2009-10 Student-Athlete Handbook
2009-2010
University of Virginia
Student-Athlete
Handbook

The University of Virginia Student-Athlete Handbook is published by the University of Virginia Athletics Department, P.O. Box 400846, Charlottesville, VA 22904-4846. It was coordinated by Barbara A. Kelly, Assistant Athletics Director for Special Projects; Jane Miller, Senior Associate Athletic Director for Programs; and Valerie Richardson, Associate Athletics Director for Programs; with assistance from the Student-Athlete Advisory Committee and units within the Athletics Department.

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INTRODUCTION

Athletics Department Mission

The Department of Athletics is an integral part of the University of Virginia’s commitment to educational excellence. Its mission is to enhance and support the intellectual purpose of the University and its exemplary academic standards and traditions.

Critical to the department’s mission are high academic achievement; nationally competitive and successful teams; comprehensive integration of student-athletes within the University and local communities; a strict adherence to NCAA, ACC, and University rules and regulations; fiscal integrity, which is embodied through the generation and efficient use of resources; the attraction and retention of the highest quality student-athletes and staff which includes equitable opportunities for women and minorities.

The Department of Athletics pursues its mission by uniting the varied constituencies of the University community through its intercollegiate and intramural programs. These programs are designed to build support for and add value to the academic purposes of the institution while developing students with strong values of leadership, sportsmanship, equity, citizenship, physical fitness, teamwork, and a commitment to excellence.

The operating principles of the Athletics Department require that in pursuing its mission, the Department will consistently provide exemplary service to all of its internal and external constituencies.

Athletics Department 10-Year Goals

- Graduate 100% of our student-athletes.
- Win 12 national championships and 70 conference championships.
- Fully endow all of our scholarships and provide operational support required to meet our other stated goals.
- Fully comply with Title IX.
- Build and maintain the highest quality facilities in the country with the purpose of attracting and developing the best student-athletes to the University of Virginia.
- Based on how coaches rate their top prospects, attract our top prospective student-athletes to the University of Virginia annually.

Institutional Purpose

The central purpose of the University of Virginia is to enrich the mind by stimulating and sustaining a spirit of free inquiry directed to understanding the nature of the universe and the role of humankind in it. This purpose is served
by activities designed to quicken, discipline, and enlarge the intellectual and creative capacities, as well as the aesthetic and ethical awareness of the members of the University, and to record, preserve, and disseminate the results of intellectual discovery and creative endeavor. In fulfilling it, the University places the highest priority on achieving eminence as a center of higher learning.

Traditions and Expectations

University of Virginia student-athletes belong to a proud tradition — they have consistently demonstrated that competition at the highest intercollegiate level can be combined with a successful and rewarding educational experience.

UVa has twice been ranked as high as eighth place (1999 and 2009) among Division I athletics programs in the Learfield Director’s Cup rankings. This remarkable athletic success was earned while academic integrity remained uncompromised.

As they have for decades, Virginia student-athletes continued to graduate at a rate of more than 80 percent. These achievements on the field, on the court and in the classroom will continue because Virginia student-athletes and coaches share in the commitment that the tradition be maintained. An extremely important part of that commitment is the understanding that Virginia varsity student-athletes are, first and foremost, students. As such, each student-athlete has the responsibility to fulfill clear expectations.

These include:

• Understanding that earning a degree is the primary goal of the student.
• Meeting regularly with faculty advisors and deans of the respective undergraduate colleges.
• Meeting all academic responsibilities, including regular class attendance and the completion of all assignments in a timely manner.
• Complying with all rules and regulations of the NCAA, the Atlantic Coast Conference and the University; understanding that it is each student-athlete’s responsibility to be fully aware of the rules and regulations.
• Striving to be involved as a full-fledged member of the University community and making a strong effort to derive as much as possible from the educational experience. This includes establishing open and mature relationships with faculty and the student body at large.
• Understanding the support resources that are available in the Athletics Department’s Academic Affairs Office and the University; assuming the responsibility to seek help when it is needed.
• Understanding that the assumption of personal responsibility is at the heart of the educational experience. All student-athletes should constantly be aware that they represent the University, the Athletics Department and their team. Upperclass student-athletes should consciously strive to serve as exemplary role models for new student-athletes.
• Making a complete commitment to academic integrity. It is absolutely essential that every student-athlete be thoroughly familiar with the Honor System and that all aspects of University life be conducted in accordance with the Honor System.

Student-Athlete Welfare
The Athletics Department is committed to the principles of Student-Athlete Welfare as adopted at the NCAA Convention in January 1995. To that end, the Department will demonstrate in the operation of its intercollegiate sports programs that the following qualities exist:

• A quality overall educational experience for student-athletes is promoted, and the involvement of student-athletes in matters impacting their lives is encouraged.
• Fairness, openness, and honesty are practiced by coaches and administrators with student-athletes and positive student-athlete/coaching staff relationships are supported.
• Gender and cultural diversity is exhibited.
• Health and safety issues are addressed.

For more information contact the Athletics Programs Office at 982-5152 or the Athletics Compliance Office at 982-5018.

ADVISORY COUNCILS
Athletics Advisory Council
The Athletics Advisory Council advises the Director of Athletics on all major decisions affecting the administration of the Department. The Council (comprised of faculty and administrative staff, students and alumni) is appointed by the President of the University in the fall of each academic year. The Council meets once in each calendar quarter and at additional times when necessary. For information on appointees contact the Director of Athletics office at 982-5100.

Student-Athlete Advisory Committee (SAAC)
The Student-Athlete Advisory Committee (SAAC) is made up of two representatives from each team and is the student-athletes’ liaison organization to the Athletics Department, the ACC and the NCAA. It meets monthly during the school year and is charged with the responsibility of serving the student-athlete community as a resource for the consideration of matters of interest and concern to them. The SAAC will take up these matters with the appropriate Athletics Department administrators for consultation and guidance. The SAAC will also establish and manage events and projects to meet the needs and
interests of student-athletes as are appropriate. Some of the events and projects the SAAC has worked on are:

- Game Night – an informal evening of socializing, fun and games for all student-athletes
- The Santa Fund – a fund-raiser for local children who need winter clothing and shoes
- Student-Athlete Handbook
- Annual Shootout for Cancer Event

**Student-Athlete Mentor Program (SAM)**

As part of the Drug and Alcohol Education Program, the Student-Athlete Mentor (SAM) Program was designed by the Center for Alcohol and Substance Education and the Athletics Department to establish a network of peers trained in substance abuse prevention and other healthy life decisions within varsity athletic teams.

Teams select “natural helpers” who participate in alcohol and other drug education training. These SAMs, in turn, work with their peers in prevention efforts and provide programming on issues pertinent to their teams.

The training provides student-athletes with information about alcohol and other drugs, “red flags” or “behaviors of concern” that might indicate warning signs, and a listing of available resources.

For more information call the Center for Alcohol and Substance Education at 924-5276 or the Life Skills Coordinator at 982-5781.

**GENERAL INFORMATION**

**Code of Ethics**

As a student-athlete, you are expected to conduct yourself at all times with integrity, sportsmanship, honesty, pride, and humility.

The purpose of intercollegiate athletics is to provide an opportunity for you to develop your potential as a skilled athlete in an educational setting. The University of Virginia has a highly visible and successful Division I NCAA and ACC intercollegiate athletics program. Your public exposure in the competitive arena and the media place you among the most visible groups in the University community, the City of Charlottesville, the County of Albemarle, and the Commonwealth of Virginia. What you do and how you do it are often highlighted, placing you in a public position which requires exemplary behavior.

As a University of Virginia student-athlete, you are totally responsible for your own behavior. You are expected to obey the laws, rules and regulations of all these “communities.” If you violate their laws, be prepared for the penalties that may be imposed.
Your behavior has a definite impact on the reputation of the Athletics Department and on the attitude the surrounding communities have toward you and your fellow student-athletes.

Your conduct will be closely scrutinized as you sit in the classroom, as you compete on the Grounds, as you travel, and as you compete off-Grounds. You will be looked upon as a role model, particularly by young children, and it is important that your personal conduct be above reproach at all times.

**Student-Athlete Responsibilities**

Student-athletes are subject to NCAA, Atlantic Coast Conference, University of Virginia, Athletics Department, and team policies during their tenure at Virginia.

Student-athletes are responsible for acquainting themselves with the rules and regulations of each unit. Those who have concerns or questions must take the initiative to get the answers they need.

The University and the Athletics Department schedule orientation sessions to inform student-athletes about major policies and procedures during the fall of each academic year. Student-athletes are expected to attend all scheduled meetings.

**Change of Address**

You are expected to notify the University Registrar within 24 hours of any changes in your home (permanent) and local (present) mailing address and phone numbers.

Changes may be made in your dean’s office, at the Newcomb Hall Information Desk, at the Registrar’s Office in Carruthers Hall, or through ISIS (296-4747).

You are also expected to notify your head coach of any change in your address or telephone number.

Consequences resulting from misdirected or unreceived University communications are the student-athlete’s responsibility.

**Urgent Communication Policy**

You are required to provide the Athletics Department with one or more telephone numbers or other means for reliable contact where you can be reached with emergency or other urgent communications.

During the academic year, the Athletics Department should have the ability to relay critical information to any student-athlete within six hours.

Examples of urgent communications include personal or family emergency situations and random drug screenings. Failure to report for a drug screening can result in your being declared ineligible since, under NCAA rules, a “no show” constitutes a positive drug test.
You are responsible for informing your coaching staff when your phone number is changed or disconnected and when you plan to be away from the Charlottesville/University community.

**Resolving Issues Between Student-Athletes & Coaches**

A goal of the Athletics Department is to create an environment where student-athletes have positive overall experiences at the University as well as clear avenues of communication with coaching and athletic administrative staffs. From time to time, however, issues may develop between student-athletes and coaches. The following guidelines are in place to help clarify and resolve such issues:

1. Matters related to individual and team performance—such as playing time, position or role on the team, amount of athletic grant-in-aid, and traveling squad—are the province of the coaching staff. Coaching staff decisions are final.

2. Matters related to your participation in intercollegiate athletics as affected by team or department rules should be handled using the following steps, in order:
   a. Discuss the matter with your team captain(s), your team SAAC representative, or your team SAM representative when it pertains to team rules.
   b. Discuss the matter with your team’s coaching staff.
   c. You may appeal the decision of the Coach to the Director of Athletics or his/her designee. You should notify the Director of Athletics and the Coach in writing of your appeal within 10 days of receiving the Coach’s decision. Such notification shall include a statement of the specific portion(s) of the Coach’s decision with which you disagree, any arguments to support your position and your proposed alternative(s) to the portion(s) of the decision in question. You may appeal the Coach’s decision only for the following reasons: Good cause and/or new evidence and/or because the sanction is substantially disproportionate with the infraction.

The Director of Athletics or his/her designee may deny the appeal or he/she may allow you and your Coach the opportunity to present arguments in support of your respective positions on the appeal. The Director of Athletics or his/her designee may specify whether such arguments shall be made verbally and/or through written statements, and may impose any reasonable time and length limitations. If a meeting is held, you and the Coach shall be entitled to be present during all such proceedings. The Director of Athletics or his/her designee will inform you and the Coach of his/her decision.
d. A final appeal on the same grounds as above may be made to the Vice President of Student Affairs or her/his designee. The decision following that appeal shall be final.

3. Matters regarding the cancellation or reduction of your grant-in-aid may be appealed through the University Financial Aid Committee.

The staff in the Office of the Dean of Students is available for consultation on these or any other matters.

**Team Meeting**

Before participation in intercollegiate competition, the Athletics Department will hold a team meeting to discuss NCAA rules affecting your eligibility for practice and competition. At the team meeting, you will be required to:

- Submit information relating to your eligibility to compete by signing Part 1 of the “Student-Athlete Statement.”
- Give your written consent to disclose your education and some medical records to an authorized representative by signing parts of the “Student-Athlete Statement.”
- Give your permission to be tested for drugs in any NCAA championship or post-season football game certified by the NCAA by signing the NCAA Drug-Testing Consent Form.
- Complete information pertaining to Summer 2009 employment and your automobile.
- Provide information about all financial aid you are receiving during the 2009-2010 academic year.

Failure to complete and sign these documents will make you ineligible for participation in all intercollegiate practices and competition.

The staff of the Athletics Compliance Office will be available during the team meeting and at any time of the year if you have questions or concerns regarding your eligibility. The office is located on the 3rd Floor of the McCue Center. For more information call 982-5018.

NCAA and ACC manuals are available from your coaching staff or the Athletics Compliance Office for your reference. A number of NCAA documents, including the “Student-Athlete Statement,” the NCAA Drug Testing Consent Form and the “Summary of NCAA Regulations,” are reproduced in this manual.

**Team Rules**

Along with NCAA, ACC, University of Virginia and Athletics Department rules, you are responsible for complying with the Team Rules of your sport.
Different sports emphasize different concerns, but all cover some aspects of player appearance, training, curfews, and/or conduct.

Team rules may present specific applications of more general University or Department guidelines.

Copies of your Team Rules are available from your coaching staff. Violations of team rules may affect your status as a student-athlete at Virginia and the status of your athletics scholarship.

The Athletics Department Team rules are:

1. Class attendance is mandatory.
2. The legal drinking age is 21. You must abide by all team, local, state, federal, University and Athletic Department rules and policies regarding alcohol. (See UVA Drug and Alcohol Policy section of this handbook, the Undergraduate Record and your team rules.)
3. No hazing or initiations. No Rookie Night.
4. You must return with the team following away contests unless there is prior written approval.
5. Use of tobacco is prohibited.
6. All drugs are prohibited unless prescribed by a physician.
7. Lying, cheating and stealing are acts not tolerated by the University, the Athletic Department or coaching staff. (See the Undergraduate Record, section on Honor Code.)
8. Gambling is prohibited. (see the Gambling section of this handbook).
9. Offensive behavior will not be tolerated. Respect and tolerance for differences (e.g., race, gender, religion, sexual orientation) is expected.
10. All rules contained in this handbook apply.
11. Obey all ACC and NCAA rules. If you have any questions, please contact your coach or the Director of Compliance immediately.
12. Make sure you understand all rules and regulations as they pertain to official and unofficial visits for recruits whether you are the official host or not. Ask questions before engaging in any activity that might be inappropriate or against NCAA, ACC and University of Virginia rules and regulations. In particular, the use of money other than the host money to entertain prospect is agains NCAA regulations. Hiring entertainers or going to establishments that provide adult entertainment is specifically against team rules and department expectations. The use of host money to purchase alcohol is strictly prohibited.
13. Failure to abide by department and sport specific team rules could result in suspension from practice, suspension from competition, loss of part or all of your scholarship, and/or dismissal from the team.
Exit Interview

The Athletics Department uses exit interviews to obtain information on how student-athletes feel the Department is doing its job and fulfilling its mission. Participation is voluntary and anonymous. Exit interviews are traditionally given to fourth-years and student-athletes who leave the program prior to exhausting their eligibility.

Following are some of the questions that may be asked. As a way of assessing your experience as a student-athlete, you could ask yourself these questions anytime.

• What kinds of interactions do you have with your Deans and faculty?
• Describe your involvement in activities outside of the Athletics Department. Did you have time to participate?
• What was your major? Would it have been different if you were not a student-athlete? What would that have been?
• Describe any issues of discrimination related to religion, ethnicity, or gender among student-athletes?
• Describe your experience on team trips related to transportation, housing and team meals.
• Describe the quality of academic resources such as your academic coordinator, tutors, computer lab, etc.

Playing Schedules

Head coaches are responsible for determining playing or competition schedules in their respective sports. These schedules must adhere to NCAA and ACC requirements (minimums and maximums) for Division I classification.

An individual student-athlete’s eligibility for additional competition opportunities is contingent on budget considerations and the head coach’s recommendation of the student-athlete’s participation in such activities.

Varsity Lettering

The following standards apply to the awarding of varsity letters:

Student-Athlete: To receive a letter and service certificate, you must be in good academic and athletic standing at the end of the season and must meet the criteria for sports lettering as set by the head coach.

Cheerleader: To receive a letter and service certificate, you must appear in 75% of season schedule, must be in good academic and athletic standing at the end of the academic year, and must be recommended by the cheerleader coach.

Manager: To receive a letter and service certificate, you must have a major responsibility for a sport, must be in good academic and athletic standing at the end of the academic year, and must be recommended by the head coach.
**Trainer:** To receive a letter and service certificate, you must have a major responsibility for a sport, must be in good academic and athletic standing at the end of the academic year, and must have been recommended by the head trainer.

The head coach’s discretion is also used to decide whether a student-athlete deserves a letter and certificate without meeting the criteria for sports lettering.

**Procedures for Student-Athletes and Managers:** At the end of the season, the Compliance Office will send the head coach a participation report. On the report, the head coach will indicate which student-athletes have completed the requirements to earn a varsity letter. These requirements are set by the head coach and approved by the sport supervisor. The sport secretary will notify the student-athletes via email when they may pick up their awards at the Equipment Room on the bottom floor of University Hall. The sport secretary will prepare and distribute the participation certificates.

**Procedures for Trainers and Cheerleaders:** In the spring, the head athletic trainer and the cheerleader sponsor provide their lists of eligible student-trainers and cheerleaders to the Executive Associate Athletics Director and the Associate Athletics Director for Marketing and Promotions respectively for processing. Lettered lists are posted in their respective offices.

