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| La Roche University Athletics |
| 2019-2020 Student-Athlete Handbook |
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**Message from the Director of Athletics**

Dear La Roche University Student Athlete,

Here at La Roche University we are proud of the fact that we have the very best to offer our student athletes in opportunities, facilities, and instruction. La Roche University is a founding member of the Allegheny Mountain Collegiate Conference.

We are one of ten members in the AMCC. We are a member of the NCAA and compete at the Division III level where the "student" in student-athlete is strongly emphasized.

In recent years we have invested heavily in improving our athletic facilities and upgrading them to a level that places them at the top of the list of Division III facilities in the Western Pennsylvania area. Along with the Kerr Fitness & Sports Center, we offer the finest outdoor facilities available for our baseball, softball, soccer, and golf teams.

The Redhawks coaching staff spends countless hours working on developing their respective programs. Our varsity teams have competed for several AMCC championships over the past several years. They have placed countless athletes on all-conference teams, we've had athletes selected as players of the year in numerous sports, and even had a few of our athletes recognized by the NCAA with All-American honors.

Sincerely,

Jim Tinkey

Director of Athletics

**La Roche University Athletics Mission Statement**

La Roche University recognizes that the development of students is a combination of academic growth and other activities which contribute to the achievement of the goals established by the university in carrying out its mission with students. Participation in athletic competition and physical development serve as important functions for participating students and also serves as a mean of public relations, recruitment of students, and visibility for the university, school spirit, and student retention.

The athletic program at La Roche University is designed to provide opportunities for all students to recognize the importance of physical fitness in the development of mind and body, develop positive and ethical sports conduct, enhance student development, engender school spirit, and acquire skills for life-long individual sports. La Roche University offers many of these opportunities through intercollegiate athletics, intramural sports, club sports, recreational activities, and physical education. The Kerr Fitness and Sports Center is designed to enhance these opportunities and bring the university and larger community together. AMCC Mission Statement

The AMCC is an alliance of NCAA Division III institutions whose mission is to provide our students with an intercollegiate athletics program that advances their educational experience in a way that is safe, equitable, respectful, rewarding and balanced.

**Allegheny Mountain Collegiate Conference Mission Statement**

**Core Values**

A. The conference upholds the principle that in each institution the President shall control all phases of the administration of intercollegiate athletics.

B. The intercollegiate athletics program must be in harmony and consistent with the essential educational mission of the institution.

C. The conference shall provide equitable intercollegiate athletics opportunities for males and females and equally emphasize men and women's sports.

D. The conference shall provide equitable competitive opportunities across sports. The regular season emphasis shall be on participation opportunity and the post-season championships and season-ending tournaments shall emphasize higher achievement during the regular season.

E. The AMCC intercollegiate athletics program should promote mutual confidence and cooperation among the member institutions for the purpose of assuring maximum educational benefit from athletics.

F. The practice and promotion of good sportsmanship and ethical conduct by all members of the AMCC community (i.e., staff, student-athletes, coaches, and spectators) shall be of paramount importance.

G. NCAA Division III philosophy and rules are applicable in all circumstances.

**NCAA Mission Statement**

Colleges and universities in Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. They seek to establish and maintain an environment in which a student-athlete's athletics activities are conducted as an integral part of the student-athlete's educational experience. They also seek to establish and maintain an environment that values cultural diversity and gender equality among their student-athletes and athletics staff. (Revised 1/10/95)

To achieve this end, Division III institutions:

(a) Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (students, alumni, institutional personnel) than on the general public and entertainment needs;

(b) Awards no athletically related financial aid to any student;

(c) Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;

(d) Encourage participation by maximizing the number and variety of athletics opportunities for their students;

(e) Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relations with student-athletes;

(f) Assure that athletics participants are not treated differently from other members of the student body;

(g) Assure that athletics programs support the institution's educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution;

(h) Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;

(i) Give primary emphasis to regional in-season competition and conference championships; and

(j) Support student athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

**Code of Conduct**

**The La Roche University Student Athlete Code of Conduct is in congruence with the La Roche University Student Handbook Code of Conduct.**

**Eligibility**

NCAA rules require that students must be enrolled in a minimum full-time program of studies (12 credits), in good academic standing (2.0 GPA) and making satisfactory progress towards a degree.

