
FIFTH YEAR NON-COMPETING SCHOLARSHIP
ATHLETES

Once a student-athlete’s eligibility is completed, NCAA regulations will not permit UA to be financially responsible for any new medical conditions. Fifth year non-competing student-athlete will have his/her mandatory health fee paid. This entitles the student to specific services at the Student Health Center. The student will be responsible for any and all bills.

REPORT ALL INJURIES AND ILLNESSES

All injuries and illnesses must be reported to a staff athletic trainer or graduate assistant athletic trainer immediately. A minor injury often develops into a more significant injury unless properly and immediately treated. If ill, call the staff athletic trainer or come into the athletic training room at the earliest feasible time. Athletic related injuries or illnesses must be reported and documented within a reasonable time for UA to assume any responsibility.

REPORTING TIMES FOR INJURIES AND ILLNESSES

Your staff athletic trainer will coordinate times for evaluation and treatment of injuries and illnesses based on each sport’s daily routine. The Coliseum Athletic Training opens at 7:00 a.m. each weekday. Weekend times are at the discretion of the staff athletic trainer.

ON-CAMPUS EMERGENCIES DURING EVENING OR OFF-SEASON

If you encounter a medical emergency, call 911. Then contact your Staff Athletic Trainer, within a feasible time frame and when you are able. Your staff athletic trainer will contact your legal guardians and respective coaches to notify them of the nature of the problem and your medical disposition. Based on the significance and nature of the issue other athletic department and university personnel may be notified as well.

CRISIS MANAGEMENT

UA has planned for catastrophic events that may occur to the student-athletes and athletic department personnel while representing UA. Our team physicians will work with the medical specialties involved with the event and will coordinate with athletic department personnel in contacting family members of those affected by this event. Only a media spokesperson representing the university shall be made available for the media at the direction of the athletic director, respecting a family’s decision in this area. Our compliance director will coordinate assistance for family members pertaining to catastrophic events and the university will acquire appropriate counseling/clergy personnel to the family, student-athletes, and staff.

PHYSICIAN APPOINTMENTS

After the initial evaluation by the Athletic Trainer, if necessary, the student-athlete will be referred to one of the team physicians for follow up.

If the student-athlete or parent desires medical care other than that provided by The University of Alabama Athletic Training Department-Medical staff, he/she may do so at his/her own expense, unless prior authorization by the team physician is granted. This includes a second opinion obtained without the coordination or knowledge of the athletic training-medical staff. Records of physician visits, x-rays, lab results, etc., not initiated by The University of Alabama Athletic Training Department-medical staff, must be on file before the student-athlete will be cleared to participate.

On occasion, a second opinion or referral may be requested by the athletic medical staff or at the request of the student-athletes insurance company. All second opinions and
referrals will be managed through The University of Alabama Athletic Training-medical staff ONLY. Any appointments made without the coordination of the athletic medical staff will not be the financial or legal responsibility of The University of Alabama Department of Intercollegiate Athletics.

In all cases, however, the final decision on whether or not an athlete may participate in either practice or competition will rest solely with the UA Team Physicians.

**MEDICAL EXCUSES FOR CLASS**

Medical excuses can be obtained either through the physician treating the medical issue or by the staff athletic trainer responsible for your sport.

**PRESCRIPTION MEDICATION**

Do not share medication. Many athletes have allergies to medications. Do not take anything that is not prescribed specifically for you. Medications also react with each other, some foods and alcohol. Make sure the directions are followed exactly. When medication is prescribed, it will work only if taken regularly and properly. All questions regarding your medication should be directed to a staff athletic trainer.

**CONTACTS AND GLASSES POLICY**

Glasses, contact lenses or protective eye wear is a permissible medical expense for student-athletes who require visual correction in order to participate in intercollegiate athletics. Initial screening is conducted during the pre-participation physical examination and follow up is managed by the staff athletic trainer.

**CHIROPRACTIC CARE**

This is a limited service only approved for use by UA team physicians. The University Of Alabama Department Of Intercollegiate Athletics is not financially responsible for chiropractic expenses incurred by the student-athlete without proper authorization and referral.

**Massage therapy**

This is a limited service only approved for use by UA Athletic Training/Medical Staff. Certain athletic injuries can be covered, with limitations, by UA team physicians written orders.

**Physical therapy**

Physical therapy services are available and require written referral by UA team physicians. UA has physical therapists who work in the Athletic Training room and appointments can be made through the athletic training staff.

**Orthotics**

These services are available by written referral and prescription by UA team physicians. UA Athletic Training department has a certified pedorthotist on staff and all appointments are made through a staff athletic trainer.

**Immunizations**

The NCAA permits UA to pay for and administer Hepatitis B, meningococcal and influenza vaccinations. To be admitted into UA each student must provide proof of MMR, meningococcal vaccine and TB screening. These services can be coordinated through the Athletic Training Staff and Student Health Services.

**Body art**

The University Of Alabama Department Of Intercollegiate Athletics does not condone the puncturing of body parts (i.e. earlobe, nose, tongue, belly button, eyebrow, nipple, etc.) or the use or wearing of earrings and/or pierced body ornaments during athletic competition. The student-athlete accepts any liability if they have in the past, or at any-
time in the future pierce or puncture any part of their body for the purpose of wearing body ornaments. Failure to remove any body ornaments during any NCAA sanctioned athletic activity that results in injury to any body part and/or nerve(s) due to the wearing of body ornaments, the student-athlete is solely responsible for all medical claims and shall be financially responsible for those claims.