**Material Awards for Student-Athletes, Managers, and Cheerleaders (varsity teams):**

The awards include a certificate plus the following:
- First Varsity Letter: V-Blanket
- Second Varsity Letter: Letter Jacket
- Third Varsity Letter: Duffel Bag
- Fourth Varsity Letter: UVa Watch

Student-athletes or managers lettering in more than one sport may receive both material awards for which they would be eligible.

Trainers receive a Service Certificate plus one of the following material awards per academic year:
- First Varsity Letter: V-Blanket
- Second Varsity Letter: Letter Jacket
- Third Varsity Letter: Duffel Bag
- Fourth Varsity Letter: UVa Watch

For more information on the following awards, consult with your head coach:
Special Athletic Awards

**ACC Top VI Award** — presented to the six student-athletes who have given the most in terms of service to the University and Charlottesville Communities.

**ACC Scholar Awards** — based on academic excellence and performance with distinction as a member of a varsity team.

**UVA Athletics Department Distinguished Student-Athlete Scholarship Award** — given to a rising fourth year student-athlete who has distinguished himself/herself as a dedicated and committed student-athlete during his/her athletic career at the University of Virginia.

**Bob Goodman Memorial Award** — in recognition of untiring and devoted service as a student-manager for the Department of Athletics at the University of Virginia.

**Bus Male Memorial Service Award** — based on untiring and devoted service to University of Virginia athletics.

**Craig Fielder Memorial Award** — based on qualities of leadership in character and sportsmanship, unwavering competitive spirit and untiring determination in overcoming adversity.

**Ernest H. Ern, Jr. Award** — in recognition of the intercollegiate student-athlete who has made outstanding contributions to student life during the current academic year.

**IMP Best Female Athlete Award** — based on total contribution to team effort.

**Jettie Hill Memorial Award** — awarded to the fourth-year female athlete with the highest scholastic average through four years.

**Gus Tebell Memorial Award** — awarded to the fourth-year male athlete with the highest scholastic average throughout his four years.

**Life Skills Scholarship Award** — based on contributions to the University, S.A.M program, community service, team and/or athletics department.

**Ralph Sampson Award** — awarded to the student-athlete who exemplifies outstanding academics, leadership, and athletic ability.

**Susan J. Grossman Memorial Award of the Year Award** — in recognition of the student-athlete mentor who has contributed the most to the SAM program and its sponsored activities.

**Tim Abbott Memorial Award** — awarded to the assistant trainer most dedicated to and possessing empathy for the student athletes.

**WINA Outstanding Male Athlete Award** — based on total contribution to team effort.

Post-Graduate Awards

Following is a partial list of awards and scholarships available to qualifying student-athletes. Eligibility criteria is subject to change. For more information on applying for postgraduate awards and scholarships contact your head coach, the Academic Affairs Office (982-5300) or the Life Skills Office (982-5781).
**All-ACC Academic Football Team** — sponsored by the Atlantic Coast Conference. Based on academic achievement, 3.0 current or cumulative GPA. Deadline: January.

**Award of Courage** — Sponsored by Division IA Athletic Directors to recognize outstanding character off the field and outside the classroom (i.e., personal sacrifice, heroic deeds, medical come-backs, etc.) Criteria: no scholastic or athletic criteria. Deadline: June.

**Award of Valor** — Sponsored by NCAA, is a special award, not presented annually. Deadline: calendar year prior to NCAA honors dinner in January.

**NCAA Top VIII** — Sponsored by the NCAA. Honors eight outstanding senior student-athletes of the preceding calendar year. Criteria: varsity letter winner; athletic ability and achievement; academic achievement; character, leadership and activities. Deadline: August 7 for previous year’s Winter/Spring sports and November 7 for current year’s Fall sports.

**Delta Scholar-Athlete Award** — $5000 postgraduate scholarship sponsored by Delta Air Lines and Division IA Athletic Directors. Student-athletes who are nominated for the NACDA/Disney scholarships are automatically nominated for the Delta awards. Criteria: At least a 3.0 cum. GPA; outstanding athlete (All-America, All-Conference, etc.); must exemplify strong character traits and values. Deadline: June.

**Verizon Academic All-America Football Team** — Sponsored by Verizon. Criteria: must be a starter or important reserve with legitimate athletic credentials; 3.2 cumulative GPA or better; sophomore athletic and academic standing at institution (true freshmen, red-shirt freshmen, and ineligible athletic transfers are not eligible); must have completed at least one full academic year at institution; must have participated in 50% of team’s games at position listed on nomination form. Deadline: contact Academic Affairs Office.

**NCAA Postgraduate Scholarship Program** — Sponsored by NCAA. Criteria: 3.0 minimum cum. GPA; enrolled in final year of eligibility season; performed with distinction on varsity team; academic and athletic achievement weighed equally; intend to be full-time graduate student; behaved on and off the field in a manner that has brought credit to student-athlete, institution, and intercollegiate athletics. Deadlines: Fall sports - October; Winter sports - February; Spring sports - April.

**NCAA Postgraduate Awards for Ethnic Minorities and Women** — $6,000 for 10 ethnic minorities and 10 women enrolled in graduate programs in sports administration or related field. Criteria: must be accepted into NCAA member institution’s sports administration program or related program for career in athletics and entering first semester or term; distinguished record as student-body member; full-time attendance. Deadline: March.

**NCAA Walter Byers Postgraduate Scholarship** — $10,000 awarded to one male and one female student-athlete in recognition of outstanding academic achievement and potential for success in postgraduate study. Criteria: minimum 3.5 cum. GPA; graduating senior or graduate student while completing final eligibility year; accepted for admission into graduate degree program; personal
and intellectual development positively influenced by athletics participation. Deadline: February.

**NCAA Woman of the Year Award** — Sponsored by NCAA and Sara Lee Corporation to recognize excellence in athletics, academics, and dedication to community service. Female student-athletes from all sports are eligible. For state finalists, the institution’s women’s athletics program receives $5,000; for national finalists, institutions receive an additional $5,000. Woman of the Year is selected from this group; winner receives a commemorative award and her institution receives an additional $5,000 and replica award. Deadline: June 1.

**NCAA Silver Anniversary Award** — Recognizes six distinguished former student-athletes on their 25th Anniversary as college graduates. Criteria: prominent collegiate athlete; athletic achievement; campus activities; career achievement; professional accomplishment; contributions to professional organizations, charitable and civic activities. Deadline: contact Academic Affairs Office.

**ACC Scholarship Athlete Award:**

**Weaver-James-Corrigan Postgraduate Scholarship** — sponsored by the Atlantic Coast Conference. Each institution may nominate four candidates representing any sports competition which is recognized by the ACC. Criteria: distinguished himself/herself academically with an overall accumulative grade point average of 3.000 (based on a maximum 4.000) or its equivalent; records of student-athletes evaluated after seven semesters of academic study. Students engaged in undergraduate programs requiring more than four years for a baccalaureate degree shall be considered during their final year of intercollegiate athletic competition. Students who compete as graduate students may only be awarded a scholarship after their final year of intercollegiate athletic competition. Nominees must have performed with distinction as a member of a varsity team; conduct himself/herself, both on and off the field in a manner which has brought credit to himself/herself, his/her institution, intercollegiate athletics, and the ideals and objectives of American higher education. Consideration will be given to a nominee’s participation in campus activities other than academic and athletics. Deadline: early October.

**Scholar-Athlete of the Year Awards** — sponsored by the Atlantic Coast Conference. A Scholar-Athlete of the Year is recognized in each of the conference’s 25 sponsored sports. Criteria: must be in third or fourth year of athletic competition; must have maintained a 3.0 grade point average for their career as well as 3.0 during the last two semesters. The award will be based on 60 percent academic achievement and 40 percent athletic achievement. Each school may nominate one student-athlete per sport. The selection of each scholar-athlete is based on a committee headed by the Associate Commissioner of Media Relations.

**Athletics Media Relations Office**

The Athletics Media Relations Office, located in the John Paul Jones Arena, offers the news media assistance in covering the University’s intercollegiate
The department also coordinates content on the UVa athletics website, publishes game programs and media guides, and oversees photography for each athletic program. The staff makes every effort to work cooperatively with state, regional and national media outlets as well as with student-athletes.

Each sports program has a contact in the Athletics Media Relations Office. Student-athletes should get to know that individual and understand their role supporting your team. Student-athlete interviews with newspapers, television, radio and other media outlets are coordinated through the Athletics Media Relations Office. Virginia fans are interested in you, and during your athletic career you may be called upon to interact with the media. This is an opportunity to develop and refine your communication skills which can be beneficial in the classroom, with your fellow student-athletes, and in future business and professional careers.

You have a responsibility to the University, your coaches, your teammates and your sport to have a positive relationship with the media. Since this is a learning experience for some of you, the following guidelines may help develop a successful relationship:

• Members of the Athletics Media Relations Office will always check with you concerning day, time, and location of an interview (personal or via telephone) before it is scheduled.
• Be on time for scheduled interviews. If you have a problem with a scheduled appointment, notify the Athletics Media Relations Office so appropriate action can be taken.
• Be courteous with the media. They are professional journalists who have been assigned to cover Virginia athletics. They should also treat you with professional courtesy.
• During an interview, avoid negative comments and criticism of any type, particularly of opponents.
• Do not respond to a question if you do not wish to respond. Simply say, “I’d rather not discuss the subject.” If you don’t want to read, see, or hear it in the media, don’t say it.
• Do not reply to media questionnaires that have not been approved by the Athletics Media Relations Office.

If you feel uncomfortable with the questions, answers, or general tone of the interview, politely end the interview and contact the Assistant Athletics Director for Media Relations, at 982-5500.

If you are pleased with the results of an interview, take time to let the reporter know by dropping a note or saying hello the next time you meet.

Any questions concerning interview requests or media coverage should be directed to a representative of the Athletics Media Relations Office at 982-5500.
Amplified Music
Music with lyrics that are racially offensive or sexually explicit will not be played in any Athletics Department facility.

Equipment Rooms
The equipment rooms, located on the lower levels of University Hall, John Paul Jones Arena and the McCue Center, are centers of activity year-round. The equipment room staffs provide proper, clean, safe and functional athletic equipment and clothing to more than 600 student-athletes and 90 members of the staff and administration.

Following these basic rules will help you get what you need when you need it:
• Obtain equipment or clothing at the Equipment Room service window. Do not enter the Equipment Room.
• Ask Equipment Room managers for equipment or clothing. Do not take equipment.
• Return all loaned equipment and clothing for proper repairing and laundering.

Clearance to Draw Equipment
You must be cleared to draw equipment by the Head Trainer and the Athletics Compliance Office. To be cleared you must have:
• Completed a number of documents, including: General Information Sheet; Pre-Participation Physical Examination Form; Athletics Department Drug Testing Consent form; Student-Athlete Insurance Coverage Information form; NCAA Drug-Testing Consent form, NCAA Student-Athlete Statement, ACC Summer Employment information form, ACC Vehicle Use information form.
• Taken and passed an initial drug-screening test.
• Received medical clearance through the Training Room procedures.
Clearances for you to receive equipment are monitored by the Athletics Compliance Office.

Responsibilities
Equipment Room personnel are responsible for issuing, laundering, repairing, and packing equipment for all events.

Head Coaches are responsible for providing the Equipment Room Manager with a list of the following:
• Team members
• Date for equipment to be issued
• All equipment and clothing to be issued
Student-athletes are responsible for drawing their own equipment, returning the clothes promptly for laundering, and returning all equipment at the conclusion of competition or the season.

Student-athletes are expected to care for all the items issued to them. Athletic equipment should be worn only for practice and competition. Game and practice gear need regular laundering. If you forget to return your gear for cleaning, you’ll be wearing the clothing as is.

It will be solely your responsibility to return all equipment (regardless of condition) to the Equipment Room immediately following the final competitive event of the season. You will not be charged for worn-out or broken equipment, but all issued equipment must be returned to the Equipment Room. You will be charged for any equipment lost or not returned.

If all items are not returned to the Equipment Room, a list of missing equipment is forwarded to the Athletic Compliance Office to be processed with the University’s Student Financial Services Office. The student-athlete will be required to pay for the missing equipment. A block will be placed on your University student account.

A block will prevent:
- Registration for the next semester.
- A University transcript to be forwarded upon request.
- Your UVa diploma to be issued.

**Selling Athletic Equipment is Prohibited:**
All equipment and apparel issued to student-athletes is the property of the University. Student-athletes may NOT trade, sell, exchange or give away the equipment or apparel issued to them. It is a violation of NCAA rules and affects your eligibility. Student-athletes are financially responsible for any equipment lost or not returned.

Retention of Athletics Apparel and Equipment: NCAA rules permit a student-athlete to retain athletics apparel items (not equipment) at the end of the individual’s collegiate participation. The ability to do so must be approved by the coach.

The UVa Athletics Department provides student-athletes with the finest athletic equipment and clothing available for competition.

**Life Skills**
Through its CHAMPS/Life Skills Program the NCAA challenges its member institutions to commit to excelling in five areas: athletics, community service, career development, personal development and academics.
At Virginia, the Life Skills Director works closely with the Academic Affairs Office and coaching staffs to assist student-athletes with choices related to community service, career planning and placement, and personal growth. The program also supports leadership development in advising the Student-Athlete Advisory Committee (SAAC), and the Student-Athlete Mentor (SAM) program.

For more information on the program’s services visit the Life Skills Website at http://athletic.virginia.edu/lifeskills/index.html or contact the Life Skills Director, at 982-5781, or pgates@virginia.edu.

Career Planning & Development

To help student-athletes identify career opportunities that fit their diverse interests, the Life Skills Program serves as a liaison to the University Career Services Office (UCS), as a clearinghouse for businesses which approach the Athletics Department directly with an interest in interviewing and hiring student-athletes, and as a direct resource in pursuing these goals. In collaboration with UCS, the Life Skills Director also provides assistance in such areas as resume writing, interviewing skills and contacts with corporate placement firms.

Personal Development

The Life Skills Program assists student-athletes in such areas as work habits and personal concerns with an emphasis on ethical decision making. The Life Skills Director and the Center for Alcohol and Substance Education (CASE) staff work together to integrate and facilitate personal development particularly through the SAM program. Workshops and programs concerning such issues as substance abuse, gambling, sexual responsibility, and personal work habits have been arranged.

The Athletics Department is committed to providing student-athletes with an avenue to embrace honor and strength of character, to learn the importance of making ethical decisions, to become role models who contribute meaningfully to society, and to graduate successfully from the University. Hence, it is the goal of the Life Skills Program to have all student-athletes graduate and become contributing members of society as a result of their academic pursuits and their initiatives in community and University service.

Community Service

Opportunities abound for student-athletes to engage in their community. The Life Skills Office helps teams, groups, and individuals identify and make arrangements for participation in appropriate projects, both one-time and ongoing. Such projects can include meeting with local middle and/or elementary school students; speaking to and meeting with students at special events; visiting nursing home; painting and other fix-up housing projects for disadvantaged citizens; working with local youths in recreational activities, helping out at the SPCA, with Special Olympics, tutoring in several local
middle schools through the ACE Program coordinated in the Football Academics Office, and the Children’s Medical Center among others. Each Spring the Student-Athlete Mentors organize Shoot Out for Cancer as a fundraiser to fight pediatric cancer.

Various other programs are available throughout the year for student-athletes to volunteer through Madison House (http://scs.student.virginia.edu/~madison/) as mentors to area elementary and secondary school students, (e.g., the “A Day in the Life Program” or “Big Sibling”) and with senior citizens (i.e., “Adopt A Grandparent”) and others.

Social Web Sites

There are both positive and negative aspects of using Social Web Sites.

<table>
<thead>
<tr>
<th>Positive</th>
<th>Negative</th>
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<tbody>
<tr>
<td>• Communication tool</td>
<td>• False sense of security</td>
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<tr>
<td>• Program and event announcements</td>
<td>• Stalking, ID theft</td>
</tr>
<tr>
<td>• Developing social network at institution</td>
<td>• Time waster</td>
</tr>
<tr>
<td>• Entertainment</td>
<td>• Public gossip source</td>
</tr>
<tr>
<td>• Connect with friends at other institutions</td>
<td>• Encourages compulsive behavior</td>
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</tbody>
</table>

Source: NCAA, Rebecca Ahlgren-Bedics, 2006 Gender Equity and Issues Forum

Things to be aware of:

1. Posting schedules of your daily activities should be avoided as this could lead to unintended consequences. If the wrong person knows you will be away from your apartment or room at specific times, you could be robbed. If you are attending a late class, you could put yourself in personal jeopardy if walking alone or returning to an empty apartment.

2. Employers use web pages to evaluate prospective employees. The kinds of organizations you are associated with could fit or not fit in with a potential employer’s expectations. The overall presentation, including pictures and language, portray an image of you. This may or may not fit with a potential employer’s ideas of appropriate behavior.
3. Personal information you post can be gleaned from your page and used inappropriately by other users. You may not be aware of what or how it is used. Your picture may end up on another site and could be edited.

4. Identity theft is alive and well.

5. Anyone can read your page including your coaches, parents, faculty members and administrators. Those people who write letters of recommendations may review your page before writing a letter of recommendation or even consenting to write a letter for you.

Helpful Hints:

1. Limit access to your space to those you trust.
2. If you post pictures, post ones that depict you in a positive light. It is best not to post a picture at all.
3. Make sure you understand the long term effects your posting may have for you. Remember nothing is completely deleted from the web.