Students must be enrolled in a minimum of 12 hours during the semester in which the intercollegiate participation takes place. If the student drops below the 12 hour minimum during a semester, he/she becomes immediately ineligible for competition.

*Exception:* Seniors in their final semester of attendance need only be enrolled in those courses necessary to fulfill graduation requirements.

*Never withdraw from a course without first talking to your instructor, advisor, and coach.*

*Questions of eligibility should be directed to the Athletics Office, 412-536-1001.*

**Alcohol, Banned Substances and Nutritional Supplements, and Tobacco**

La Roche University Athletics recognizes that the misuse of alcohol is a serious issue affecting university students, the community, and our society. Therefore, La Roche University students and/or their guests, regardless of age, are not permitted to use alcoholic beverages in the residence halls or on campus grounds. Students who are knowingly present during a violation are subject to procedures and sanctions outlined in the Student Handbook.

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

All tobacco products are strictly prohibited at La Roche University Athletics events.

**Athletic Uniforms**

All athletic uniforms are a property of La Roche University and policies regarding the use of athletic gear will be outlined by the head coach. All clothing is for student-athlete use only and shall not be loaned to friends or roommates. Items observed in the possession of non-athletes or of students no longer on active rosters will be confiscated.

**Conduct Detrimental to the University**

The La Roche University Athletics Department expects proper behavior by all student-athletes. The Athletics Department does not tolerate behavior that is detrimental to the team or university and has the authority to take proper action.

**Hazing**

There is a zero tolerance policy of any form of hazing. Any athlete involved in hazing may be suspended indefinitely from participation in varsity athletics at La Roche University.

**Sexual Assault, Harassment, and Misconduct**

La Roche University prohibits all forms of discrimination on its campus including sexual harassment of students by faculty, staff, and other students. Students have the right to file a complaint against an alleged harasser through grievance procedures which are posted throughout campus. La Roche University Sexual Harassment Policy is outlined on Page 66 and 67 of the Student Handbook.

**Social Networking**

Social Networking sites are a public domain and while the La Roche University Athletic Department does not prohibit student-athlete involvement with internet based social network communities, the high standard of honor and pride that is expected by all members of the La Roche University Athletics Department should encompass comments and postings made to internet sites.

Postings on personal profiles groups, and chat rooms are in the public domain and easily accessible by anyone including reporters, parents, coaches, groupies predators, employers, and graduate school admissions officials. Once information is posted it can be retrieved by computer savvy individuals even after it has been deleted.

It is important to ensure that the posting are consistent with university, department and team rules and that they present you in a way you want to be portrayed.

**Student Athlete Advisory Committee (SAAC)**

The purpose of SAAC is to promote varsity athletics on campus in the following manner:

1. Build a sense of community among student-athletes,
2. Promote understanding and mutual respect among faculty, staff and student-athletes,
3. Recognize the valuable role intercollegiate athletics play in the overall La Roche experience.

Each team must be represented on the SAAC committee by at least two representatives and at least one of those representatives is expected to be at bi-weekly meetings.

**Travel**

Team travel should be viewed as a time to foster team unity and a time for team socializing. Following that premise, athletes and coaches must travel to and from an away contest (locally or out-of-town) with the team unless permission has been granted in writing. If a team member wishes to leave the team for a return trip, the student-athlete must get permission from: parent/guardian, head coach, director of athletics, and student-athlete. Athletes may only leave the team with members of their immediate family and the family member must sign a release waiver form in advance of the trip.

**Amateur Status**

A student-athlete shall not be eligible for participation in an intercollegiate sports if the individual takes or has taken pay, or has accepted the promise of pay in any form, for participation in that sport, or of the individual has violated any other regulations related to amateurism set forth in Bylaw 12.