Dental care
The University Of Alabama Department Of Intercollegiate Athletics is only responsible for dental injuries that occur during organized practice or competition. All dental appointments must be made through the Athletic Training Staff. NCAA regulations do not permit The University of Alabama Department of Intercollegiate Athletics to be financially responsible for routine dental care: teeth cleaning, orthodontics, cavities or removal of wisdom teeth. However, coordination of these services may be handled through the Athletic Training staff at the athlete’s expense.

Counseling
At times a student-athlete may need some personal counseling, stress management or other type of psychological or psychiatric services. The UA athletic Training/Medical staff will coordinate this service for the student-athlete. Based upon our Team physician’s recommendation and approval, and within the regulations set forth by the NCAA, The University of Alabama Athletic Department can be utilized as a secondary coverage while the student-athlete’s primary medical insurance will be utilized for payment.

Nutritional counseling
Nutrition counseling is available on an individual or team basis. Appointments or seminars can be coordinated and arranged through the athletic training/medical staff. The Student Health Center may assist with eating disorders.

Eating disorders
Involvement in organized sports can offer many benefits, such as improved self-esteem and body image and encouragement for individuals to remain active throughout their lives. Athletic competition, however, can also cause severe psychological and physical stress. When the pressures of athletic competition are added to an existing cultural emphasis on thinness, the risks increase for student-athletes to develop disordered eating. The UA Athletic Department recognizes the risk factors for our student-athletes and has in place a program to address these issues. This program involves our team physicians, nutritional counseling and psychological counseling with treatment of eating disorders.

Body Composition Policy
Introduction
Student-athletes constantly strive to maintain a weight and body composition that allows them to compete at a safe and competitive level. Likewise, coaches want their student-athletes to maintain a healthy lifestyle and be physically prepared for optimal performance. The combination of these objectives can lead to unhealthy eating behaviors, excessive exercise or other concerns such as the Female Athletic Triad of disordered eating, amenorrhea, and bone loss.

For these reasons, the medical staff has implemented this policy to help these student-athletes achieve their goals in a reasonable and safe manner. This policy takes into account recommendations outlined in the current NCAA Sports Medicine Handbook.
**Policy**

**Weighing of Student-Athletes**
- Coaches or their designated assistants are not allowed to weigh their athletes. This will be left up to the medical staff and/or the dietician.
- Coaches may recommend or suggest to the medical staff that a certain athlete may need to be weighed or have their body composition measured due to apparent weight gain or poor performance due to possible weight gain; however, they will not be made aware of the results.
- Athletes will either fall within the norm for weight for a particular team or be outside of this range. Athletes that fall outside of the normal range for a particular team will be referred to the Team Physician and nutritional staff for appropriate management. The athlete will not be precluded from practice or competition unless this is deemed necessary by the medical staff for safety reasons only.

**Body Composition Testing**
- All female athletes will be weighed and have their body composition measured at least twice yearly. Some athletes may be weighed and have their body composition measured more often as deemed necessary by the medical staff.
- The timing of the measurements may vary by each team and the Head Coach can decide when the best time for these measurements to occur to best optimize the utilization of the results.
- Each team (or group within a team) will be compared to themselves and not the entire female athletic population. The head coach, athletic trainer and team physician can discuss groupings within the team (e.g., distance runners, sprinters/jumpers and throwers) so that comparable athletes within the same team are compared with one another.
- An average percent body fat calculation will be generated for each team or group within a team separately. After a team/group average is generated, athletes will either fall within one standard deviation above or below this average. Athletes that fall below this number will be monitored to assure that they maintain a percent body fat greater than 12%.
- Any athlete falling below 12% body fat will immediately be referred to the Team Physician and dietician to assure that they are medically able to compete safely.
- Athletes that fall above one standard deviation of the team/group average will be evaluated by the dietician and Team Physician in order to begin a structured program that enables them to return to the team normal range over time.
- The athletes will not be made aware of their actual percent body fat, but will only be told if they fall within the team/group normal range or not.
- At no time will coaches or any other person other than the medical staff be made aware of the results including the team average. These numbers will be monitored by the medical staff in order to assure that there are no drastic changes that may require changes in the strength and conditioning program.
• All body composition measurements will be obtained using air displacement plethysmography as measured by the BodPod apparatus. This tool has been reproducibly shown to be very accurate and is inexpensive.

• Any athlete that is found to be outside of the team normal range will have a second measurement by dual energy x-ray absorptiometry (DEXA scan). This has been regarded as the most accurate means of measurement and considered by many as the “gold standard”.

• The numbers generated by these two methods will be used to guide the medical staff and dietician in establishing appropriate treatment protocols.

Additional Information

• Coaches are encouraged to take an active role if they have concerns regarding a particular athlete. They are encouraged to meet regularly with the medical staff and nutrition staff in order to discuss any athletes whom they have any concerns.