Strength Training & Conditioning

All UVa student-athletes are offered the opportunity to participate in pre-season, in-season, and off-season strength training. Year-round strength and conditioning programs are devised for each sport. Instruction on safe and proper lifting techniques on training equipment is provided throughout year.

Student-athletes are expected to adhere to their training programs. Problems or concerns should be immediately discussed with the head strength coach, the appointed assistant strength coach, and/or your head coach. For more information on strength training programs call 982-5194.

Strength training and conditioning is a crucial element in the development of the total student-athlete. Scientific research and empirical testing show that a properly conducted strength-training regimen will increase an athlete’s physical capabilities and decrease the incidence of injury.

Key technical points are emphasized throughout the student-athlete’s’ careers. If the exercises are beneficial to the sport, then correct technique must be learned to ensure benefit and safety.

The University of Virginia, with some of the finest strength training facilities in the country, provides student-athletes with the opportunity for pre-season, in-season, and off-season training. There are three student-athlete weight rooms on campus: one located on the lower level of University Hall, one in the McCue Center and a third in the John Paul Jones Arena (Men’s and Women’s Basketball Teams and Staff only). The facilities have a variety of free-weight and selectorized equipment selections in addition to a variety of aerobic equipment.

For more information concerning any of these training facilities call 982-5194 (McCue Center).
Weight Room Rules

Facility hours will be posted by the head strength coach and will be adjusted at his discretion to meet the needs of the varsity teams. Alumni student-athletes and staff will be allowed use of designated facilities as appropriate in conjunction with varsity schedules.

Because of the nature of strength training and its demands and to ensure that all participants will be able to make maximum use of the facilities, participants are expected to comply with the following rules:

• As it is a pleasure to work out in a clean facility, upon entering the weight room, check your shoes for mud and dirt.

• Proper workout clothes should include a t-shirt, shorts, sweats, socks and clean, tied shoes. Street clothes, hats, cleated shoes, bare midriff shirts or provocative and excessively exhibiting clothing are not permitted. Shirts and athletic shoes must be worn at all times. In addition, no clothing representing colleges or universities other than the University of Virginia may be worn while using any of the training facilities.

• Clear and sufficient space is crucial when working out. Do not bring extra clothing, bags, books, or equipment of any type into the weight room. If it is necessary bring these items in to the weight room they are to be left against the walls on the outer perimeter of the room near the doors. Please do not block the entrance/exit doors.

• A sound system is provided. The strength staff operates the sound system. Only members of the strength staff are permitted to change the music selection or alter the volume. Music with lyrics that are racially offensive or sexually explicit will not be played in any athletic facility.

• Slippery and wet equipment is hazardous to you and your fellow student-athletes. Please keep your body reasonably dry during your workout.

• Friends and relatives are not permitted in the weight rooms during training sessions.

• If you are unsure of how to use a piece of equipment or perform a specific exercise, ask a member of the strength staff for instruction.

• To keep the weight training rooms clean and functional, do not bring outside food, drinks, bags of ice, etc., into the weight training facilities.

• Chewing gum and smokeless tobacco are absolutely prohibited.

• Cleanliness is a priority in the weight rooms. When you remove your tape or wrap, place them in a trash can.

• Return plates, bars and any other equipment used during a workout to it’s proper area or rack. Do not leave plates or bars on the machines or floor. Take precaution when unloading weights.
• A spotter should be used with any exercise where the weight is challenging or completion of the desired repetitions may be difficult. If you are lifting alone or have an unsure spotter, ask a member of the strength staff for assistance.

• If at anytime you are injured in the weight room – notify a member of the strength staff immediately.

• No student-athlete is permitted to be in a weight room without a member of the strength staff present.

The strength training and weight room rules are subject to revision as equipment and procedures change.

**Tickets to UVa Athletics Events**

Note: “Tickets” refers to admission to events by presentation of student ID or identification on a pass list. “Hard tickets” are not provided to student-athletes.

Student-athletes can be admitted to regular-season UVa athletic events held at the University, in which they are not a participant and for which there is an admission charge.

For home events for which there is an admission charge (football, baseball, men’s and women’s basketball, men’s and women’s soccer, men’s and women’s lacrosse, and women’s volleyball), student-athletes are admitted by presenting their current, valid UVa student ID at the student gate.

For men’s basketball home games student-athletes must sign up via the SHOTS online ticketing system. Using SHOTS, student-athletes register for tickets for each home game and are selected to receive tickets via a lottery if necessary. If the student-athlete is awarded a ticket, they must bring their printed-at-home ticket and UVa student ID to the Student Entrance at the John Paul Jones Arena.

For UVa regular-season athletic events for which there is an admission charge (football, men’s and women’s basketball, men’s and women’s soccer, men’s and women’s lacrosse, and women’s volleyball), student-athletes participating in these sports are entitled to a limited number of complimentary admissions for guests. The number of admissions is based on NCAA, ACC and University regulations. Student-athletes are not permitted to sell or exchange complimentary admissions for money or anything of tangible value to a person or persons, inside or outside of the athletics department. If a student-athlete sells or exchanges their complimentary admissions, it would be a violation of NCAA rules and could result in a loss of eligibility.

This policy applies for both home and away events. Specific policy and procedures for those sports affected are either put in writing and given to you or communicated verbally by the respective coaching staff.

Complimentary admissions are not always available for student-athletes’ guests for postseason events held on or off-Grounds. Departmental decisions dictate to what extent the purchase of tickets for student-athletes’ guests will be made available. For more information contact your head coach.
ACADEMICS
Academic Affairs/Athletics
Academic Affairs/Athletics provide assistance to student-athletes through a wide variety of services, which include:

- Academic Advising of course selection, major declaration and career development
- Study Hall
- Mentoring
- Tutoring
- Monitoring University Requirements and Procedures
- Monitor NCAA Eligibility and Satisfactory Progress towards Degree
- Referrals for Learning Disabilities/ADHD/Counseling

In addition, the Academic Affairs/Athletics Office works collaboratively with Faculty Advisors and Deans to address academic issues that are unique to student-athletes. All student-athletes are encouraged to meet with their Association Deans in Garrett Hall or with their dean or advisor within their respective school.

Academic Calendar
The University academic calendar changes from year to year. Current academic calendars are available online at http://www.virginia.edu/registrar/calendar.html.

FALL 2009
Orientation                                      Saturday, August 22 - Monday, August 24
Final Registration                              TBA
Courses Begin                                   Tuesday, August 25
Add/Drop/Withdrawal                             Vary by school
Reading Days                                    Saturday, October 3 - Tuesday, October 6
Fall Convocation                                Friday, October 16
Family Weekend                                  Friday, October 16 - Sunday, October 18
Thanksgiving Recess                             Wednesday, November 25- Sunday, November 29
Courses End                                      Tuesday, December 8
Reading Day                                     Wednesday, December 9
Examinations                                    Thursday, December 10 - Friday, December 18
                                                  (No exams on Sunday, December 13, or
                                                  Wednesday, December 16)
Reading Days                                    Sunday, December 13; Wednesday, December 16
Fall Degrees Conferred                          Wednesday, December 30 (no ceremony)

January Term 2010
Courses Begin:                                   Monday, January 4
                                                  (Classes Monday, January 4 - Friday, January 15)
Courses End:                                     Friday, January 15
**SPRING 2010**

<table>
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<tr>
<th>Event</th>
<th>Date(s)</th>
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<tbody>
<tr>
<td>Final Registration</td>
<td>TBA</td>
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<tr>
<td>Courses Begin</td>
<td>Wednesday, January 20</td>
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<tr>
<td>Add/Drop/Withdrawal</td>
<td>Vary by school</td>
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<tr>
<td>Spring recess</td>
<td>Saturday, March 6 - Sunday, March 14</td>
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<tr>
<td>Courses End</td>
<td>Tuesday, May 4</td>
</tr>
<tr>
<td>Reading Day</td>
<td>Wednesday May 5</td>
</tr>
<tr>
<td>Examinations</td>
<td>Thursday, May 6 - Friday, May 14</td>
</tr>
<tr>
<td>(No exams on Sunday, May 9, or Wednesday, May 12)</td>
<td></td>
</tr>
<tr>
<td>Reading Days</td>
<td>Sunday, May 9; Wednesday, May 12</td>
</tr>
<tr>
<td>Final Exercises</td>
<td>Sunday, May 23</td>
</tr>
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</table>

**Academic Integrity**

Failure to abide by the Honor System may result in dismissal from the University, cancellation of scholarship and/or affect NCAA eligibility.

It is your responsibility to understand and act in accordance with the Honor System. If you have any questions about what is and what is not permissible, contact a member of the Honor Committee at 924-7602 or view the website at [http://www.virginia.edu/honor/](http://www.virginia.edu/honor/).

**Add-Drop Period**

The NCAA allows student-athletes a five day add/drop period beginning with the first day of courses. During this 5 day period, you may practice, but NOT compete or travel if you are registered for fewer than 12 credit hours. This NCAA add/drop period is NOT the same as the University’s add/drop schedule.

With only specific final last semester exceptions, student-athletes who drop below 12 credit hours at any time during this period may continue to practice, but may not complete or travel with their teams. **Student-athletes not enrolled in 12 hours by the end of the University’s add/drop period may not practice, compete or travel with their team. You must see your Athletics Academic Coordinator and your Academic Dean prior to dropping a course.**

**Book Policy**

Books are provided for full scholarship student-athletes in all sports. Following is the procedure for obtaining books:

- Student-athlete may only receive books for courses in which they are actually enrolled and can only obtain books in person. Student-athletes must present a copy of their current schedule and syllabus for each course that is not listed on the University Bookstore’s textbook listing, complete a
Book Policy Form, complete a Book Request Form and have it approved by your Athletics Academic Coordinator prior to going to the UVA Bookstore for books.

- Student-athletes may only receive books that are required for the course as listed on either the syllabus or the Bookstore textbook list. Recommended books are not included in the scholarship. Course related materials such as art supplies and tapes are not permitted by NCAA rules.

- For the purchase of non-required class material student-athletes may access the Student-Athlete Opportunity Fund as described in the Compliance section of the Student-Athlete Handbook.

- Student-athletes have two days after the drop date to return books to the bookstore. Charges for any books not returned within the two-day period will be posted to the student-athlete’s account at the full charge.

- At the end of the semester, all student-athletes on book scholarship must return all books to the Athletics Academic Affairs Office. All books are due on or before the last day of finals. Any books not returned by the last day of finals will be charged to the student-athlete’s account at the “fair market value.”

Career Development
In addition to the Life Skills Coordinator and the University’s Career Services, academic coordinators are available to help every Virginia student-athlete prepare for a meaningful career.

The University Career Services (USC) mission is to help all students prepare for and obtain employment after graduation. UCS services and resources are also available for student-athletes whose plans include graduate or professional school. The UCS Office is located in Bryant Hall. The website address for UCS is: http://www.career.virginia.edu/.

Computer Labs
Computer labs for student-athletes use are available in two venues: McCue Center and John Paul Jones Arena. In addition, there are wireless laptops available to check out for team travel.

Learning Specialist
The Learning Specialist can assist you in the following ways:

- Discuss any learning difficulties you are encountering.
- Review previous comprehensive testing for learning disabilities or ADHD.
- Explore available resources and solutions to address your concerns.
- Discuss the option of comprehensive psycho-educational testing and the role of the Learning Needs and Evaluation Center.
• Assist eligible students with obtaining academic accommodations for their coursework.

Libraries
There are numerous libraries on Grounds. For information on locations and hours, visit the libraries’ website at: http://www.lib.virginia.edu/map.html.

Academic Accountability Program
The Academic Accountability Program was created for the purpose of adding a layer of accountability and feedback during the semester for student-athletes facing suspension.

If a student-athlete is placed on academic warning or suspension in abeyance, he or she will be placed on an academic accountability contract with the athletics director. Failure to meet the requirements prescribed in the contract will result in immediate consequences.

Student-athletes that are facing suspension and subject to the terms of the academic accountability program, will be required to sign a contract along with the head coach and athletics director that indicates that the student-athlete must fulfill the following academic obligations:

1. Arrive on-time to all course lecture & discussion periods.
2. Once in class remain there for the entire class period, engage in the material and/or discussions, and be respectful to instructors and classmates.
3. Arrive on-time with appropriate course materials to study hall.
4. Once at study hall each night, remain there for entire period and participate in established tutorial and mentor appointments.
5. Fulfill the objectives for each tutorial and mentor appointment as established at the beginning of each session to the satisfaction of the assigned tutor or mentor.
6. Fulfill the conditions set forth by the College or School of which you are enrolled.
7. Attend scheduled meetings with your Academic Dean.
8. Attend scheduled meetings with the Director of Athletics or his designee.
9. Attend scheduled meetings with your Academic Coordinator and/or the Associate Athletics Director for Academic Affairs.

Disciplinary Actions
Failure to meet the requirements of the academic accountability contract will result in disciplinary action. The associate athletics director for academic affairs will be responsible for monitoring performance under the contract and will notify the athletics director of any and all violations of the academic accountability contract. The athletics director will be responsible for
determining which, if any disciplinary action should be taken. The director of athletics will inform the student-athlete, the head coach, and the sport administrator of the disciplinary action taken.

**Academic Meetings**

Academic meetings are regular appointments between the athletic academic coordinator and the student-athlete. These meetings allow the academic coordinator to track the student-athlete’s progress and assess the student-athlete’s need for academic resources. The student-athlete and coordinator will discuss course progress by utilizing communication with the professor, analysis of the course syllabus, continual use of the faculty toolkit, and student self-reporting. The information that is gathered from the meeting is reported to the head coach in a timely manner. The student-athletes required to participate in Academic meetings are those on Academic Warning or Suspension in Abeyance, in their first year at the University, and identified by the coach and/or Athletics Academic Coordinator.

**Study Hall**

Study hall is provided to all student-athletes fall, spring and summer. All student-athletes are encouraged to use study hall and the tutoring resources. First-year student-athletes and all student-athletes on academic warning will be required to attend each week, as determined by your respective Athletics Academic Coordinator and coach.

**Team Travel**

Team travel letters are produced by the Athletics Academic Coordinators each semester. The initial letter details the entire list of games that student-athletes may miss due to athletic competition. Additional letters are created prior to every travel date.

Student-athletes are responsible for obtaining all travel letters from their Athletics Academic Coordinator and for giving the travel letters to their professors prior to traveling.

Student-athletes are also expected to make arrangements with professors at the beginning of the semester to complete all missed assignments, notes, and exams within a reasonable timeframe. It is the professor’s discretion if competition absences will be excused or unexcused. If a professor does not excuse competitions and absences that will greatly affect the final grade, student-athletes should tell the Athletics Academic Coordinator immediately. It is important to submit the travel letters to professors on the first day of class in order to have enough time to switch courses if necessary.
Tutoring

Tutoring services are available for all student-athletes and are provided by a staff of trained UVA graduate and undergraduate students. To arrange an individual tutoring appointment, contact your Athletics Academic Coordinator.

Terms & Conditions for Summer Athletics Financial Aid

1. The primary concern of the Athletic Department is the graduation of student-athletes within eight semesters. Department resources will be allocated as available and according to the following priorities:
   a. **Graduation**: Additional hours are required to fulfill degree requirements after the completion of eight semesters.
   b. **Eligibility**: Additional credits or grade points are required to maintain eligibility.
   c. **Prerequisites**: A specific course(s) is required as a prerequisite for declaration of a major (prior to the 5th semester of enrollment)
   d. **Other**: The staff of Athletics Academic Affairs will review and evaluate requests made by student-athletes who have other legitimate reasons for attending Summer Session.

2. Maximum room & board for off-Grounds housing will be limited to 8 weeks.

3. All Summer Session students are expected to attend every class.

4. The University of Virginia Athletics Department expects you to maintain a high level of academic effort in order to continue receiving aid throughout the summer session. It is expected that you will not only complete each class in which you are enrolled, but also earn a “C- or above” grade. Failure to put forth a reasonable effort during summer session may impact future consideration for summer athletic aid.

5. If, at anytime during summer school, your Coach submits a non-renewal of athletics aid for 2009-10, or you decide to quit your sport, your summer school aid may be terminated.

6. After signing the initial agreement, all schedule changes must be approved by the Athletics Academic Coordinator of your specific sport.

7. Student-athletes must adhere to all drop, add, and withdrawal policies for summer school.

8. In extenuating circumstances, a student-athlete may request an “Incomplete” in a course, but must seek permission from his/her course instructor. Incompletes may affect your athletic eligibility and future summer athletic aid.

9. Stipend checks will be distributed on a set schedule. Under special circumstances, your stipend check may be distributed on a weekly basis.
10. As determined by Athletics Academic Affairs, student athletes may be required to participate in academic meetings, study hall, tutoring and/or meetings with a Dean.