**Student Athletes Permission to Contact Other Institutions**

Using a form made available by the NCAA national office, a student-athlete who attends a Division III institution may issue, on his or her own behalf, permission for another Division III institution to contact the student about a potential transfer. Contact between the student-athlete and institution may occur during the 30-day period beginning with the date the permission to contact form is signed by the student-athlete. An additional form must be issued for contact to occur or continue beyond the initial 30-day period. *2012-2013 Division III Manual13.1.1.2.1 Self Release*

**Kerr Fitness and Sports Center**

The Kerr Fitness and Sports Center is designed to provide a quality athletic facility and enhance overall student development and campus life for La Roche University students. Although the students are the primary users of the center, the center is also open for use by members of the La Roche University community---faculty, administration, staff, trustees, alumni and friends.

Every effort is made to schedule events in such a way that they will not interfere with the availability of the facility for use by students.

**Facility Usage**

The Kerr Center is designed to facilitate the needs of intercollegiate athletics, intramural sports, physical education classes, recreational activities and groups and visitors to the university.

**Availability:** The Kerr Center is open for use subject to the scheduling of intercollegiate athletic events, physical education classes, and major university events. Approval of the athletic director and facility manager is required for scheduling any activity or event.

**Adult Supervision:** Adult supervision is required for individuals under 16 years of age. This applies to dependents of faculty, administrators, staff, and coaches. Individuals under 16 years of age are not permitted to use the weight room equipment.

**Group A**

La Roche University students, full-time faculty and staff with a valid La Roche ID are permitted to use the center during operating hours when it is not scheduled for athletic events, classes, or university events. They are permitted one (1) guest who is admitted when accompanied by a student/employee of La Roche University with a valid La Roche University ID.

**Group B**

Currently teaching adjunct faculty, alumni, part-time employees, immediate family of employees, trustees, donors, members and lay employees of the Congregation of Divine Providence and Passavant Hospital employees (Hospital ID required) may use the facility during regular hours of operation when it is not scheduled for athletic events, classes or university events. They will be issued an Athletic Department ID upon entering the center.

Other individuals having some association with the university, will have access to the Kerr Center subject to the approval of the athletic director and/or facility manager.

VISITORS AND GUESTS MUST ADHERE TO ALL KERR CENTER POLICIES AND PROCEDURES. FAILURE TO COMPLY WITH SUCH POLICIES AND PROCEDURES MAY RESULT IN IMMEDIATE REMOVAL FROM THE CENTER AND LOSS OF FUTURE SPORTS CENTER PRIVILEGES. ALL GUESTS MUST SIGN ALL THE APPROPRIATE FORMS.

**Operating Hours**

A separate schedule of operating hours is set and published on campus each semester.

**Equipment/Room Reservations**

**Racquetball Court Reservations -** The racquetball courts may be reserved 24 hours in advance by students and members of the university community. Reservations may not be made prior to 24 hours of the desired time and may be made in person or by telephoning 635-2703.

**Weight Room -** The weight room is supervised by a member of the athletic staff. Users must comply with posted guidelines for the use and cleaning of all equipment prior to use.

**Equipment -** Equipment for recreational and "open gym" events can be obtained through an athletic staff member with proper identification. Any damage or misuse of equipment may result in immediate removal from the Kerr Center and loss of privileges as well as appropriate replacement charges.

**Locker Rooms**

Home Team Home team lockers for men and women are assigned to the "in season" sport and will remain locked except for official practices and scheduled games.

The Athletic Department provides locks to be used during the official season.

General locker rooms are available during Kerr Center operating hours. Users are responsible for bringing their own locks and towels. Locks may not be left on lockers overnight.

**\* La Roche University is not responsible for lost or stolen valuables.**

**Facility Coverage/Supervision**

A member of the professional staff of the Athletic Department and/or a student assistant is on-duty during operating hours of the Kerr Center.

Student assistants are assigned to monitor the weight room, racquetball courts, equipment handout, and other areas as deemed necessary and appropriate.