• The coach may discuss weight issues with the medical staff and nutrition staff and work with these staffs to find the best possible solution to any weight issue that may arise.

• Coaches will be kept informed of an athlete’s progress while they are being evaluated/treated for weight issues by the medical and nutritional staffs.

Effective - August, 2009

UNIVERSITY OF ALABAMA DEPARTMENT OF INTERCOLLEGIATE ATHLETICS
STUDENT-ATHLETE PREGNANCY POLICY

The University of Alabama’s Department of Intercollegiate Athletics abides by applicable law and the applicable policies of the NCAA, the SEC, UA and UA’s insurance carrier. At all times, this policy will be construed in accordance with existing law and policies. Concerning pregnancy, the following is in effect:

1. The University of Alabama’s Department of Intercollegiate Athletics, its coaches, athletic trainers, team physicians and staff will, within applicable rules, provide appropriate support to any student-athlete who becomes pregnant and assist the student-athlete in finding medical care and obtaining any counseling or other care conducive to the student-athlete’s health and welfare.

2. The UA complies with Title IX and does not discriminate on the basis of pregnancy. The Department of Intercollegiate Athletics will allow a leave of absence for pregnancy as long as medically necessary and will reinstate the student-athlete for athletic participation once medically cleared by the UA Medical Director/Head Physician.

3. The NCAA and UA classify pregnancy in the same category as temporary illness or injury. Pregnancy is not an athletically related illness or injury. All regulations which pertain to illness or injury with regards to eligibility therefore pertain to pregnancy.

4. For the health and safety of the student-athlete and the fetus, the student-athlete is strongly encouraged to notify the team physician, head coach or athletic trainer of her pregnancy or suspected pregnancy, particularly if the student-athlete is participating in practices, competition, or any activities which may pose a health or safety risk. At all times, the student-athlete assumes the risk to herself or her fetus.
5. As with other injuries or illnesses, and consistent with NCAA bylaw 15.3.4.3(b), a student-athlete’s athletic scholarship will not be reduced or cancelled during the granting year of the award because of pregnancy. Consistent with NCAA bylaw 15.3.4.1(d), if a pregnant student-athlete voluntarily withdraws from the team, the University may reduce or cancel the student-athlete’s athletic scholarship during the term of the award. As such, pregnant student-athletes should not voluntarily withdraw immediately – the pregnant student-athlete should be counseled on the issues related to pregnancy, eligibility extension and financial aid before making this decision.

6. If the student-athlete is pregnant and participating in practices, competition, or any activities which may pose a health or safety risk, the student-athlete must be under the care of a licensed medical physician.

7. The Department of Intercollegiate Athletics and its insurance carrier do not cover expenses associated with pregnancy related care. If the student-athlete has purchased student health insurance or other individual coverage, the student-athlete should consult with his/her carrier for information regarding available coverage. If the student-athlete does not have insurance, the Department of Intercollegiate Athletics and/or Team Physicians will attempt to assist the student-athlete in securing local medical care for uninsured patients.

8. The UA Medical Director/Head Physician has ultimate authority to determine whether or not a student-athlete who is pregnant or recuperating from pregnancy is medically cleared to participate in practice and/or competition. The UA team physician will consult with the student-athlete’s attending physician as needed. All participation decisions must be documented in writing.

9. The Department of Intercollegiate Athletics will abide by the recommendations of the attending physician and the UA team physician regarding participation during and following pregnancy, but assume no responsibility for complications which may result from continued participation in athletics. The student-athlete will participate at her own risk to herself and the fetus, and will not be allowed to participate, even at her own risk, if disqualified by a medical physician.

10. NCAA rules (bylaw 14.2.1.3) currently permit a one-year extension of the five year period of eligibility for a female student-athlete for reason of pregnancy.

11. Support services (e.g., counseling, etc.) are available to student-athletes during and following pregnancy through the Department of Intercollegiate Athletics, the Russell Student Health Center, and/or the Student Counseling Center. The athletic training staff and/or team physician can assist in identifying such services.

UNIVERSITY CODE OF STUDENT CONDUCT

The University of Alabama aspires to transmit knowledge, to develop its students, and to promote the quality of society. In seeking these goals, the University recognizes the significance of student rights. These rights include freedom of expression, autonomy, procedural protection and the integrity of people and their property. By ensuring these individual rights, the University fosters an environment conducive to student success and well being. The Code of Student Conduct fully respects student rights.

Of course, students have obligations as well as rights. As members of an academic community, they must observe rules that benefit their classmates and their University. Students must practice personal integrity. By so doing, they respect the dignity, rights and property of others, including but not limited to students and all members of the University community. The University has a vital interest in the character of its students, and therefore regards behavior at any location (on-campus or off-campus) as a reflection of a student’s character and fitness to be a member of the student body. The Code of Student Conduct thus creates an expectation of behavior that the University deems acceptable and is not detrimental to the University. By fulfilling these expectations, students can enjoy their own rights, while also respecting their classmates’ rights and furthering the University’s goals.
However, the University community, as any other, must have a system to deal with those instances when a member fails to adhere to the expectations of the community. The Code of Student Conduct describes the actions which fail to meet expectations, the process of determining when a failure has occurred and the punishment to be imposed for such failure. Refer to Student Affairs website: http://www.sa.ua.edu.