**Academic Affairs - Athletics**  
**atd-aff@virginia.edu**

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<th>Name</th>
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<tr>
<td>Jim Booz</td>
<td>Associate Athletic Director of Athletics Academic Affairs</td>
<td>243-5149</td>
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<tr>
<td>Elizabeth Crady</td>
<td>Study Skills Specialist/Academic Coordinator</td>
<td>243-5246</td>
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<tr>
<td>Angela Crock</td>
<td>Academic Coordinator</td>
<td>243-3596</td>
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<tr>
<td>Natalie Fitzgerald</td>
<td>Study Skills Specialist/Academic Coordinator</td>
<td>982-4941</td>
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<tr>
<td>Joe Gardino</td>
<td>Learning Specialist</td>
<td>243-3597</td>
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<tr>
<td>Sadie Royal</td>
<td>Academic Coordinator</td>
<td>982-5330</td>
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<tr>
<td>Adrien Harraway</td>
<td>Director of Academics for Football</td>
<td>982-5056</td>
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<td>TBA</td>
<td>Tutor Coordinator/Academic Coordinator</td>
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<td>Sheila Meek</td>
<td>Administrative Assistant</td>
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<td>Wendy Sue Sewack</td>
<td>Academic Coordinator</td>
<td>982-5332</td>
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<td>Butch Jefferson</td>
<td>Academic Coordinator</td>
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**COMPLIANCE**

**Atlantic Coast Conference (ACC)**

The Athletics Compliance Office is the major point of contact between UVa athletics and the ACC. For more information call the Compliance Office at 982-5018.
The Atlantic Coast Conference was organized in 1953 to promote intercollegiate athletics but also to “keep athletics in proper bounds by making it an incidental and not the principal feature of college and university life.”

The ACC seeks to regulate athletics programs at its member institutions to “improve the physical condition and strengthen the moral fiber of students, and form a constituent part of that education for which universities and colleges were established and are maintained.”

Members institutions have agreed to conduct similar athletics programs and to operate under rules more stringent than those of the NCAA to ensure the development of quality athletics programs for bona fide student-athletes.

The ACC conducts championships in baseball, basketball, cross country, field hockey, football, golf, lacrosse, women’s rowing, soccer, women’s softball, swimming and diving, tennis, track, women’s volleyball and wrestling.

The ACC maintains an extensive news and information web site (theacc.com).

Contact Information:
Atlantic Coast Conference Commissioner John D. Swofford 4512 Weybridge Lane Greensboro, NC 27407
Atlantic Coast Conference PO Drawer ACC Greensboro, NC 27417-6724 Telephone 336-854-8787

National Collegiate Athletic Association (NCAA)

The Athletics Compliance Office, 3rd Floor of the McCue Center, is the major point of contact between UVa Athletics and the NCAA. For more information call the Compliance Office at 982-5018.

The National Collegiate Athletic Association is the major national governing association for intercollegiate athletics. The University of Virginia is one of the more than 1,200 members of the NCAA.

The purposes of the NCAA are to:

• Initiate, stimulate, and improve intercollegiate athletics programs for student-athletes and to promote and develop educational leadership, physical fitness, athletics excellence, and athletics participation as a recreational pursuit.

• Uphold the principle of institutional control of, and responsibility for, all intercollegiate sports in conformity with the constitution and bylaws of the Association.

• Encourage its members to adopt eligibility rules to comply with satisfactory standards of scholarship, sportsmanship, and amateurism.

• Formulate, copyright, and publish rules of play governing intercollegiate athletics.

• Preserve intercollegiate athletics records.
• Supervise the conduct of, and to establish eligibility standards for, regional and national athletics events under the auspices of the Association.

• Legislate, through bylaws or by resolutions of a Convention, on any subject of general concern to the members related to the administration of intercollegiate athletics.

• Study in general all phases of competitive intercollegiate athletics and establish standards whereby the colleges and universities of the United States can maintain their athletics programs on a high level.

The NCAA has three competitive divisions:

• Division I, of which the University of Virginia is a member, is the most highly competitive. Traditionally, members of this division are the major universities and larger collegiate institutions with million-dollar annual budgets for athletics. They award the maximum allowable scholarships permitted by the NCAA, employ full-time coaches and administrators, and in general place a high degree of importance on their athletic programs.

• Division II is comprised of institutions that do not place as large an emphasis on football or basketball, have smaller budgets, and award less scholarship aid.

• Division III is comprised of small colleges that do not award athletic scholarships.

The NCAA maintains an extensive news and information web site (www.ncaa.org). The NCAA can be contacted at: NCAA PO Box 6222 Indianapolis, IN 46207-6222 or telephone 317-917-6222.

NCAA Rules
A “Summary of NCAA Regulations” for Division I student-athletes will be provided. The summary covers a number of areas, including student-athlete ethical conduct, amateurism, financial aid, academic standards and other considerations for eligibility, drug use, and recruitment.

NCAA rules (as well as Atlantic Coast Conference, University of Virginia, University of Virginia Athletics Department, and individual team rules) have evolved over a period of years. They are often complex and interwoven. Properly applying a specific rule to a student-athlete’s unique situation is not always clear or easy.

Since penalties for violations can be serious, student-athletes and their coaches are urged to contact the Athletics Compliance Office for more information whenever they have questions about NCAA rules.

Academic Eligibility
Never permit academic assignment to be done or submitted by others on your behalf.
For all student-athletes, the following are the key academic eligibility rules:

- You must be enrolled in at least 12 hours during competition. Never drop below 12 hours without consulting with an academic coordinator in the Academic Affairs Office.
- You must earn at least six credits during the preceding full-time semester.
- You must earn at least 54 credit hours by the beginning of your third year.
- You must declare your major by the beginning of your third year.
- You are ineligible unless you have a cumulative grade point average of at least 1.80 entering your second year and a 1.90 grade-point average entering your third year. You must keep your grade-point average above the minimum during the entire academic year in order to maintain your eligibility.
- You must earn an average of at least 18 credit hours during the fall and spring semesters combined.
- You must earn at least 24 credit hours prior to the start of your second year.

For more information contact the Academic Affairs Office at 982-5300 or the Compliance Office at 982-5018.

**Boosters**

Contacts and relationships between student-athletes and athletic program boosters are restricted by a number of NCAA rules. Penalties for violating the rules may be applied to the student-athlete, the student-athlete’s team, the team’s coaching staff, the Athletic Department and the University as well as individual boosters.

In NCAA legislative language, a booster is a “representative of an institution’s athletics interests.” Boosters may be alumni, season ticket holders, those who have made financial contributions to the Virginia Athletics Foundation, or those who have made personal contributions of time and other resources to athletic programs. Individuals identified as athletics representatives retain that identity forever and are governed by the same NCAA, ACC and University rules and regulations as Athletics Department staff members.

The Athletics Department is responsible for the control and conduct of the intercollegiate athletics program, and this responsibility includes accountability for the acts of athletic representatives.

Neither athletics representatives nor institutional staff members are permitted to provide student-athletes with extra benefits.

The term “extra benefit” refers to any special arrangement by an institutional employee or athletic representative to provide you or your relatives with a benefit not expressly authorized by NCAA legislation.
Confidentiality of Student Records


“Nondirectory Information” will be shared only with the faculty and staff who have a legitimate need to know. If you are a dependent, your parents or guardians have access to your official University records.

The following “Directory Information” can be released without your prior written consent:

- Student’s Name
- Degrees, honors, scholarships, and awards received
- School and home addresses
- Telephone numbers
- Previous educational agency or institution attended (most recent)
- Student’s date and place of birth
- Student’s age
- Height/Weight
- Major field of study
- Names of parents or guardian
- Participation in officially recognized activities and sports
- Parents’ home addresses
- Parents’ telephone numbers
- Dates of attendance
- Parents’ occupations

Some exceptions for students are noted in the UVA Undergraduate Record. For more information refer to the UVA documents web site (www.virginia.edu/docs.html).

As a student-athlete, you may be required to disclose other personal, academic and athletic-related information.

Countable Athletically-Related Activity Guidelines

Countable athletically related activities include any required activity with an athletics purpose involving student-athletes and at the direction of, or
supervised by one or more of an institution’s coaching staff (including strength and conditioning coaches).

In-season, a student-athlete is not allowed to exceed 20 hours of countable athletically related activities a week and may not exceed 4 hours a day. Also, each student-athlete receives at least one required day off a week.

Out-of-season, a student-athlete is not allowed to exceed 8 hours of countable athletically related activities and each student-athlete receives at least two required days off a week.

One student-athlete on each team is required to sign the weekly countable athletically-related activities form. The student-athlete who approves this form is required to know these rules and verify that the information on the form is correct.

**Employment**

If you choose to work during the academic year, you must first complete the appropriate paperwork, which is available in the Athletics Compliance Office.

Violations of NCAA legislation can result in the loss of your eligibility to compete, your athletics grant-in-aid, and possibly precluding your team from NCAA championships.

**Employment at Summer Camps**

You can lose your eligibility to compete if the documentation covering your employment in any University of Virginia summer camp or sports clinic has not been appropriately filed with the Facilities Office.

Student-athletes who have obtained employment in UVA summer camps or clinics must accept equal responsibility in monitoring that the paperwork for their employment has been processed.

Check with the head coach and director of the camp or with the Facilities Office (982-5022) to verify that the mandatory paperwork (Form G, from the Camp Operations Manual) has been processed prior to the first day of your employment at the camp or clinic.

**Extra Benefits**

Student-athletes are not permitted to receive any benefits that are not available to all students.

You must not accept “extra benefits” from staff members, boosters, or individuals in the community. Examples of extra benefits include:

- Preferential treatment, benefits, or services (e.g., loans on a deferred payback basis) based on your athletic reputation or skill or payback potential as a future professional athlete
- Use of an automobile
• A loan of money
• A guarantee of bond
• Signing or co-signing a note with an outside agency to arrange a loan
• A special discount, payment arrangement, or credit on a purchase (e.g., airline ticket, clothing) or a service (e.g., dry cleaning, laundry)
• Free or reduced-cost services of any kind.

If you have any questions about benefits, gifts or services that are offered to you, immediately contact your head coach, the Athletics Compliance Office at 982-5018, or the Athletics Programs Office at 982-5151.

Gambling
The NCAA opposes gambling and adamantly opposes all forms of sports gambling.

Any enrolled student-athlete found in violation of the following NCAA legislation shall be ineligible for further intercollegiate competition:

NCAA Bylaw 10.3: 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 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.”

Gambling is a crime. It is a federal offense to influence or attempt to influence in any way a sporting contest by bribery. It is also a federal offense to use inter-state facilities, including the telephone, internet or mail, to place illegal bets.

This statute covers the outright throwing of contests and point-shaving. It applies to the maker of the bribe as well as the recipient of the bribe. Violations may result in substantial fines, imprisonment, or both.

Permissible Promotional Activities
It is permissible for a student-athlete to allow his/her name, picture, or appearance to support a charitable or educational activity that is held by the member institution’s entity (i.e. fraternity, sorority, student government), or a non-institutional charitable, educational, or non-profit agency, as long as certain conditions are met, such as no classes are missed. Please contact the
Compliance Office for written PRIOR approval to participate in any Promotional Activity.

Non-Permissible Promotional Activities
After becoming a student-athlete, an individual shall not be eligible for participation in intercollegiate athletics if the individual:

a. Accepts any remuneration for or permits the use of his or her name or picture to advertise, recommend or promote directly the sale or use of a commercial product or service of any kind, or

b. Receives remuneration for endorsing a commercial product or service through the individual’s use of such product or service.

Professional Sports Counseling Panel
Student-athletes should seek counseling about a future professional athletics career through the UVA Professional Sports Counseling Panel. The PSCP can help you with any of the following issues: negotiating a contract, setting up an agent interview program, assisting you with getting disability insurance, and helping you understand NCAA rules.

For more information, contact the PSCP via email (sportsagents@virginia.edu) or contact Executive Associate Director of Athletics for Administration, Jon Oliver (982-5106).

The “Prohibitions” and “Permissions” sections below present both general guidelines and some specific rules covering student-athlete relationships with professional agents.

Amateurism
Student-athletes with remaining playing eligibility in a sport may jeopardize their eligibility in that sport if they engage in any activities which would classify you as a professional athlete. Agreeing orally or in writing to sign with an agent or receive benefits from an agent (or an agent’s “runner”) are examples of ways to compromise your Amateur status. Something as simple as accepting a ride from an agent or “runner” could put your eligibility in jeopardy. As an amateur athlete, you may not receive preferential treatment for benefits or services of any kind. In order to protect the integrity of your Amateur status, you should be mindful of the following:

• You may not ask to be placed on the draft list or supplemental draft list of a professional league in a sport. Exceptions apply for football and men’s basketball. See the Athletics Compliance Office for details.

• A coach or other member of our athletics staff may not, directly or indirectly, market your athletic ability or reputation to a professional sports team or organization. Exception: the head coach in your sport may assist you as indicated under the “Permissions” section.
• You may not be awarded institutional financial aid when you are under contract to or currently receiving compensation from a professional sports organization.

• After initial full-time collegiate enrollment, a student-athlete who has eligibility remaining may try out with a professional athletics team (or participate in a combine including that team) at any time, provided the student-athlete does not miss class. The student-athlete may receive actual and necessary expenses in conjunction with one 48-hour tryout per professional team (or combine including that team). The 48-hour tryout period shall begin at the time the student-athlete arrives at the tryout location. At the completion of the 48-hour period, the student-athlete must depart the location of the tryout immediately in order to receive return transportation expenses. A tryout may extend beyond 48 hours if the student-athlete self-finances additional expenses, including return transportation. A self-financed tryout may be for any length of time, provided the student-athlete does not miss class.

Permissions
Student-athletes with remaining eligibility may engage in the following activities without jeopardizing their eligibility in that sport:

• You may request information from a professional team or organization concerning your professional market value.

• You are permitted to use your head coach to contact agents, professional sports teams, or professional sports organizations on your behalf. Coaches are not permitted to receive any compensation for such services.

• You, your parents or legal guardians, or the Professional Sports Counseling Panel may negotiate with a professional team.

• You may secure advice from an attorney or other third party concerning a proposed professional contract, provided the attorney or other third party does not represent you in negotiations for that contract. An attorney may not be present during any discussions of a contract offer with a professional team nor may the attorney have direct contact (e.g., in person, by telephone, by mail) with the professional sports organization on your behalf. The presence of an attorney during these discussions is considered representation by an agent. You also are required to pay such an individual at his or her normal rate.

• You may compete professionally in one sport and be an amateur in another (e.g., you may sign a professional baseball contract and still play college basketball). Signing a professional contract normally terminates eligibility for an athletics scholarship in any sport (unless you no longer are involved in professional athletics, are not receiving any remuneration from a professional sports organization and do not have an active contractual relationship with any professional team).
• You may retain an agent whose duties are specifically limited in writing to representing you only in the sport(s) in which you compete as a professional. You may still retain your eligibility in the other sport.

• You may borrow against your future earnings potential from an established and accredited commercial lending institution, exclusively for the purpose of purchasing insurance against a disabling injury or illness, provided a third party is not involved in arranging for the loan. You must provide a copy of the insurance policy and loan documents to the Athletics Compliance Office.

• You are permitted to receive one on-campus medical examination during the academic year by a professional league’s scouting bureau.

• If you otherwise qualify, you may be eligible for the NCAA’s Exceptional Student-Athlete Disability Insurance Program. Contact the Athletics Compliance Office to see if you qualify.

Substance Abuse Education

The Athletics Department’s Substance Abuse Education Program prohibits the use of certain drugs and limits the use of alcohol by student-athletes. The program includes mandatory drug testing and sanctions for violations of the program’s requirements.

The NCAA prohibits student-athlete use of the following classes of drugs: alcohol; amphetamines; barbiturates; clenbuterol; cocaine; codeine; diuretics; masking agents; methaqualude; morphine; opiates; PCP (angel dust) and analogues; steroids; tetrahydrocannabinol (THC or marijuana).

The NCAA banned-drug list is subject to change. Current information is available on the NCAA web site (www.ncaa.org).

Some nutritional supplements that are legally available over-the-counter contain substances banned by the NCAA. Using these products will result in a positive drug test.

The use of tobacco by student-athletes is generally discouraged even where it is not specifically prohibited by state or local laws. Team rules may explicitly prohibit the use of tobacco in connection with any intercollegiate team function (meetings, practices, games, or workouts). The NCAA also has specific prohibitions against the use of tobacco.

Transfer Students

Should you wish to transfer to another four-year NCAA or NAIA institution please be aware that the other institution must first obtain a written permission to contact you from the UVa Director of Athletics (or designee). Once permission is granted, all applicable NCAA recruiting rules apply.

If permission is not granted, the second institution shall not encourage the transfer and the institution shall not provide athletically related financial assistance to the student-athlete until the student-athlete has attended the
second institution for one academic year. You have the opportunity for a Hearing by a committee outside athletics should your request be denied.

If you desire to transfer, please contact your head coach, get his/her permission to do so along with the name of the institutions to which you would like your information sent. Following this meeting, the head coach will complete a Status Change Form which is then submitted to the Compliance Office. The Compliance Office will fax the appropriate permission to contact information to the named institutions of your choice.

If your head coach does not want to release you to a certain institution, then you have the choice of contacting the Compliance Office to begin the process of a hearing as described above.

If you have any questions concerning transferring, please call the Compliance Office at 982-5018.

**Additional Items to Keep In Mind**

**Responsibility to report violations:**
- It is your responsibility to report any possible violation to the Compliance Office. If you refuse to provide this information to the compliance staff it will be a considered an act of unethical conduct.