Proscribed Conduct

Any student found to have committed the following acts of misconduct is subject to the disciplinary sanctions:

a. Offenses against the University Community.
   (1) Acts of dishonesty, including but not limited to the following:
      (a) Furnishing false information to any University official, faculty member or office.
      (b) Forgery, alteration, or misuse of any University document, record or instrument of identification.
      (c) Tampering with the election of any University-recognized student organization.
   (2) Disruption or obstruction of teaching, research, administration, disciplinary proceedings, or other University activities, including its public-service functions, whether on or off-campus, and other authorized non-University activities which occur on University premises.
   (3) Failure to comply with directions of University officials or law enforcement officers acting in performance of their duties and/or failure to identify oneself to these persons when requested to do so.
   (4) Violation of published University policies, rules or regulations, including, without limitation, the Social Event Alcohol Policy, parking and traffic regulations, etc.

b. Offenses against Persons
   (1) Physical abuse, verbal abuse, threats, stalking, intimidation, harassment, sexual misconduct, coercion, and/or other conduct which threatens or endangers the health or safety of any person. This paragraph is intended to include any contact or communication which threatens, harasses or injures a person.
   (2) Hazing, defined as an act which endangers the mental or physical health or safety of a student, or which destroys, or removes public or private property, for the purpose of initiation, admission into, affiliation with, or as a condition for continued membership in, a group or organization.

c. Offenses against Property
   (1) Attempted or actual theft of and/or damage to property of the University or property of a member of the University community or other personal or public property.
   (2) Unauthorized possession, duplication, or use of keys to any University premises or unauthorized entry to or use of University premises.
   (3) Theft or other abuse of computer time, including but not limited to:
      (a) Unauthorized entry into a file, to use, read, or change the contents, or for any other purpose.
      (b) Unauthorized transfer of a file.
      (c) Unauthorized use of another individual’s identification and password.
      (d) Use of computing facilities to interfere with the work of another student, faculty member or University Official.
      (e) Use of computing facilities to send obscene or abusive messages.
      (f) Use of computing facilities to interfere with normal operation of the University computing system.
   (4) Damage to or littering on public grounds of the University including driving motor vehicles on lawns or grounds of University property, without prior authoriza-
tion from the appropriate University official.

d. Offenses Disrupting Order or Disregarding Health and Safety

(1) Use, possession, or distribution of narcotic or other controlled substances except as expressly permitted by law.

(2) Use, possession, or distribution of alcoholic beverages except as expressly permitted by the law and University regulations, or public intoxication.

(3) Illegal or unauthorized possession of firearms, explosives, other weapons, or dangerous chemicals on University premises.

(4) Participation in a campus demonstration which disrupts the normal operations of the University and infringes on the rights of other members of the University community; leading or inciting others to disrupt scheduled and/or normal activities within any campus building or area; intentional obstruction which unreasonably interferes with freedom of movement, either pedestrian and/or vehicular, on campus.

(5) Obstruction of the free flow of pedestrian or vehicular traffic on University premises or at University-sponsored or supervised functions.

(6) Conduct which is disorderly, lewd, or indecent; breach of peace; or aiding, abetting, or procuring another person to breach the peace on University premises or at functions sponsored by, or participated in by the University.

(7) Violation of federal, state, or local law on University-premises or at University-sponsored or supervised activities.

(8) Entering false fire alarms or bomb threats, tampering with fire extinguishers, alarms, or other safety equipment.

(9) Violation of traffic and parking rules and regulations including, but not limited to:
   (a) Repeated or flagrant violations of the rules as set forth in University Traffic and Parking Regulations.
   (b) Tampering with, removal or theft of wheel locks, barricades, traffic cones or traffic control devices.

(10) Violation of federal, state or local law off University premises and not related to University sponsored or supervised activities which adversely affects or is detrimental to the University community and/or the pursuit of its objectives. The decision to pursue disciplinary action under this provision is that of the Vice President for Student Affairs, or a designee.

(11.a.) The operation of any form of gambling business or any activity sponsored by an organization identified as an approved University organization unless specifically approved by the Office of Student Affairs. Any student or group of students who accepts or manages a large number of wagers or who provides the mechanisms for wagering or for playing games of chance for profit will be presumed to be operating a gambling business.

(11.b.) Facilitating or encouraging gambling by a student athlete or seeking or encouraging a student athlete to provide information or advice regarding competitions in which he or she shall participate.

e. Abuse of the Judicial System:

(1) Failure to obey the summons of a Judicial Body or University official.

(2) Falsification, distortion, or misrepresentation of information before a Judicial Body.

(3) Disruption or interference with the orderly conduct of a judicial proceeding.

(4) Institution of a judicial proceeding knowingly without cause.

(5) Attempting to discourage an individual’s proper participation in, or use of, the judicial system.

(6) Attempting to influence the impartiality of a member of a Judicial Body prior to,
and/or during the course of, the judicial proceeding.

(7) Harassment (verbal or physical) and/or intimidation of a member of a Judicial Body prior to, during, and/or after a judicial proceeding.

(8) Failure to comply with sanction(s) imposed under the Code of Student Conduct.