**Student Host:**
- When you are a student host, you may receive a maximum of $30 for each day of the visit to cover all actual costs of entertaining the prospective student-athlete; this does not include the cost of meals and admission to campus athletics events.
- This entertainment money may not be used for the purchase of souvenirs such as sweatshirts or other UVA mementos.
- You would be eligible for an additional $15 per day for each additional prospective student-athlete that you entertain.
- You may receive a complimentary meal, as long as you are accompanying the prospective student-athlete during the official visit.
- You would be eligible to receive a complimentary admission to a campus athletic event, provided you use the ticket to accompany a prospective student-athlete to that event during the official visit.
- Gas expenses that you incur while transporting a prospective student-athlete during an official visit should be taken out of the entertainment allowance that you are provided.

**Awards:**
- You may not receive any awards from anyone except the University of Virginia during the academic year and during the summer if you have any
Outside Competition:

- You may not compete on an outside team during the academic year while classes are in session.
- If you are an individual sport participant and are interested in competing during the academic year, you will need to speak with the compliance office prior to any competition.
- If you plan on competing in any athletic event or on any athletic team during the summer you must first meet with the compliance office prior to any competition.

FINANCIAL AID

Student Financial Services

Student-athlete financial aid arrangements can be complex. A number of University and Athletics Department offices and Foundations are involved. The University must apply the rules of the NCAA and ACC and comply with demands of other organizations, such as the Collegiate Commissioners Association, which administers the National Letter of Intent Program.

Where so many rules and considerations are present, where institutional traditions may clash with accountability concerns of athletic governing associations, a student-athlete receiving grant-in-aid simply cannot assume “everything has been taken care of” behind the scenes.

There are limits to the amount of grant-in-aid a student-athlete may receive.

If you exceed the limit, you may be declared ineligible for competition as well as required to pay back or make other remuneration for the excess. Review your individual situation carefully.

Whenever you have a question or concern about your athletic grant or other financial aid, immediately consult with your head coach, Student Financial Services (982-6000), or the Athletics Compliance Office (982-5018).

The following entries present some general considerations in what can be unique personal situations regarding the award and renewal of athletic grants-in-aid.

Financial Aid for Student-Athletes

Your Athletic Grant-in-Aid is awarded to you for one academic year and is disbursed one-half each semester unless specified otherwise. You must return your signed GIA Agreement to Student Financial Services for your Grant-in-Aid stipend checks to be issued; starting on the first day of class for both the fall and spring semesters. After final registration, you will receive your Grant-in-Aid funds in the following manner:
Partial Grant-In-Aid (GIA)

Partial GIA is automatically credited to your University student account for use in payment of your charges for tuition, fees, dorm rent, and meal plan.

You are responsible for any charges still due after your partial athletic GIA has been applied to your University student account.

If your partial athletic GIA creates a credit balance to your University student account, this money will be available to you in a lump sum refund check two weeks after the start of each semester. This check will be mailed to your local address unless you have opted for direct deposit.

Full Grant-In-Aid (GIA)

Full GIA is automatically credited to your University student account for use in payment of your charges for tuition, fees, room rent, and contract meal plan. The GIA is disbursed in the following manner:

Tuition and Fees

Your full athletic GIA will automatically pay all your tuition and required fee charges.

Room & Board

Room allowances are provided to grant-in-aid student-athletes living off-Grounds. The room allowance is equal to the average cost of on-Grounds housing.

Stipends may be direct-deposited or mailed by the Scholarship/Fellowship Office. For more information, contact the Student Financial Services Office at 982-6000.

Room allowances are distributed at the beginning of the month during the Fall semester in September, October, November and December, and during the Spring semester in February, March, April and May. You will not receive a room allowance stipend during January. Plan your budget accordingly.

Policies and procedures regarding athletic grant stipends are monitored for compliance with University, NCAA and ACC rules and regulations.

If you are receiving an athletic grant that covers board, you are expected to be on a meal plan during your regular playing season. A board stipend check may be issued in the following circumstances:

- If you are on full athletic grant-in-aid, the amount of the stipend will depend on the athletic meal plan.
- You have completed your four years of eligibility and live off-Grounds. In addition, you must provide a meal plan cancellation approval from Dining Services to the Compliance Office. You must cancel your meal plan
within the cancellation period allowed by Dining Services. There is a cancellation fee that is **not covered** by your athletic grant.

- You are not in-season and have special needs. You must submit a written request specifying your circumstances to the Executive Associate Director of Athletics. A decision will be made whether to allow a stipend check based on your situation.

For more information, contact the Athletics Compliance Office at 982-5018.

**Books**

You must visit the Athletics Academics Office in JPJ to make arrangements to obtain your books.

**Athletics-Related Financial Aid**

A financial award that is given to a student-athlete based upon athletics ability or sports performance is considered an athletics grant. The funds for these grants are donations made to the Virginia Athletics Foundation.

NCAA regulations limit athletic grants to bona fide educational expenses including tuition, fees, room, board, and required course-related books. An athletics grant is awarded for a maximum period of one academic year (fall and spring semesters).

Each varsity sport is provided a grant-in-aid budget within the guidelines of the NCAA, ACC, and Athletic Department budget. Grants are allocated at the recommendation of the head coach. After your head coach recommends you for an athletic grant and the Athletics Programs Office approves the recommendation, a letter of recommendation is sent by the Athletics Compliance Office to Student Financial Services for processing.

In compliance with NCAA rules, Student Financial Services must notify you about the renewal of your award on or before July 1, preceding the academic year. If your athletic grant is not recommended for renewal, Student Financial Services will notify you of an opportunity for a hearing to appeal this decision to the University Financial Aid Committee.

Your award may not be renewed for any reason, including athletics ability.

**Cancellation of Athletics Grant**

The following conditions CANNOT increase, reduce or cancel your athletic grant during the academic year for which it was awarded:

- Illness or injury that prevents participation.
- Athletic ability, performance, or contribution to a team’s success.

The following situations MAY cause your athletic grant to be reduced or canceled. If you:
• Render yourself ineligible for intercollegiate competition (e.g. failing to make satisfactory academic progress in the course of study, falling below 12 credit hours, by using illegal drugs, by failing to pay University financial obligations, or by violating written team rules as defined by the Head Coach).

• Misrepresent any information on the admission application, financial aid agreement, Letter of Intent, or NCAA Student-Athlete Statement.

• Engage in misconduct and are placed on probation by the regular student disciplinary authority that prohibits participation in athletics.

• Voluntarily withdraw from your sport. This will result in your athletics grant-in-aid being prorated (cancelled) for the balance of the academic year.

• Discontinue your participation in required activities (practice, strength training) of your sport.

At the end of the academic year, NCAA rules permit a coach to reduce or not renew a student-athlete's athletics scholarship for any reason (e.g. performance, academic reasons). If a coach reduces or does not renew the athletics scholarship of a student-athlete, NCAA rules require the University of Virginia to provide that student-athlete the opportunity for a hearing regarding the reduction or non-renewal of his or her scholarship. The student-athlete will be sent written notification of their opportunity to a hearing by the Office of Student Financial Services.

**Non-Athletics-Related Financial Aid**

If you are awarded athletics-related financial aid, the amount of other forms of financial aid that you may receive is limited. Student Financial Services is responsible for monitoring financial aid records and will make the necessary adjustments to assure your compliance with NCAA individual financial aid limitations.

Receiving excessive aid may result in your being declared ineligible for competition. Repayment of excessive aid may be required.

All student-athletes are encouraged to apply for non-athletic aid, including the Federal Pell Grant, as well as other financial assistance. Student-athletes who do not complete the Free Application for Federal Student Aid (FAFSA) will not be eligible to take advantage of the Student-Athlete Opportunity Fund.

Consult with your head coach or Student Financial Services regarding the Pell Grant application. Pell Grants are awarded on the basis of your family’s financial situation. The amount of the Pell Grant stipend varies for different academic years. You may receive half of your eligible award each semester.

For more information on other non-athletic aid call Student Financial Services at 982-6000.
Special Assistance Fund

The Special Assistance Fund for Student-Athletes has been established from monies provided by the NCAA. The Atlantic Coast Conference administers the fund. Student-athletes who are Pell Grant recipients or have a certain level of demonstrated financial need may access this fund.

You must complete a Special Assistance Fund Reimbursement Form each time you use the fund. Applications are available in the Athletics Compliance Office, 3rd Floor of the McCue Center.

The fund may not be used for books, food, housing or anything else that an athletic grant-in-aid may cover. Permissible uses of the fund are limited to:

- Medical expenses not covered by your personal insurance and not subject to co-payment benefits by the Athletics Department
- Travel expenses for parents or student-athletes related to family emergencies (prior approval required)
- Purchase of expendable academic course supplies (such as notebooks and pens) or rental of nonexpendable supplies (such as computer equipment or cameras) that are required for all students enrolled in the course
- Articles of clothing and essential items.

For more information contact the Athletics Compliance Office at 982-5018.

Student-Athlete Opportunity Fund

The NCAA established the Student-Athlete Opportunity Fund in 2003. The fund is administered through the Atlantic Coast Conference. All student-athletes have the chance to benefit from the Student-Athlete Opportunity Fund.

You must complete a Free Application for Federal Student Aid (FAFSA) and a record of the FAFSA must be on file with Student-Financial Services before you may apply to use the Student-Athlete Opportunity Fund.

Details about the application process and disbursement of money from the Student-Athlete Opportunity Fund will be provided at your team meeting at the beginning of the academic year. Additional information is available from the Athletics Compliance Office.

If you have questions or concerns about the Opportunity Fund, contact the Student Financial Services office (982-6000) or the Athletics Compliance Office (982-5018).

Summer Session Grants-in-Aid

Receiving an athletics grant-in-aid for summer school depends upon the following:

- You must have received an athletics grant-in-aid during your prior academic year in residence
You must be approved for summer school by the staff of the Academic Affairs Office. To request this approval, complete a summer school information sheet and the “Responsible Use Petition” form available in the Academic Affairs Office. You will be notified if you have not been approved for summer school athletics financial aid.

Funding availability

Once you are approved for summer school, the following rules apply:

• A summer grant-in-aid may be awarded only in proportion to the amount of athletically related financial aid you received during your previous academic year.

• A summer grant-in-aid can be used only to attend UVa’s summer term; it cannot be applied toward enrollment in a class at any other domestic or foreign institution. Summer abroad offered by the University is considered part of UVa’s summer term.

For more information, contact the Academic Affairs Office at 982-5300 or the Athletics Compliance Office at 982-5018.

**Fifth Year Eligibility for Participation & Grant-in-Aid**

There are situations in which a student-athlete’s eligibility for participation extends into the fifth year in residence. Circumstances which may bring this about include athletic redshirting and medical hardship situations. Although the student-athlete has eligibility remaining, athletic participation is not guaranteed in the fifth year. Furthermore, the renewal of the athletic grant-in-aid is not automatic for the fifth year.

Any fifth-year candidate must have a conversation with his or her Head Coach during which they will determine the student-athlete’s participation and grant-in-aid opportunity for the fifth year. The outcome of the coach’s decision will be submitted in writing to the student-athlete, the Executive Associate Director of Athletics and the Assistant Athletics Director of Compliance. This meeting and notification will occur prior to the notification the student-athlete receives from Student Financial Services regarding the grant-in-aid.

**SPORTS MEDICINE**

Student-athletes are expected to be aware of and comply with the requirements described below. Student-athletes should contact the Head Athletic Trainer or team athletic trainer if they have questions.

The Head Athletic Trainer is responsible for determining the scope of the Athletics Department’s medical services.
**Student Health Center & Athletic Training Room**

The Sports Medicine Department, also known as the “Athletic Training Room,” is located between University Hall and Onesty Hall, on the lower floor of the McCue Center and in the John Paul Jones Arena. The Athletic Training Room assists with the special medical needs of student-athletes during their team activities and competitive seasons. Certified athletic trainers provide student-athletes with basic health care services and direct them to the head athletic trainer and athletic medical physicians when necessary.

The Athletic Training Room provides a number of related services, including pre-participation physical examinations, drug testing, emergency and follow-up treatment for injuries sustained during practice or competition, and rehabilitation programs for athletic-related injuries or conditions. The phone numbers are: University Hall 434-243-2423; McCue Center 434-982-5450.

The Elson Student Health Center, located on Jefferson Park Avenue near the University Hospital complex, is another source of medical attention during the day for students during the school year. It provides outpatient health services and health education to regularly enrolled University students. This resource is available if the Sports Medicine Department is not available or if you cannot reach the Athletic Training staff. The phone number is 924-5362.

Whenever you seek medical care outside of the Athletics Department, you should always tell the health care provider that you authorize communication with the Sports Medicine Department regarding the medical issue at hand as it may impact your performance or clearance to participate. You will be required to provide documentation of this care prior to clearance.

**Responsibilities for Medical Care**

Responsibilities for student-athlete medical care services are shared by the Athletics Department and the student-athlete. It is important that the student-athlete and the student-athlete’s family understand that participation in athletics presents a high risk for injury. It is expected that student-athletes will take all measures necessary to prevent and minimize injuries to themselves and others. Student-athlete are also responsible for obtaining and maintaining personal insurance coverage. See “Injury Prevention” later.

It also must be understood by the student-athlete and the student-athlete’s family that medical expenses are not “automatically taken care of” by the Athletics Department or the University. Paying athletic-related medical expenses requires cooperation and coordination between various offices and departments of the University of Virginia, the UVa Athletics Department, the Commonwealth of Virginia, the NCAA, the Atlantic Coast Conference as well as other agencies. Compliance is subject to review at all levels of administration, and the ongoing cooperation of the student-athlete is both necessary and expected.

The Athletics Department is responsible for medical services administered to student-athletes who sustain an injury in a practice or game, which was under
the coaches’ supervision. “Injury” specifically refers to those ailments caused by the student-athlete’s participation in a supervised practice or a game.

The UVa Athletics Department, through its Sports Medicine Department, is thus limited to administering medical aid only for injuries that occur in a supervised practice or during designated contests and only for athletics-related conditions that may result from such injuries.

The Athletics Department is similarly limited to making co-payment financial aid available to student-athletes only for medical services rendered for athletics-related injuries or conditions. For example, the surgical removal of tonsils or appendix is a medical situation for which the Department cannot assume responsibility since these conditions do not result from participation in sports. Additionally, the Athletics Department does not provide medical coverage for pre-existing conditions. Examples of pre-existing conditions include diabetes, asthma, allergies, or vision problems requiring contact lens correction.

The Athletics Department also cannot assume responsibility for expenses incurred as a result of doctor visits, tests and medication for general illnesses such as colds, gynecological problems, injury resulting from participation in intramurals, etc. While it is the Athletics Department’s position that there should be no direct cost to a student athlete or a student athlete’s family for injuries sustained while competing as a member of a University of Virginia team, the following conditions must be met:

- The student-athlete must be referred to appropriate medical care by the head athletic trainer or the Medical Director. For more information see “Medical Care Referrals” later.
- The student-athlete must acquire, maintain and make use of personal health insurance coverage. For more information see “Medical Expenses Payment Procedure” later.

Other conditions on the administration and payment of student-athlete medical care are described in the following sections.

**Services & Procedures**

Throughout the season, records are maintained on each student-athlete. These records include initial injury evaluations and progress reports. Medical reports are prepared and communicated to the coaches by the athletic training staff. Activity restriction and recommendations as to when full activity may be resumed are emphasized.

Athletic Training Room rules and procedures are formulated to serve all student athletes in the best possible manner. We encourage you to ask questions so that you have a clear understanding of the important role the athletic training staff has in your athletic career at the University.

Please assist each other and our Athletic Training Room staff in complying with the following rules and procedures:
• If you sustain any injury (including dental injuries) while participating in a supervised practice or contest, report immediately to the athletic training staff so that a thorough evaluation can be made.

• If you sustain an athletic injury but do not notice its effects until after the practice or competition ends, report to the Athletic Training Room for injury evaluation between 8:00 a.m. - 2:00 p.m. Monday through Friday. If you do not report an injury to the Athletic Training Room within seven days, you will be held responsible for any expenses incurred as a result of treating the injury.

• A student-athlete with an injury should report to the Athletic Training Room for treatment twice daily — once in the morning and at least once in the afternoon. The student-athlete is required to check with one of the Athletic Training Staff. Failure to check in with a staff member will be recorded as an absence from the treatment requirement.

• With due respect to confidentiality, head coaches will be informed if a student-athlete presents a medical condition of which they should be aware.

• With respect to hygiene and safety concerns, all student-athletes must shower prior to treatment. No athletic equipment may be brought into the Athletic Training Room.

• If medical care is obtained outside the UVa Health Care System, written information must be provided by the outside medical service provider that explains the status of your condition, and includes an explanation of activity restriction and the medical clearance to resume activities. Once cleared by the outside medical source, the medical clearance to resume athletic activities at UVa will be determined by the UVa Athletics Department Medical Director. See also “Medical Care Referrals” later.

Emergency Treatment

If a life-threatening situation arises, the student-athlete should be taken directly to the emergency room at the University of Virginia Hospital.

If a student-athlete needs medical treatment but the Athletic Training Room is closed, call either the head athletic trainer or the team athletic trainer at home.

In extreme emergencies, and only after failing to reach the head athletic trainer or the team athletic trainer at home, report to the emergency room at the University of Virginia Hospital or call Dr. John MacKnight or Dr. Danny Mistry (434-760-1473).

Expenses for medical care resulting from emergency situations may be approved at the discretion of the head athletic trainer. Student-athletes must present personal insurance information at the time of medical care. However, if emergency care is not reported to a staff athletic trainer within 24 hours, the resulting expenses are not suitable for co-payment benefits by the Athletics Department.
Eyeglasses and Contact Lenses
All athletic eyeglasses must be safety glasses with shatter-proof lenses and frames. The purchase of contact lenses will be the responsibility of the student-athlete. Replacement of lost or damaged lenses and glasses will be coordinated by the athletic training staff. The loss of damage must occur during practice of a game and the student athlete must report the loss or damage during the event.

Hospitalization, Surgery
If a student-athlete requires hospitalization or surgery, the head athletic trainer or the athletic medical director will coordinate the details.

Insurance and Medical Expenses
Student-athlete medical care is coordinated through the Sports Medicine Department (also called the Athletic Training Room).

Authorization: Whenever you seek medical care, always present personal insurance information, and tell the health care provider that you authorize communication with the Sports Medicine Department regarding the medical issue at hand as it may impact your athletic performance or clearance to participate.

Payment Requirements: Your medical expenses are not “automatically taken care of” by the Athletics Department or the University. Athletic scholarships do not cover medical expenses. Your medical expenses are “real world” debts and you are personally responsible for ensuring their settlement.

If your University account is blocked through the bursar’s office, you will not be permitted to register for the next semester, your University transcript will not be forwarded upon request and the University diploma will not be issued. If you do not follow these procedures, your University account may be blocked and legal debt collection action may be taken against you and/or your parents:

• You must acquire, maintain and use personal insurance coverage for all athletic-related medical expenses. Some insurance companies require that the policy-holder submit verification of student status for each semester you are away at school. Other companies require you to apply for out-of-network while at school. Please check with your insurer to see if they require this information. If you have the option of establishing an out-of-network Primary Care Provider (PCP), please select one of our internal medicine team physicians: John MacKnight, MD, or Dilawar (Danny) Mistry, MD.

• You must disclose all necessary information about your personal insurance coverage to medical care providers and to the Athletics Department.

• You must present all athletic-related bills and correspondence to the Athletics Training Room immediately upon receipt. Payment for bills provided to the Sports Medicine Department past 30 days of the issued
statement will only be approved at the discretion of the Head Athletics Trainer.
The Athletics Department does not endorse any specific insurance providers. However, UVA students may obtain policies through a local provider. For more information contact Ben Rose at 982-5391.

Injury Prevention
All student-athletes are expected to take all measures necessary to prevent and minimize injuries to themselves and others. There are several things the student-athlete can do to prevent needless injuries:

• Remove all dentures and jewelry items during practice or games.
• Regarding jewelry and body piercing, the NCAA Committee on Competitive Safeguards adheres to the following guidelines: “Any jewelry or ornamentation that could cause an injury to the wearer or other participants should be prohibited from use in all practices and competitions.” The Athletics Department supports this prohibition. Prohibited items include, but are not limited to: tongue barbells, eyebrow rings, ear hoops, necklaces, bracelets, watches. Jewelry will be restricted during conditioning, practice and competition. This restriction will be enforced by administrators, coaches and sports medicine staff.
• Due to potential airway compromise, use of chewing gum, sunflower seeds and chewing tobacco is prohibited during practice or competition. Use of tobacco may be further restricted by state and local laws, University regulations, team rules, and NCAA rules.
• After practices and contests, wash all wounds thoroughly with soap and water prior to reporting to the Athletic Training Room.
• For acute aches and pains use only ice and elevation.
• Do not use any medication or preparations for decreasing the symptoms associated with an injury or illness other than those indicated by a doctor or an athletic trainer. In other words, do not self-medicate. It is a federal offense to share medications or take prescription medications when they are not prescribed to you.

Medical Care Referrals
The University of Virginia Health System should be considered the main source of medical attention for student athletes during the school year. The special medical care necessary for student-athletes should be coordinated through the Sports Medicine Department.

The Athletics Department recognizes the importance of a student-athlete’s feeling comfortable when dealing with a health care specialist. However, if a student-athlete chooses to seek medical care without approval from the Head Athletic Trainer or Medical Director, the following restrictions will apply:
• The University of Virginia will not assume financial responsibility for any expenses incurred unless authorized in advance by the Medical Director or Head Athletic Trainer.

• The University of Virginia will not render any follow-up medical care unless authorized in advance by the Medical Director or Head Athletic Trainer.

Medical Clearance when Soliciting Outside Medical Care
The University of Virginia will not permit the student-athlete to participate until:

1. the head athletic trainer receives a detailed written report from the outside health care provider that includes all of the appropriate medical reports, surgical reports, and medical clearance to resume activities. This information can be faxed to the Athletic Training Room at 434-982-5470 (See “Services and Procedures” entry above);

2. the student athlete passes a pre-participation physical examination coordinated by the athletic medical director and athletic training staff;

3. the student athlete demonstrates full skills and other physical capabilities necessary for full participation in the particular sport as approved by the athletic training staff; and

4. the student athlete is medically cleared by the University of Virginia’s athletics medical director.

Nutritional Supplements
Some dietary supplements that are legally available over-the-counter may contain substances banned by the NCAA. Using these products will result in a positive drug test.

In recent years the NCAA has recorded a significant number of positive drug tests which student-athletes claim resulted solely from their use of over-the-counter dietary supplements.

A positive drug test resulting from the use of a dietary supplement is still a positive test and all penalties and sanctions will apply. Student-athletes who test positive are subject to a one-year suspension and loss of eligibility. Appeals based on arguments that store clerks or product distributors provided unreliable information have not been successful.

Student-athletes who choose to use dietary supplements may be putting their eligibility at risk. No completely reliable list of specific brand-name products that may result in a positive drug test is currently available — nor is one likely to become available. Manufacture and sale of dietary supplements are not regulated by the Food and Drug Administration. Purity and safety are not guaranteed. Product claims and promotional information are not always accurately reported in advertisements.
Your best sources for information about dietary supplements are the Director of Sports Nutrition (243-1148), UVa Sports Medicine Department (982-5450), the NCAA (www.ncaa.org) and the Dietary Supplement Resource Exchange Center.

The Resource Exchange Center (REC), subscribed to by the NCAA, provides a confidential resource for student-athletes and athletics staff who have questions or concerns about nutritional supplements. For more information call toll-free 877-202-0769. The REC also maintains a website (www.drugfreesport.com/resouce-exchange.html) where you may request information about specific products.

If you are presently taking (or plan to start taking) a dietary supplement, it must be reported to the Director of Sports Nutrition. The Director of Sports Nutrition will investigate the dietary supplement to the best of his ability, but impurities may exist to cause a positive drug test. The responsibility remains with the student-athlete.

Pre-Participation Physical Examination

All entering student-athletes will have a physical examination administered under the direction of the athletic medical director. The final decision on physical qualification for participation in athletics or the reason for rejection is the responsibility of the athletic medical director.

Student-athletes must provide the following forms to the Sports Medicine Department prior to participation in athletics:

• UVa “Pre-Entrance Health Record,” including all immunization records. All incoming first-year student-athletes must submit this form upon initial entrance to the University of Virginia.
• A completed “Pre-Participation Health History” form. All incoming first-year student-athletes must submit this form upon initial entrance to the University of Virginia.
• A “Participation Physical Exam Update” form. All returning student-athletes must complete this form semi-annually.
• A copy of the front and back of the player’s current, active insurance policy card. This must be updated annually or whenever there is a change in the student-athlete’s insurance coverage.
• A “Long Term Signature” Agreement Card
• A “Health Insurance Portability and Accountability Act” (HIPAA) form.
• A Drug-Testing Consent Form
• A Media Release Form

These forms are distributed, collected and maintained on file by the Sports Medicine Department.
Try-Outs

Individuals planning to try out for a team must have a physical exam. For an individual that plans to tryout for a team, the following items must be provided to the Head Coach prior to participation:

- Letter from a physician stating that you are medically cleared to participate in physical activity (dated within the last 6 months). An appointment can be made at Student Health.
- Proof of medical insurance.
- Signed letter of Mutual Understanding.

Charges for any lab tests or other special tests that may be part of this physical exam will be the responsibility of the student.

ADHD Medication Usage

The NCAA has a strict policy banning stimulant usage (i.e., Adderall, Ritalin) unless prescribed by a physician for a well-documented medical condition. The penalty for a failed NCAA drug test is an automatic one-year suspension with loss of eligibility. If a student-athlete takes medication for ADD or ADHD, the Sports Medicine Department must have a copy of the current prescription on file as well as supporting documentation which demonstrates how the diagnosis of ADD/ADHD was obtained. If this documentation is not thorough, additional testing must be performed to validate the diagnosis of ADD/ADHD. The additional testing should be coordinated through the Learning Needs Specialist in the Athletics Academic Support Department. The cost of testing will be the responsibility of the student-athlete. The copy of the prescription must be updated monthly when the student-athlete obtains a refill of his/her medication.

Rehabilitation Programs

All rehabilitation activities are the responsibility of the athletic training staff under the supervision of the head athletic trainer and the athletic medical director. In order for a student-athlete to return from an injury as quickly as possible, it is necessary that student-athletes receive treatment in the morning and before practice.

Rehabilitation programs should be done between 8:00 a.m.-2:00 p.m., Monday through Friday, unless other arrangements are made.

The athletics training staff will provide information on a regular basis to the coaching staff regarding the progress of injured student-athletes.

Student athletes who are undergoing treatment or rehabilitation must report to all practice and conditioning sessions on time unless released by both the head coach and the team’s athletic trainer.
Medical Expenses Payment Procedure

Payment of athletically-related medical expenses is coordinated by the Sports Medicine Department.

Per University and Athletics Department rules, every UVa student is required to have and maintain personal health insurance.

Per Athletics Department procedures, whenever a student-athlete receives any health care services related to an athletic injury or condition — including long-term physical therapy/rehabilitation services — the student-athlete’s personal health insurance must be used as the primary financial coverage. Following this primary settlement, the Athletics Department will assume co-payment responsibility for the deductible or unpaid portion of the claim. Compliance with this procedure is subject to review by the University Auditor’s Office. To help ensure compliance:

• Student-athletes must acquire and maintain for the entire year personal insurance coverage through an individual or family policy. The Athletic Department does not endorse any specific insurance providers. Some options may be available for insuring student-athletes with qualifying financial need. For more information contact the Athletic Training Room at 982-5391.

Failure to maintain an active health insurance policy will negate any co-pay obligation by the Athletics Department, and will result in the student-athlete being held from play due to violation of both the University and Athletics Department policies of requiring personal health insurance.

• Student-athletes must fulfill all the requirements of his or her individual policy. For example, most policies require preauthorization before agreeing to pay for medical services. Securing this preauthorization is the responsibility of the student-athlete. Some family insurance policies require periodic updates to continue coverage for a full-time student; the student-athlete will be responsible for ensuring this continuing coverage. Some policies require notification within a specific time period after receiving emergency services; the student athlete will be responsible for providing his or her insurance company with this notification.

• Student-athletes must provide all necessary information about their personal insurance coverage to health care providers and to the Athletics Department. Upon requesting health care services at any time, from any provider, for any reason — a student athlete must disclose personal insurance information to the provider. Failure to do so may be taken as an indication that the expenses are not athletics-related and therefore are not suitable for Athletics Department co-payment benefits. Prior to the academic year, student athletes must provide a copy of their policy card, front and back copy, and the document must be on file in the Athletics Department Sports Medicine Department. If a student-athlete fails to notify the Sports Medicine Department of a change in primary insurance coverage or fails to maintain and active insurance policy, that student athlete will be held personally responsible for such balances and may be detained from play.
• All statements for athletically-related medical expenses must be presented to the head athletic trainer or the team’s Athletic Trainer as soon as possible after they are received by the student-athlete or the student-athlete’s family. Undue delays in forwarding these bills for processing may be taken as an indication that the expenses are not for athletics-related services. The bill must be turned into the Sports Medicine Department within the month the statement is dated, mailed to UVA Sports Medicine Department, PO Box 400834, Charlottesville, VA 22904” or faxed to the UVA Sports Medicine Department at 434-982-5470.

For more information on these requirements see “Co-payment Guidelines” and “Consequences of Unsettled Medical Expenses” later.

Co-Payment Guidelines

Expenses incurred in the diagnosis and treatment of athletic-related injuries are handled by a “coordination-of-benefits” process. At the discretion of the head athletic trainer, minor expenses (such as medication and some routine diagnostic tests) may be paid directly by the Sports Medicine Department. Otherwise, approved expenses will be submitted to the athlete’s health insurance policy and the Athletics Department will assume co-payment responsibility.

Student athletes should be aware that some procedures may require different applications during the competitive season, practice season or the summer.

Designated staff members of the Sports Medicine Department review student-athlete medical expenses and either approve or reject them depending on whether they fall within the guidelines suitable for co-payment processing by the Athletics Department. The guidelines are the following:

• Only expenses resulting from athletics-related injury/illness, as described in “Department and Individual Responsibilities” above, are suitable for co-payment benefits.

• Expenses resulting from a student-athlete’s self-referral for consultation or treatment are not suitable for co-payment unless preapproved by the Athletic Medical Director or Head Athletic Trainer. For more information see “Medical Care Referrals” later.

• Expenses for medical care resulting from emergency situations may be approved at the discretion of the head athletic trainer. However, if emergency care is not reported to a staff athletic trainer within 24 hours, the resulting expenses are not suitable for co-payment benefits. The student-athlete is responsible for notifying his or her insurance company if this is required for payment.

• If an athlete does not report an injury to a staff athletic trainer within seven days of the injury, the resulting expenses are not suitable for co-payment.

• If appropriate University medical staff certify that an injured athlete has recovered sufficiently to reasonably permit him or her to compete, but the student-athlete voluntarily chooses not to participate in athletics, the
obligation of the University to provide medical care and financial aid is simultaneously terminated.

- Subject to the provisions of the Athletics Department’s prevailing play or practice accident insurance policy, if an injured athlete withdraws or graduates from the University, provision of medical care and financial aid will be terminated.

- With due respect to varying health care provider billing cycles, statements for athletics-related medical expenses that are presented to the head athletic trainer 30 days or more after their issue date may not be suitable for co-payment consideration.

- In some situations in which the Athletics Department is unable to provide co-payment benefits, financial aid from other sources may be available to help pay for a student-athlete’s medical expenses. However, these benefits are restricted to student-athletes with qualifying financial need, and a prior settlement by the student-athlete’s insurance company is necessary before such aid can be requested. For more information, contact the Athletics Compliance Office at 982-5018.

Consequences of Unsettled Medical Care Expenses

Student-athlete medical expenses are not “automatically taken care of” by the Athletic Department or the University. Student-athletes who do not comply with the requirements described in the “Responsibilities for Medical Care,” “Medical Expenses Payment Procedure” and “Co-payment Guidelines” sections put themselves and their families at serious financial risk and jeopardize their eligibility to compete.

The Athletics Department reserves the right to deny co-payment financial aid benefits for any situation in which a student-athlete’s actions or decisions (through inattention or design) prevent, evade or delay the settlement of athletics-related medical expenses.

Some student-athlete actions that may delay settlements include: failure to disclose personal insurance information to health care providers at registration for services; failure to provide all necessary insurance information at registration; failure to comply with individual policy requirements for preauthorization and notification; failure to adequately respond to requests for information from health care providers, insurance companies or the Athletics Department; failure to present athletics-related medical bills to the head athletic trainer in a timely manner.

With due respect to confidentiality, the student-athlete’s coach will be notified through the Athletics Department Business Office of unresolved athletics-related medical care expense situations. This notification will include a request for the coach’s assistance in contacting the athlete and persuading the athlete to help resolve the issues. Legal actions initiated by the providing vendor may be taken against the student-athlete.

Situations that remain unresolved may result in a bursar’s block being placed on the student athlete’s University account. Among other restrictions, this will
preclude the student from registering for classes and thus will render the athlete ineligible to compete.

Student-athletes and their families should be aware that delays in settling medical expenses can result in their legitimate referral by the health care provider to a debt-collection agent with possible repercussions on the student-athlete’s personal or family credit history. Future state and federal tax returns have been withheld to correct outstanding medical debts that were not resolved.

**Athletic Training Rooms**

**McCue Center**, first floor  
(434) 982-5450 (Voice) (434) 982-5470 (Fax)  
**University Hall** (Annex between University Hall and Onesty Hall)  
(434) 243-2423 (Voice) (434) 243-0243 (Fax)  
Open weekdays 8 a.m. to 6 p.m. Weekends and other hours by appointment.  
**John Paul Jones Athletic Training Room**  
(434) 243-1743 (Voice)

**Home and cellular phone numbers are for emergency use only. **

**Staff:**

Ethan Saliba, Head Athletic Trainer 434 979-0757 (Home) • 434 981-6633 (Cellular)

Dr. John M. MacKnight, Co-Medical Director/Team Physician 434 964-1491 (Home) • 434 409-1765 (Cellular) • 924-2472 (Office)

Dr. Danny Mistry, Co-Medical Director/Team Physician 434 760-1473 (Cellular) • 2981 (Page)

Kelli Pugh, Associate Athletic Trainer 434 249-3952 (Cellular)

Bill Parente, Associate Athletic Trainer 434 825-9725 (Cellular)

Terry Grindstaff, Assistant Athletic Trainer 402 319-8703 (Cellular)

Brian McGuire, Assistant Athletic Trainer 434 973-2330 (Home) • 434 981-0701 (Cellular)

Jeff Boyer, Assistant Athletic Trainer 434 409-1916 (Cellular)

Shelley Blakey, Assistant Athletic Trainer 434 465-0353 (Cellular)

Andy Baker, Assistant Athletic Trainer 434 987-3349 (Cellular)

Blair Putnam, Assistant Athletic Trainer 540 969-8460 (Cellular)

Paul Murata, Assistant Athletic Trainer 215 840-6826 (Cellular)
University of Virginia Athletics Policy on Pregnancy of Student-Athletes

In the interest of the health and safety of both pregnant student-athletes and their unborn children:

• Pregnant student-athletes must transition formally to an Obstetrician for consistent pre-natal care immediately upon diagnosis. The student-athlete will be referred to the UVa Department of Obstetrics for care. In the event the student-athlete chooses an outside Obstetrician, a consistent line of communication will be established between the treating Obstetrician and the Athletics Department Medical Director. The student-athlete must provide consent for disclosure of the information Athletics needs to make appropriate Athletics Department/team decisions to the Medical Director.