(9) Influencing or attempting to influence another person to commit an abuse of the judicial system.

(10) Any other act which is intended to or has the effect of delaying or interfering with the orderly operation of the judicial process.

To review the University’s Code of Student Conduct in its entirety, please refer to Student Affairs, Student Handbook at http://www.sa.ua.edu/campusactivities/studenthandbook.pdf

UNIVERSITY OF ALABAMA STUDENT WELFARE POLICIES

SEXUAL HARASSMENT POLICY

NOTE: The following was taken from The University of Alabama website statement of policy on Sexual Harassment.

Students with complaints of sexual harassment against faculty members, graduate assistants, and staff members in academic departments, schools, or colleges should contact the Designated Sexual Harassment Resource Person in their college or school or in the college or school in which the alleged offender is employed. A faculty member to whom a student has come with a complaint of sexual harassment should recommend that the student contact the designated Sexual Harassment Resource Person. The name and location of the Designated Sexual Harassment Resource Person can be obtained from the Dean’s Office, the Office of the Provost, or the Office of Equal Opportunity Programs.

Students participating in internships, field placements, student teaching, or similar academic experiences in settings off campus should report complaints of sexual harassment to the University faculty or staff member providing supervision or to the Designated Sexual Harassment Resource Person in their college or school.

Student complaints of sexual harassment outside academic departments, schools, and colleges, including complaints against other students, should be addressed to the Student Affairs Designated Sexual Harassment Resource Person(s). The name and location of this individual(s) can be obtained from the Office of the Vice President for Student Affairs, the Office of Student Life, or the Office of Equal Opportunity Programs.

Students who believe for any reason that they cannot effectively communicate their concern through any of these channels may consult the University Compliance Officer in the Office of Equal Opportunity Programs, or if conflicts exist with the University Compliance Officer, students may consult with the Provost.

Students who are victims of sexual assault or sexual harassment may seek advice and referral from both the University’s Women’s Center and the University’s Counseling and Psychological Services. These offices, which keep all information confidential, neither receive formal complaints nor conduct investigations.

Contacts for Athletics:
Kevin Almond 348-3638
225 Mal M. Moore Athletic Facility
Carol Keys Park 348-3657
235 Mal M. Moore Athletic Facility

THE UNIVERSITY OF ALABAMA HAZING POLICY

The University of Alabama does not condone any form of hazing, and students involved
in hazing incidents are subject to University disciplinary sanctions. The University has accepted and approved the following anti-hazing policy:

Hazing, as defined by Section 16-1-23, Code of Alabama (1975), and such Section as may be amended from time to time.

Additionally, for the purpose of this Code, hazing shall include any mental or physical requirement or obligation placed upon a person by a member of an organization, individual or a group of individuals, which could cause discomfort, pain, or injury including, but not limited to, striking, laying open hand upon, treating with violence or offering to do bodily harm to a person with intent to punish or injure the individual, or other treatment of a tyrannical, abusive, shameful, insulting, or humiliating nature.

Hazing is an action taken or situation created, whether on or off University premises, to produce mental or physical discomfort, embarrassment, harassment, or ridicule. Hazing is also considered to be the creation of a situation, which results in or might result in mental or physical discomfort, embarrassment, harassment, or ridicule, including involuntary servitude, often called “personal favors.” Both individuals and organizations may be held accountable for such activity.

To report a hazing incident, to acquire further about hazing policies, or seek assistance in educating students about hazing, please contact the Office of Executive Director of Campus Activities, Box 870292, Tuscaloosa, AL 35487-0292, Phone: (205) 348-6114 or Hazing Hotline at (205) 348-4258.

**NODISCRIMINATION NOTICE**

The University of Alabama complies with applicable laws prohibiting discrimination, including Titles VI and VII of the Civil Rights Act of 1964, the Age Discrimination in Employment Act, Executive Order 11246, Title IX of the Education Amendments of 1972, Sections 503 and 504 of the Rehabilitation Act of 1973, the Vietnam Era Veterans Adjustment Assistance Act, the Age Discrimination Act of 1975, and the Americans with Disabilities Act of 1990, and does not discriminate on the basis of race, color, religion, national origin, sex, age, disability, or veteran status in admission or access to, or treatment of employment in, its programs and services. Inquiries and concerns may be directed to Ms. Gwendolyn Hood, University Compliance Officer, 171 Rose Administration Building, (205) 348-5855 (Voice/TDD).

**UNIVERSITY OF ALABAMA STATEMENT ON DIVERSITY**

The mission of The University of Alabama is to advance the intellectual and social condition of the people of the State through quality programs of teaching, research, and service. That educational mission is enhanced by the robust exchange of ideas that occurs within a diverse and inclusive learning environment. Students who learn from each other and from faculty members and administrators (including those at the highest levels of leadership) in an environment with a variety of backgrounds are better able to understand, appreciate, and contribute to our twenty-first century global society. Consequently, the University endorses a student, faculty, and administrative community enriched by women and men of diverse national origins, races, ethnicities, cultures, socioeconomic and geographic backgrounds, ages, physical abilities, and religious and political beliefs. The University is committed to offering diverse cultural programs, intercultural education, and other educational initiatives (such as the University’s Crossroads Community Center) that enhance awareness and appreciation of cultural and individual diversity, promote community, and prepare students for the global society in which they will live and work.