• Pregnant student-athletes will be provided the full breadth of UVa counseling and support services as they may need during the inherent stresses and transitions of pregnancy.

• In keeping with present activity guidelines for safety in pregnancy, all pregnant women will be removed from competitive activities after the 1st trimester, regardless of sport.

• To lessen the risk of injury to mother or fetus, all pregnant women in sports with high risk for abdominal trauma or falling will be removed from competitive activities at the time of diagnosis, regardless of fetal age.

• Activity goals will focus on maintenance of basic fitness levels without trying to reach peak fitness or train for athletic competition unless further restricted due to pregnancy.

• Pregnancy shall not otherwise jeopardize the student-athlete's academic or athletic scholarship/eligibility as dictated by institutional and NCAA regulation. The effect of a student-athlete’s pregnancy on team standing will be considered on a case-by-case basis by the Head Coach in consultation with the Athletics Director.

• In keeping with present departmental policy, financial responsibility for non-athletic related medical conditions shall be the responsibility of the student-athlete.

• The Athletics Department Medical Director, in consultation with the treating Obstetrician, will establish the time frame for the student-athlete to resume participation with team activities.

The above guidelines may be modified at the discretion of the Athletics Department Medical Director in consultation with the treating Obstetrician and the Director of Athletics.
UNIVERSITY LIFE

Center for Alcohol & Substance Education

The Center for Alcohol and Substance Education is dedicated to providing the University community with educational activities and prevention programs related to substance abuse concerns. By providing outreach, consultation, individual meetings and group classes, CASE aims to increase knowledge and awareness of alcohol and other drug issues and to decrease the negative consequences associated with high risk drinking and illegal drug use. In conjunction with the Athletics Department, the CASE staff assists in implementing the Student Athlete Mentor (SAM) program.

A website is available (www.virginia.edu/case/).

Email Accounts

The University provides free access to computers and free email accounts for students.

The Athletics Department maintains an electronic mailing list for student athletes. You are responsible for knowing, being aware of, and appropriately acting on any information that is posted to the mailing list and specifically designated as being from the Athletics Compliance Office.

Activating your University email account and being a subscriber to the student-athlete mailing list is considered mandatory under the “Urgent Communication Policy.” You may not remove yourself from the list without permission from the Compliance Office.

From time to time other University or Athletics Department offices or student organizations may use the list to make special announcements. Permission for this use must come from the Compliance Office.

For more information about activating your email account call the ITC Help Desk at 924-3731.

To search for individual email addresses go to the University of Virginia home page at www.virginia.edu.

University of Virginia: www.virginia.edu
UVA Athletics: www.virginiasports.com
UVA Athletics Department Offices & Staff: athletic.virginia.edu/home/athletics_dept.html

Hazing

University policy, the University’s Standards of Conduct, Athletics Department Team Rules and state law prohibits hazing. See the University of Virginia Undergraduate Record for the full policy.
Honor System

The University of Virginia Honor System exists to help maintain an environment of trust between faculty, students, University personnel and Charlottesville residents.

An Honor offense is an act of lying, cheating or stealing.

- Examples of cheating: allowing a tutor to prepare a homework assignment or write a paper for you; submitting the same paper for two different classes.
- Examples of lying: Using more than the designated amount of time for take-home tests; forging checks; using false identification.
- Examples of stealing: Taking athletic team equipment, such as practice balls and sweats; taking items from other schools during away games.

If you are charged with an Honor offense, the Athletics Department and its employees are prohibited from intervening on your behalf. Staff members are limited to supporting student-athletes by identifying available University resources for the students that are so charged. Student-athletes charged should endeavor to cooperate with Honor advisors and investigators.

The Athletics Department will work closely with Honor Educators to provide annual team information meetings. All student-athletes and all Department staff members are urged to become familiar with the workings and details of the University’s Honor System.

If a case is initiated against you, you will be assigned an Honor advisor, a student who will guide you through the process. Two student investigators will contact you. It is imperative that you cooperate fully with them to ensure that all information surrounding an alleged event is brought to light.

If you are contacted by an Honor Committee member, or Dean of Students office staff, you are expected to respond immediately.

In addition to the following information, student-athletes are encouraged to refer to the UVA Undergraduate Record for specific rights, policies and procedures. The Honor Committee maintains a web site (www.student.virginia.edu/~honor/). Its telephone number is 982-4739.

Three criteria are used in determining guilt associated with an alleged Honor offense:

1. Act: Did the student commit an act of lying, cheating, or stealing?
2. Intent: Was the act committed intentionally or willfully?
3. Seriousness: Would open toleration of the dishonest act impact the community of trust?

Scope: A student is formally bound by the Honor System while in the Charlottesville-Albemarle County area, and at any time the student is representing himself or herself as a University of Virginia student.
**Process:** Anyone (in addition to students and faculty) can initiate an Honor case by contacting an Honor Advisor or an Honor committee representative.

**Conscientious Retraction:** A student is provided the opportunity to acknowledge having committed a dishonorable act, and accept the respective consequences without being required to leave the community of trust. This admission of guilt must be offered in good faith, occurring prior to the student’s knowledge that someone might suspect there was an Honor offense. To file a conscientious retraction, contact an Honor advisor.

**Single Sanction:** Students found guilty of an Honor offense are asked to leave the University of Virginia. There are no other sanctions except dismissal from the University.

**Housing**

All first-year students entering the University directly from secondary school are required to live in one of the residence houses during their first two regular semesters. Requests for exceptions must be made to the Associate Director for Housing Division.

After the first year, student-athletes may live in one of the residence houses if space is available. Residence hall accommodations are limited. To help ensure placement, you must comply with registration deadlines. The deadlines are published in an annual Housing Division mailing. The mailing will be delivered to your current local ISIS address. If you have not received a mailing by mid-November, contact the Housing Division at 924-6873.

UVA does not have athletic dorms, but encourages all student-athletes to live in University housing.

On-Grounds Housing for Upperclass Undergraduates: Each spring semester, the Housing Division offers on-Grounds residence hall space for members of the upper class, including transfers, for the new academic year. To participate, you must submit your own housing application by the deadline prescribed in the Housing Division booklet. The booklet, sent to each student in November, details the room assignment process. Renewals are not automatic.

Off-Grounds Housing: Upperclass student-athletes, including those with athletic grants, may live in University housing on the Grounds, in fraternity houses and sorority houses, or in off-Grounds housing. You are responsible for obtaining your own housing. Off-Grounds housing must be approved by your coaching staff.

Early Arrivals: If you are required to arrive early for athletic participation and you live in University housing, your coaching staff will coordinate your arrival and residence hall assignment directly with the Housing Division. Consult with your head coach during late June or early July for verification.

**Intramural-Recreational Sports**

The Intramural-Recreational Sports department offers a variety of programs in which student-athletes may participate, including Outdoor Recreation,
Recreation & Fitness Classes, Personal Training, Fitness Assessment and Massage Therapy services. For more information call 434 924-3791.

Your standing as a varsity student-athlete does not provide additional privileges for access to Intramural-Recreational facilities, compared to other students. You must present a valid student ID to use these facilities. There are four recreation facilities on Grounds: The Aquatic & Fitness Center, North Grounds Recreation Center, Slaughter Recreation Center and Memorial Gymnasium.

Varsity student-athletes may not participate in intramurals in their own sport or in a related sport.

Meal Plans & Dining Services

University Dining Services offers various meal plans for student-athletes. All first year grant-in-aid student-athletes are required to have a meal plan for the full year.

Meal plans are based on the number of all-you-can-eat meals per week or semester that are taken in the main dining halls and an allowance of “Plus Dollars” which may be used at a-la-carte locations for snacks and special offerings.

University Dining Services maintains an extensive website. For more information on student-athlete meal plans visit the website (www.Virginia.edu/dining). From the home page select “Meal Plans”, from the listing select “Athletic Meal Plans.”

The Athletics Department dining hall is located in the new John Paul Jones Arena. It is only open for dinner (Sunday through Thursday). Other University dining halls are Observatory Hill, also called “O-Hill,” located near the Alderman Road first-year dorms; Newcomb Dining Hall, located on the second floor of Newcomb Hall; and Runk Dining Hall, located in the Hereford College complex.

Nutritional Consultations: The University of Virginia Department of Athletics has a full-time sports nutritionist available for team talks, individual consults or any information on diet, food content or food allergies. The sports nutritionist helps plan menus at JPJ and is an active member of the athletic staff. For more information or to schedule an appointment call 243-1148.

Parking & Vehicles

Your status as a student-athlete does not entitle you to special parking privileges. If you are illegally parked anywhere on University property, you may be ticketed and your vehicle may be towed at your expense. Towing is enforced in the parking areas around Athletics Department facilities.

Student-athletes who plan to operate and park vehicles (including bicycles) on University property must register those vehicles with the University’s Department of Parking and Transportation (924-7231) or visit the website at: http://www.virginia.edu/parking/permits/permits.html.
Student-athletes who have obtained parking permits and are travelling to away competitions may park their vehicles in lots surrounding University Hall, unless directed or posted otherwise.

Bikes, pets and rollerblades are not allowed in or around University Hall, Onesty Hall, McCue Center, the Cage, Scott Stadium, Klockner Stadium, Memorial Gym, Bryant Hall or the Aquatics and Fitness Center. Bike racks are available near the entrances of each building. Bikes must not be attached to handrails, doors, cars, bushes, trees, or lamp posts.

For more information on motor vehicle registration refer to the UVa Undergraduate Record (www.virginia.edu/docs.html).

All student-athletes must complete an ACC Vehicle Registration Form and submit that form to the Athletics Compliance Office. Once the form is submitted, the Athletics Compliance Office will approve the student-athlete to receive a special events parking permit from the Athletics Facilities and Operations Office. The special events parking permit is provided to allow parking in a designated area when events at John Paul Jones arena impact parking availability. Instructions are provided to the head coach and signs are posted when this parking plan is to be utilized and it maintains the student-athlete's ability to park for practice, academic advising, etc. Special event parking passes are only valid in the designated area and are non-transferable.

**Sexual Harassment**

The University of Virginia strives to provide a working and educational environment for all faculty, staff, and students that is free from sexual harassment. Sexual harassment in any form is unacceptable behavior and will not be tolerated. It is a form of misconduct that undermines the institutional mission of the University.

Sexual harassment may be described generally as unwelcome sexual behavior that a reasonable person would find offensive and that adversely affects the working or learning environment. Sexual harassment may involve behavior by a person of either gender against a person of the same or opposite gender.

Allegations of sexual harassment are investigated by the Office of Equal Opportunity Programs (924-3200). For more information refer to the University’s Undergraduate Record web site (www.virginia.edu/docs.html).

**University Transit System**

The University Transit System provides safe, reliable, and courteous transportation to all students, employees and visitors to the University of Virginia. UTS features 20 fixed routes and transports more than 3 million passengers annually. For routes, maps and times, visit the UTS website at: http://www.virginia.edu/parking/bus/findroute.html
University Map

Shown is a map of the University of Virginia athletic facilities and fields. Where is the map? For interactive maps and directions to the university, visit the UVa website at: http://www.virginia.edu/Map/

U-HALL & ATHLETICS FIELDS

KEY:

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<td>1</td>
<td>(E1) Arena Parking</td>
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<td>2</td>
<td>(D4) Artificial Turf Field</td>
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<td>3</td>
<td>(C4) The Cage</td>
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<tr>
<td>4</td>
<td>(B2) Davenport Field at the U.Va. Baseball Stadium</td>
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<td>5</td>
<td>(B4) Dynamics Building (2015 Ivy Road)</td>
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<td>6</td>
<td>(C5) Emmet/Ivy Parking Garage</td>
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<td>(B2) Lannigan Field</td>
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<td>(E3) McCue Center, Frank C.</td>
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<td>Athletic Department Staff Directory</td>
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<td><strong>Academic Affairs Office</strong></td>
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<td>Associate Athletics Director for Academic Affairs</td>
<td>Jim Booz</td>
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<td><strong>McCue Center Administration</strong></td>
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<tr>
<td>Director of Athletics</td>
<td>Craig Littlepage</td>
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<tr>
<td>Executive Associate Director of Athletics</td>
<td>Jon Oliver</td>
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<td><strong>Athletics Media Relations</strong></td>
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<tr>
<td>Associate Director of Athletics for Public Relations</td>
<td>Rich Murray</td>
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<td>Assistant Director of Athletics for Media Relations</td>
<td>Jim Daves</td>
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<td><strong>Athletics Programs Office</strong></td>
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<tr>
<td>Senior Associate Director of Athletics/ Senior Woman Administrator</td>
<td>Jane Miller</td>
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<td>Associate Director of Athletics</td>
<td>Valerie Richardson</td>
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<tr>
<td>Assistant Director of Athletics for Special Projects</td>
<td>Barbara Kelly</td>
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<td><strong>Business Office</strong></td>
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<tr>
<td>Associate Director of Athletics for Business Operations</td>
<td>Keith VanDerbeek</td>
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<td><strong>Capital Campaign</strong></td>
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<td>Associate Athletics Director for Development</td>
<td>Barry Parkhill</td>
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<td><strong>Cheerleading</strong></td>
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<td>Head Coach</td>
<td>Kelley Haney</td>
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<td><strong>Compliance</strong></td>
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<td>Steve Flippen</td>
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<td><strong>Equipment Room</strong></td>
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<td>Matt Althoff</td>
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<td>Associate Athletics Director for Facilities and Game Operations</td>
<td>Jason Bauman</td>
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<td>Life Skills</td>
<td>Life Skills Coordinator</td>
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<td>Marketing &amp; Video Services</td>
<td>Associate Athletic Director for Marketing &amp; Video Services</td>
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<td>Sports Medicine (Training Room)</td>
<td>Associate Athletic Director/Head Athletic Trainer</td>
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<td>Medical Director, Team Physician</td>
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<td>Associate Medical Director</td>
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<td>Team Orthopedist</td>
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<td>Strength &amp; Conditioning</td>
<td>Director of Strength &amp; Conditioning/Head Strength Coach for Olympic Sports</td>
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<td>Ticket Office</td>
<td>Associate Athletic Director for Ticket Operations</td>
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<td>Virginia Athletics Foundation (VAF)</td>
<td>Associate Athletic Director of External Affairs &amp; VAF Executive Director</td>
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<td>Athletic Teams</td>
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<td>Cross Country, Track &amp; Field, Men’s and Women’s Head Coach</td>
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<td>Julie Myers</td>
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<td>Rowing, Head Coach</td>
<td>Kevin Sauer</td>
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<td>Soccer, Men’s Head Coach</td>
<td>George Gelnovatch</td>
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<td>Steve Swanson</td>
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<td>Softball, Head Coach</td>
<td>Eileen Schmidt</td>
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<td>Swimming and Diving, Men’s</td>
<td>Mark Bernardino</td>
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<td>and Women’s Head Coach</td>
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<td>Brian Boland</td>
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<td>Mark Guilbeau</td>
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<td>Volleyball, Head Coach</td>
<td>Lee Maes</td>
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<td>Wrestling, Head Coach</td>
<td>Steve Garland</td>
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**UVa Drug and Alcohol Policy**

The Athletics Department strongly believes that the illicit use of non-prescription drugs and abuse of alcohol is detrimental to the physical and mental well-being of its student-athletes. Use or abuse of drugs or alcohol seriously interferes with the performance of individuals as students and as athletes and can be extremely injurious to student-athletes and their teammates, particularly when participating in athletic competition or practice.

Various forms of drugs and alcohol have worked their way into the fabric of modern society, and athletics is not immune to this phenomenon. Because student-athletes are often in the public eye, drug use and alcohol abuse can draw negative attention to themselves, their team, the Athletics Department and the University.

In light of health, safety and social concerns, the Athletics Department at the University of Virginia has put in place a mandatory Drug and Alcohol Policy to assist and benefit its student-athletes. The student-athlete and his or her parents or legal guardians will receive a copy of the Drug and Alcohol Policy prior to the beginning of practice or competition.

**Goals of the Policy**

1. To educate University of Virginia student-athletes and prospective student-athletes on the problems associated with drug and alcohol use and abuse.

2. To discourage drug use or alcohol abuse by University of Virginia student-athletes.
3. To identify student-athletes who may be using drugs or abusing alcohol; to identify the drugs being used and to provide substance abuse education to the identified student-athlete(s).

4. To educate student athletes on the impact of their substance abuse problem on their team and teammates.

5. To see that any dependency is treated and addressed properly.

6. To put in place safeguards that insure every student-athlete is medically competent to participate in athletic competition.

7. To encourage discussion with student-athletes on the use of drugs and alcohol.

8. To demonstrate the commitment of the Athletics Department to a proactive effort in substance abuse education.

**Drug and Alcohol Education Program**

The purpose of the University of Virginia Intercollegiate Athletics Drug and Alcohol Education Program is to inform and help student athletes at the University in matters of substance abuse. This program is based on the Athletics Department's belief that drug use and alcohol abuse are detrimental to the student-athlete and therefore violations of the Drug and Alcohol Policy and of team rules.

It is hoped that University of Virginia student-athletes will not have problems with drug use or alcohol abuse; however, drugs and alcohol negatively affect many facets of society. Drug testing should enhance the feeling of trust and camaraderie among student-athletes as it demonstrates a commitment to substance free competition.

**Implementation of the Program**

The Coordinator of Drug Testing and Education Programs is charged with implementing the substance abuse testing program and serving as liaison to the dean of student's office regarding substance abuse violations.

At the beginning of the academic year, a presentation will be made to all student-athletes at the University of Virginia that will outline and review the Intercollegiate Athletics Drug and Alcohol Policy, its purposes, and its plan for implementation. Each student-athlete shall sign a form that acknowledges receipt of the information and an understanding of the program; provides consent for urinalysis testing, and permits the release of substance abuse testing information to a limited, defined group of individuals as described in the substance abuse testing section of this policy. In addition each athletic team shall participate in one substance abuse education program each semester. A program specific to team needs may be substituted for the latter of these programs the spring semester.
Substance Abuse Testing Program

The Protocol for Testing
As part of the annual health assessment, student-athletes will undergo a urine toxicology screen at the beginning of the academic year. Student-athletes will also be subject to testing, throughout the calendar year for banned or prohibited substances which may include but are not necessarily limited to, the following:

- Alcohol
- Amphetamines
- Anabolic Agents
- Barbiturates
- Cocaine
- Codeine
- Designer or club drugs *
- Diuretics
- Drugs banned by the NCAA - see www.drugfreesport.com
- Masking agents
- Methaqualude
- Morphine
- Opiates
- PCP (Angel Dust) and analogues
- Tetrahydrocannabinol (THC or Marijuana) - above 15 ng/ml
  Including second hand smoke

* Any illegal substance

Random selections for substance abuse testing are generated by the Director of Compliance from a random sample table. Random testing may be performed on an individual or team at any time. Due to a reasonable suspicion of substance abuse based on a history of substance abuse, or behavioral changes in a student-athlete, the Coordinator of Drug Testing and Education Programs may require that a student-athlete be tested independent of the random sample. A reasonable suspicion regarding the use of drugs or alcohol abuse may come from a number of sources including but not limited to coaches, the Office of the Dean of Students, the Judiciary Committee, the residence staff, and the community.

Those who test positive at any time may expect screening on a more frequent basis. For the student-athlete's and his/her teammates' safety, every student-athlete who tests positive must be retested negative and be medically cleared for participation in any team function by the designated Medical Director.

All members of teams participating in NCAA sanctioned post-season competition or individual team members participating in such competition will be tested prior to that competition.

Student-athletes will be notified of their selection for substance abuse testing by e-mail by the Athletics Department Administrative Assistant. The substance
abuse test shall consist of a urine specimen the student-athlete will provide under the supervision of the athletic training staff. Each urine sample shall be analyzed for the presence of drugs/alcohol by the University of Virginia's Clinical Chemistry Lab. Each student-athlete's sample will be identified by code rather than by name. The code and all records related to testing will be kept in a safe and confidential place.

Urine Toxicology Screening
The University of Virginia Clinical Chemistry Lab will analyze the samples by gas spectrometry/mass chromatography and will report all test result screens to the Coordinator of Drug Testing and Education Programs, Medical Director and Director of Athletics. A positive test will only result after an initial screen and confirmation of a banned substance (as listed in the policy). For purposes of this program, a positive result is one which indicates, in the opinion of the UVa Clinical Chemistry Lab, the presence of one or more banned drugs or alcohol in the student-athlete's urine. Accuracy and confidentiality of the test results are a priority and include maintaining a documented chain of specimen custody that establishes the identity of the sample throughout the collection and testing process.

If a student-athlete tests positive with an outside agency he or she will be required to notify the NCAA and the UVa Coordinator of Drug Testing and Education Programs. He or she will be required to test negative prior to return to practice/competition. A positive test by an agency, other than the NCAA, will not be considered a positive under this drug and alcohol policy.

Those student-athletes who have completed their eligibility will not be included in the random drug testing program.

Outcomes of Positive Test Results
A positive drug test is a violation of Athletics Department rules. The positive test will have the following consequences: (See Alcohol Program for alcohol)

I. First Positive during the Student-Athlete's National Collegiate Athletic Association (NCAA) Eligibility:

1. When a positive test occurs, the positive sample code will be provided by e-mail to the Coordinator of Drug Testing and Education Programs, with follow up hard copy to him or her and to the Athletics Director and Medical Director by the UVa Clinical Chemistry Lab.
2. The student-athlete, his/her head coach and the Head Athletic Trainer will be notified by the Coordinator of Drug Testing and Education Programs.
3. The Coordinator of Drug Testing and Education Programs will notify the student-athlete of a positive result and his or her immediate suspension (or when team functions are next held if the team is not currently practicing or competing) from all team functions (e.g. meetings, practice and competition).
4. The student-athlete must attend a mandatory psychological assessment at the Student Health Center with its Substance Abuse Counselor or a
counselor agreed upon by the student-athlete and Coordinator of Drug Testing and Education Programs. The Substance Abuse Counselor will determine the intervention (i.e. type, length and duration) best suited to the student-athlete. The student-athlete must be cleared by the Substance Abuse Counselor, Medical Director and Coordinator of Drug Testing and Education Programs before returning to team functions.

5. The student-athlete will participate in a conference telephone call between the student-athlete, the student-athlete's parent(s) or legal guardian(s), and the head coach or the Athletics Director. The parent(s) or legal guardian(s) will be advised of the first positive test result and its consequences.

6. The student-athlete may be allowed to rejoin the team only after he or she has completed the above and has retested negative for all banned substances. At the discretion of the Coordinator of Drug Testing and Education Programs, the student-athlete may be allowed to rejoin the team as long as THC levels continue to drop with biweekly testing.

7. The above are minimum standards and the student-athlete's head coach or Medical Director may choose to delay return and impose additional demands of the student-athlete to team functions at his or her discretion.

II. Second Positive During the Student-Athlete's National Collegiate Athletic Association (NCAA) Eligibility:

On the student-athlete's second positive test, the same procedure as in a first positive test will be implemented. Additionally the head coach, Coordinator of Drug Testing and Education Programs, Head Athletic Trainer and Medical Director after consulting with the student-athlete and the Substance Abuse Counselor, will determine the appropriateness of continued athletic participation. The Substance Abuse Counselor may recommend a modification of these procedures.

III. Third Positive During the Student-Athlete's National Collegiate Athletic Association (NCAA) Eligibility:

Eligibility
If a student-athlete has a third positive test, it will be assumed that the student-athlete has a very significant problem or has made a conscious decision to use drugs. This will be treated seriously. The results of a third positive test will be shared with the Coordinator of Drug Testing and Education Programs, the Medical Director, the Head Athletic Trainer, the student-athlete, the Student Health Substance Abuse Counselor, the student-athlete's head coach, the Athletics Director, and the student-athlete's parents.

The third positive test will result in the immediate and indefinite suspension of the student-athlete from all team functions. The individual will be asked to return for frequent testing. Whether he or she will be allowed to reenter the athletic program will depend on recommendations of the Student Health Substance Abuse Counselor and others involved. The student-athlete will have the opportunity to discuss the matter with the Athletics Director and to present
evidence of any mitigating circumstances. The head coach and Athletics Director may recommend the termination of the student-athlete's grant in aid to the financial aid committee.

Self Disclosure
The Athletics Department encourages its student-athletes to voluntarily seek help if they feel that they have a problem with substance abuse. Self disclosure prior to substance abuse testing notification will be seen as a request for help. If self disclosure occurs prior to student-athlete substance abuse testing notification, sanctions will not apply only for the banned substance disclosed and the student-athlete may continue as a member of the team whenever he or she provides a negative test. At the discretion of the Athletics Director, Medical Director and Coordinator of Drug Testing and Education Programs, the student-athlete may be allowed to rejoin the team as long as THC levels continue to drop with biweekly testing. He or she shall also attend assessment or counseling as determined by a Substance Abuse Counselor at the Student Health Center and must be cleared to return to competition by the Medical Director.

The student-athlete will be tested periodically to insure that he or she remains substance free. The student-athlete must remain substance free to avoid the imposed sanctions.

If the student-athlete tests positive for a substance other than the disclosed substance, the positive result will be treated in accordance with a positive test.

Failure to Test
Student-athletes will be notified of time and place for substance abuse testing. A conflict in testing time may be rescheduled with the Coordinator of Drug Testing and Education Programs or Head Athletic Trainer prior to the time of testing. Failure to report at the specified time will result in a minimum 7 day suspension after being tested, beginning immediately after the athlete tests or when team functions are next held if the team is not currently practicing or competing. Failure to report for a substance abuse test after a positive test could result in additional sanctions including loss of grant in aid and termination from the team. The Coordinator of Drug Testing and Education Programs will notify the student-athlete and head coach of consequences after failure to report. A suspension or other sanction may be appealed to the Athletics Director or his or her designee with the decision being final. The student-athlete must test prior to participating in team functions.

Criminal Penalties for Drug Possession
The student-athlete should also be aware that state law prohibits selling/distributing drugs such as anabolic steroids and ephedrine sulfate. It is unlawful for any person to knowingly manufacture, sell, give, distribute or possess with the intent to manufacture, any drug such as anabolic steroids. A violation is punishable by a term or not less than one year nor more than ten years or a fine of not more than $20,000.
It is unlawful for any person to knowingly sell or distribute any pill, capsule or tablet containing any combination of caffeine and ephedrine sulfate to a minor without a prescription. A violation of this law is punishable by a Class 1 misdemeanor. For further information, contact the Charlottesville City Commonwealth's Attorney's Office.

Additional Information
All suspensions will be explained as a "violation of team rules" unless made public by the student-athlete.

The student-athlete will not be subject to University student disciplinary action as a result of a positive substance abuse test. The Athletics Department will not supply personally identifiable test data or results of a test to any law enforcement agency unless required by law. Information concerning test results is destroyed 7 years after the student-athlete's NCAA athletic eligibility expires.

The Coordinator of Drug Testing and Education Programs will consult with the Substance Abuse Counselor to determine the status of a student-athlete’s counseling and or treatment compliance. Failure to comply with recommended counseling and/or treatment by the student-athlete will result in suspension from or delayed return to the team. The return of the student-athlete will be determined by the Substance Abuse Counselor, the Coordinator of Drug Testing and Education Programs and head coach and Medical Director.

If the student-athlete has not met with the Substance Abuse Counselor within 7 days after notification by the Coordinator of Drug Testing and Education Programs, he or she will be suspended until this meeting takes place.

If a positive test is the result of a prescribed medication, or of questionable nature, the Coordinator of Drug Testing and Education Programs and Medical Director will determine if the presence of the prescribed medication or of another substance constitutes a positive test.

A positive marijuana (THC) confirmation below 15 ng/ml will require the student-athlete to meet with the Substance Abuse Counselor for an assessment of cause. Recommendations by the Substance Abuse Counselor in regard to this assessment will be followed.

NCAA Testing/Sanctions
The NCAA will test at championship events and in some cases on a random basis. Positive tests will result in a one year suspension from NCAA competition per NCAA policy. See the NCAA web site for further information (www.drugfreesport.com). A positive test by the NCAA will be considered a positive test under the drug and alcohol policy.
The Alcohol Program

Introduction
The University of Virginia does not condone the illegal or otherwise irresponsible use of alcohol. Alcohol dependence is a progressive disorder in which both psychological and physical dependency can develop. The negative physical and mental effects of the abuse of alcohol are well documented. Even low doses of alcohol impair brain function, judgment, alertness, coordination, and reflexes. Very high doses cause suppression of respiration and death. Chronic and abusive use of alcohol can produce alcohol dependency, dementia, sexual impotence, cirrhosis of the liver, and heart disease. There is a high correlation between alcohol abuse and academic failure. Sudden withdrawal can produce severe anxiety, tremors, hallucinations, and life threatening convulsions.

Therefore, it is the responsibility of every member of the University community to know the risks associated with alcohol use and abuse. This responsibility obligates students and employees to know relevant University policies and federal, state, and local laws and to conduct themselves in accordance with these laws and policies.

Violation of state alcohol laws is a criminal misdemeanor which may be punishable by suspension of driver's license, imprisonment for up to twelve months, and fines up to $2,500. Any member of the University community who violates state alcohol control laws is subject to prosecution. Whether or not criminal charges are brought, all students are subject to University discipline for any violation of state alcohol laws that occurs (i) on University owned or leased property, (ii) at University sponsored or supervised functions, or (iii) under other circumstances involving a direct and substantial connection to the University. Any student found to have engaged in such conduct is subject to the entire range of University sanctions described in the University Standards of Conduct, including suspension and expulsion.

Alcohol Policy and Sanctions
In addition to student-athletes being subject to state law and university policy, the consumption of alcohol by student-athletes is prohibited in connection with any official intercollegiate team function. An official team function for purposes of this policy is defined as any activity which is held at the direction of or under the supervision of the team's coaching staff (e.g. team dinner, recruiting, and road trips). This prohibition applies to coaches and staff as well.

A student-athlete who consumes alcohol will be accountable for any alcohol related incident in which he or she is involved. In such cases, the student-athlete is subject to University, Athletics Department and/or team disciplinary action.

If a student-athlete is involved in an alcohol-related incident (e.g., simple possession or underage consumption of alcohol), the student-athlete will undergo an assessment for alcohol abuse by the Substance Abuse Counselor as soon as possible and no later than 7 days after notification. The head coach of
that team, the Coordinator of Drug Testing and Education Programs and the Athletics Director or designee, after input from the student-athlete and Substance Abuse Counselor, will determine if the circumstances warrant suspension of the student athlete from practice and/or game competition. Possession, distribution or consumption of alcohol is prohibited in and around all first-year residence halls and violations will be subject to university policy.

The first time a student-athlete is involved in an alcohol related incident that can be harmful to him or herself or others or to property, the incident will be handled in a manner consistent with a positive drug test.

All subsequent alcohol related offenses during the student-athlete's NCAA eligibility will be handled in a manner consistent with positive subsequent drug tests.

A student-athlete who tests positive for alcohol on a substance abuse test will be required to meet with the Substance Abuse Counselor for an assessment as soon as possible and no later than 7 days after notification, comply with the recommendations of the substance abuse counselor and retest negative. In addition, the Coordinator of Drug Testing and Education Programs, the student-athlete's head coach, Athletics Director or designee and Medical Director will be notified.

Finally, the Athletics Department prohibits the use of any funds to be used toward the purchase of alcoholic beverages for student athlete consumption. This prohibition includes the purchase of alcohol for prospective student-athletes by current student-athlete hosts, and the consumption of alcohol by prospective student-athletes while visiting the University. Regardless of whether a student-athlete host has reached the legal drinking age, purchasing alcohol for consumption by a person under the legal drinking age (i.e. a teammate or a prospective student-athlete) is a violation of state law.

**Tobacco Policy**

The University of Virginia does not condone the use of tobacco. Tobacco use often results in a physical dependency in the form of nicotine addiction. The negative effects of tobacco abuse are well documented by the high incidents of oral, lung and other forms of cancer in those who use tobacco. Even casual users may become addicted. Smokeless tobacco is included in this policy. The University of Virginia strongly encourages its student-athletes to abstain from tobacco use in their lives.

The NCAA prohibits the use of tobacco products by student-athletes, coaches and staff in all practices and competition. Violations of the tobacco policy will be reported to the NCAA. Use of tobacco at a team function (i.e., meeting, practice, or competition) shall result in the suspension of the student-athlete, coach, or staff member for the remainder of the day of use.
Appeals Process
In the event a student-athlete is not in agreement with the application of the Drug and Alcohol Policy to himself or herself, his or her appeal will go to the Vice President for Student Affairs for a final decision.

Drug and Alcohol Policy Committee
The Athletics Director shall appoint a committee chaired by the Coordinator of Drug Testing and Education Programs to annually meet and review these policies and procedures. The committee shall consist of representatives from the Athletics Department, the Division of Student Affairs, the student-athlete community, the University Police Department, Student Health and others as deemed appropriate. Any policy changes will be approved by the General Counsel's Office prior to implementation.

The provisions of this program are subject to change by recommendation of the Drug and Alcohol Policy Committee to the Athletics Director. Such changes will not be applied retroactively.

Conclusion
The implementation of the Drug and Alcohol Policy will serve to benefit all connected with intercollegiate athletics at the University. Further, participation in this program will aid student-athletes in becoming better students and better athletes. Student-athletes will be better able to make individual, informed, and intelligent decisions in regards to alcohol, drug, and tobacco usage, both now and in the future.
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Cavaliers for Life

Virginia Athletics Foundation
and the
Student-Athlete Experience

The Virginia Athletics Foundation wants your experience at the University of Virginia—from academic and athletics competition to community service and social life—to be the very best.

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