As an institution of higher learning, The University of Alabama attaches great value to freedom of speech and open debate, but it also attaches great importance to the principles of civility and respect which govern an academic community. Harassment or other illegal discrimination against individuals or groups not only is a violation of University Policy and subject to disciplinary action, but also is inconsistent with the values and ideals of the
It is the goal of The University of Alabama to cultivate a hospitable campus environment in which all members of the University can work together and learn from each other in a climate of mutual respect. Inquiries and concerns may be directed to Ms. Gwendolyn Hood, University Compliance Officer, 171 Rose Administration Building, http://cop.ua.edu/policies.html.

UNIVERSITY OF ALABAMA DRUG-FREE CAMPUS AND WORKPLACE SUMMARY OF POLICY

All members of the University community have the right to pursue their individual and collective goals in a healthy work and educational environment, one that is free of the effects of alcohol and substance abuse. Such abuse adversely affects the University’s achievement of its mission and is not condoned. As part of its effort to promote a drug-free work and educational environment, the University has issued a comprehensive Drug-Free Campus and Work Place policy. This policy can be found in its entirety on the University website at http://policies.ua.edu/drugfree.html.

The University urges you to read this policy and become familiar with its provisions. The policy can be summarized as follows:

I. Standards of Conduct: Unlawful manufacture, distribution, dispensation, possession, or use of a controlled substance by any employee of The University of Alabama while he or she is at work for the University or at another site where the employee is carrying out assigned duties, is prohibited.

II. Disciplinary Sanctions: Violation of the policy shall result in the prompt imposition of sanctions. These sanctions depend on the nature and severity of the offense and may range from a warning, to required satisfactory participation in counseling or rehabilitation programs, to termination of employment and/or referral to proper law enforcement authorities for prosecution. Any sanctions taken against faculty, administrators, or staff will be carried out in accordance with policies and procedures published in appropriate University personnel Handbooks and those imposed by the policy of the University’s health professional schools.

III. Counseling, Treatment, and Rehabilitation Programs: The Employee Assistance Program (EAP) offers free assessment, short-term counseling, and referral services for faculty, staff, retirees, and their dependents. In addition, the program is intended to provide crisis intervention, as well as training or consultation services for administrators and supervisors, who need to know how to identify or make referrals for individuals whose personal problems are affecting work performance and unit morale. Other facilities in the Tuscaloosa area offer similar counseling and treatment services.

IV. Health Risks and Legal Sanctions: Substance abuse can create serious health risks and result in the imposition of a range of criminal penalties, including large fines and imprisonment. Please refer to the referenced web-site for a more detailed description of these risks and penalties.

NCAA STUDENT ATHLETE OPPORTUNITY FUND

The Student-Athlete Opportunity Fund is intended to provide direct benefits to student-athletes or their families as determined by conference offices. 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 Student-Athlete Opportunity Fund monies shall not be included in determining the permissible amount of financial aid that a student-athlete is permitted to receive.

All student-athletes, including international students, are eligible to receive SAOF bene-
fits, 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 examples of uses for the fund are:
- Graduate school exams.
- Postgraduate scholarships.
- Professional program testing.
- Fees for internship programs.
- Medical and dental costs not covered by another insurance program for those student-athletes not eligible for the Special Assistance Fund.
- Travel expenses for family members to be present as student-athletes are honored, or in family emergencies.

**NCAA SPECIAL ASSISTANCE FUND**

The NCAA established the Special Assistance Fund in 1991 to assist student-athletes with specific unmet financial needs. Student-athletes are eligible for the funds if they are:
- Pell-eligible (except non-qualifiers in their initial year of residence)
- Foreign student-athletes whose need is certified in writing by International Student Services located in 135 B. B. Comer Hall.

Some of the permissible uses of the fund are:
1. Off-campus psychological counseling;
2. Travel expenses for parents or student-athletes related to family emergencies;
3. Purchase of expendable academic course supplies (i.e., notebooks, pens) and rental of nonexpendable supplies (i.e., computer equipment, cameras) that are required for all students enrolled in the course, and
4. Articles or clothing and shoes, up to $500 per year / $250 per semester.

For more information about the funds, please contact the Compliance Office at 348-3615.

**UA CAMPUS RESOURCES & SERVICES**

**THE UNIVERSITY OF ALABAMA WRITING CENTER**
322 Lloyd Hall 348-5049
[http://writingcenter.ua.edu/36-2/](http://writingcenter.ua.edu/36-2/)

The main branch of the Writing Center is located in 322 Lloyd Hall. Satellite sites are located in Ferguson Center Starbucks and at Java City in Gorgas Library. The Writing Center can help you develop the writing skills necessary for academic success through free, friendly, one-to-one consultations. The Writing Center staff can help you with a wide variety of writing tasks, including understanding your assignment, generating ideas, organizing your thoughts, strengthening your argument, formatting, citing sources, revising, and editing regardless of academic discipline. The Center is directed by Dr. Luke Niiler and staffed by graduate assistant tutors who have a special interest in teaching writing skills. Visit their website for hours of operation and scheduling appointments.

**CENTER FOR ACADEMIC SUCCESS**
101 Osband Hall 348-5175
[http://www.ctl.ua.edu](http://www.ctl.ua.edu)

While Athletic Student Services offers student-athletes various academic resources such
as tutors, reference books, computer labs, and instructional media, students are also encouraged to visit the Center for Academic Success (CAS), formerly Center for Teaching and Learning. The CAS staff can help students improve their study techniques, upgrade reading proficiencies, as well as prepare for standardized entrance exams such as GMAT, GRE, LSAT and MCAT. Free tutoring, workshops, math test reviews, and CTL-TV, a 24 hours a day, 7 days a week educational programming broadcasted on campus Channel 75 are among the many services offered by CAS.

OFFICE OF DISABILITY SERVICES
133-B Martha Parham East 348-4285
http://ods.ua.edu

The Office of Disability Services (ODS) is the central contact point for students with disabilities. Services for students with disabilities focus upon providing individualized accommodations for meeting University demands, while promoting student responsibility and self-advocacy. Students must contact ODS each semester to receive accommodations. For further information contact Judy Thorpe, ODS Director or visit the website.

ACTION CARD AND STUDENT I. D.
451 Campus Drive East, Crimson Ride Bus Hub 348-2288
http://actcard.ua.edu

Your Action Card is an essential key to all your campus activities. It is needed to access your Bama Dining account, use library facilities, the Student Rec Center, and access computer labs. Lost or stolen cards can be replaced for a fee, which is charged to your student account. New or replacement Action Cards are made in the Action Card Center.

PARKING PERMIT
451 Campus Drive East (Campus Drive Parking Deck) 348-5471
http://bampparking.ua.edu

All vehicles operated on campus must be registered with Parking Services. Vehicles driven or parked on campus between 7:30 a.m. and 6:30 p.m. must display a current University parking permit. Permits may be purchased from Parking Services. Any vehicle NOT registered with Parking Services is subject to wheel lock. Student-Athletes will have dual access to athletic facility parking area. Contact your Athletic Academic Advisor, if you have questions concerning parking decals.

MOTORIST ASSISTANCE PROGRAMS (MAPS)
103 Student Services Building 348-0121 or 348-9494
http://financialaffairs.ua.edu/aux_svecs/transportation/map

MAPS offer assistance to motorists who are stranded due to minor vehicle problems. MAPS provides the following free services: 1) gas can and transportation to a service station should your car run out of fuel; 2) air for a flat tire; 3) jump start. Call 348-0121 during the day and 348-9494 after 4:30 PM. and on weekends.
The 348-RIDE (7433) is a free service that will transport you between locations on campus or between nearby residences and campus. Service is available when CrimsonRide Buses are not operating. The service area includes campus and neighborhoods between Greensboro Avenue to the west, 15th Street to the south, Helen Keller Boulevard to the east, and Jack Warner Parkway to the north. During various extenuating circumstances (severe weather, driver illness, etc.) the service might not operate. 348-RIDE is intended as a support service for academic purposes and does not service establishments where alcoholic beverages are sold. You can now request a 348 Ride pickup online by going to http://348ride.ua.edu using your laptop or internet connected phone. This facility will be available only during normal 348-Ride service hours.

UA LAW CLINIC PROGRAMS
The University of Alabama Law School
http://www.law.ua.edu/clinics
Free legal services offered by 3rd year law students. Advice only is available on non-criminal charges, such as bankruptcy, leases, car wrecks, etc. The Clinic does not handle traffic or alcohol violations. All meetings are confidential. Cases involving University violations should be handled through the Ombusperson. To make an appointment, contact the Law Clinic at 348-4960.

STUDENT HEALTH CENTER
Student Health Center - Appointments: (205) 348-2778; Pharmacy: (205) 348-6276
Other Calls: (205) 348-6262
http://cchs.ua.edu/shc
- Health evaluation and treatment
- Health education programs
- Out-patient clinics
- Pharmacy
- Lab and X-ray services
- Gynecology Clinic

CAPSTONE INTERNATIONAL CENTER
135 B. B. Comer Hall 348-5256
http://international.ua.edu
- Immigration processing
- Special orientation and cultural programs
- Rotary International Student Center

COUNSELING CENTER
1000 South Lawn Office Building (1101 Jackson Avenue) 348-3863
http://www.sa.ua.edu/Counseling
- Individual and group counseling
- Substance abuse counseling
- Crisis intervention
- Psychiatric consultation
MEDIA RELATIONS – INTERVIEW POLICY

An interview is an opportunity, not a burden. It’s a chance to communicate an important message about Alabama athletics. The more articulate and educated the response, the better it reflects on the University of Alabama. It is the media relations staff’s responsibility to not only coordinate interviews, but prepare you for as successful an opportunity as possible.

When a member of the media needs to speak to student-athletes, coaches or administrators, the first place they should come is the Athletics Communications Office. The Athletics Communications Office coordinates the two sides in a timely and professional manner. Here are a few useful tips/general policies regarding interviews:

• All interviews for coaches, athletes and administrative staff should be coordinated through the Athletics Communications Office. This is especially imperative regarding student-athletes.

• The Athletics Communications Office must have an understanding of the student-athlete’s class schedule, practice schedule, team policies and the head coach’s rules regarding interviews and other commitments the individual already has regarding the media.

• It is understood as well, that all student-athlete living, dining, training and dressing areas are considered private areas and that no member of the media is to be present in any of these areas unless they are escorted by a member of the athletics communications staff. There are no exceptions to this rule.

• Phone numbers of student-athletes are not to be issued to the media. It is the responsibility of the athletics communications staff to coordinate all phone interviews when they cannot be done in person. When conducting phone interviews, the call should always be placed by a member of the UA athletics communications staff. If a student-athlete is contacted at home by a member of the media, he/she should politely refer them to the athletics communications contact for that particular sport.

• Every attempt should be made by the Athletics Communications Office to see that all interviews are requested at least 24 hours in advance. This will permit the Athletics Communications Office to contact the student-athlete, get his/her approval and then finalize plans with the media representative. It also enables the student-athlete to mentally prepare for the interview while giving the media relations office time to discuss this particular media representative and his topic with the athlete – if the athletics communications director feels that should be done.

• Each coach has his/her own set of policies regarding interviews and it is the responsibility of the athletics communications director assigned to that sport to be fully aware of those policies and the philosophy behind it.

• As per SEC policy, student-athletes are NOT permitted to appear live on radio/TV talk shows or Internet chat groups.
MEDIA TRAINING FOR STUDENT-ATHLETES

A student-athlete should never go into any interview without knowledge of the topic of the interview. It is UA’s responsibility to educate student-athletes on what to expect as much as possible and to assist them in preparation.

COOPERATING WITH THE MEDIA

Cooperating with the media is an important part of a student-athlete’s daily functions. Positive and educated responses to the interview process from student-athletes enhance the image of the University and develop vital communication skills that will help them in their professional or business careers one day. It is important to always be punctual and never skip an interview without contacting the media relations staff first.

MAKING A POSITIVE IMPRESSION

It is important to be punctual for all interviews. The student-athlete should notify the Athletics Communications Office if there are any problems that may prevent the student-athlete from showing up on time. Impressions are made through the interview, both from your responses and your demeanor.

AVOIDING CONTROVERSY

Situations arise in which a student-athlete will be asked about a controversial situation, or one will attempt to be created by the reporter. The media relations professional should brief the student-athlete prior to the interview about the situation, alert them to questions that may be asked, and suggest possible responses that might help defuse the controversy. You do not have to answer a question if you do not wish to do so. A simple response such as “I’d rather not discuss that,” can answer the question in a positive manner so that it does not appear that the question is being dodged. Seek counsel from a media relations staff member if you are uncomfortable with the questions, answers or general tone of the interview.

Reporters are not the student-athlete’s enemy. In fact, they can be friends. But a student-athlete must remember that nothing is confidential or “just between us” in any interactions with the media or the general public. Once it is spoken, it will probably be repeated. To avoid seeing something in print, don’t say it.

When being interviewed, remember that all of Tuscaloosa and Birmingham, 90 percent of the Southeast and 75 percent of the nation will either be reading or listening to what you say! Think about it!

WHAT A STUDENT-ATHLETE SHOULD REMEMBER

- YOU are the expert. Most questions relate to your sport and your role. Consequently, the questions should be easy to answer.
- YOU control the interview and what answers are provided. Direct the conversation to what you want to talk about.
- BE prompt. Reporters are usually on a tight deadline and appreciate the extra effort you make to be available on time.
- BE available for interviews after a bad game or bad performance. How an athlete behaves after a loss often makes a bigger impression than after a win.
- THINK ahead.
- Relax and think positively.
- KEEP direct eye contact and stay focused.
- Praise your teammates, credit your coaches, and be gracious to opponents.
- KEEP your cool
- TALK in short, complete sentences.
- THINK before you speak – silence is sometimes the best answer.
• **LOOK NICE** – your appearance counts.
• **YOU** are not obligated to answer any question with which you are uncomfortable.
• **BE** on time for schedule interviews and return all phone calls.
• **HAVE** a game plan – identify two or three main points that you want to get across.
• **ALWAYS** end the interview with a simple thank you.

**LIVE INTERVIEWS**

SEC rules prohibit student-athletes from providing interviews on a live radio broadcast except for postgame shows and for interviews held at a postseason event site.

*For further information, please call the Athletics Communications Office at 348-6084 or visit [http://www.rolltide.com/school-bio/media-relations.html](http://www.rolltide.com/school-bio/media-relations.html).*

**SOCIAL ONLINE NETWORKS**

FACEBOOK.COM; MYSPACE.COM, TWITTER.COM, ETC.

• **BE** mindful that online content is not private and that there could be long-term ramifications.
• **DO NOT** post personal information (cell phone, address, class schedule)
• **ONLINE** communication puts one at greater risk for stalking.
• **CONSIDER** that your coach, teammates, family and even future employers may review your site.
• **DO NOT** participate in or post inappropriate photographs or other content.
• **REFRAIN** from affiliating yourself with topics that are potentially offensive or degrading.
• **DO NOT** post comments about fellow student-athletes, coaches, administration or faculty from your institution or other institutions.
• **FANS** from opposing teams have downloaded images or information and used it to taunt or humiliate during a contest.