

**Saint Mary-of-the-Woods College
Athletic Parent Guide
2009/2010**

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Welcome

Saint Mary-of-the-Woods College and its athletic staff share a very important goal with you: we want to help your daughter become a mature, confident, skilled, and caring person who will make her mark in the world. You have guided and nurtured her through the most important years of her growth. So we are grateful, not only that you have chosen the Woods as a place to help your daughter flourish, but also for the remarkable parenting that you have given her to help her become who she is today and who she will be tomorrow. We welcome you to our events and hope that you will continue to support your daughter as she becomes a Pomeroy.

Our Vision of the Pomeroy Student Athlete

Athletics plays a central role in the development and growth of our students. This role is best defined by several foundational principles.

- **Athletics are a co-curricular activity, supporting the learning and growth that is the mission of the College.** Hence athletes are not an end in themselves. We do not expect to be preparing many professional athletes, but we do expect that our athletes will find a powerfully challenging and satisfying level of competition more than equal to their passion and rewards in a sport.
- **Academic excellence remains first and foremost.** Our student athletes consistently perform well in the classroom and win large numbers of academic honors. Our coaches promote good academic performance.
- **We encourage the striving for excellence as a team, believing that these experiences will provide powerful life lessons that will sustain each athlete in the future.** Through these experiences, our students learn skills in leadership, empathy, and teamwork that will help the “team” succeed.
- **Student athletes at the Woods are role models.** We promote health and fitness for all students, and our athletes are walking examples of what attention to our fitness can achieve in the life of a woman.

Notes on Safety

We promote safe practices in sport. We do this primarily by using proper skill training, proper physical preparation, and proper attention to medical conditions and recovery from injuries. *You can help us* in several ways.

- **Our athletes need to have a completed physical before participating.** If the physical is completed by your family physician, the form must specifically state, in writing, that your daughter is “Cleared for participation in intercollegiate athletics.” (See general athletic

policies below.) The athletic department also makes arrangements with Sports Plus at Regional Hospital, to complete physicals, for a small fee of \$10. There is no insurance filed for the physicals at Regional.

- **Please make sure we are aware of any pre-existing conditions that may affect your daughter's health while participating in a sport.** If your daughter receives treatment for an injury, she must provide a written clearance from her physician to resume participation.

Our insurance is an “excess” provider for your daughter. Your (or her) health insurance is the primary provider. In the event of an injury requiring medical attention, an injury report will be filed with our provider. Our excess policy may provide assistance with deductibles. Please be certain to help fill out the “Primary” insurance form in advance of the season, so that we can together provide the best possible response to any injury. Also, please ensure that your daughter takes the secondary insurance information with her, whether she goes to the doctor by herself or you take her. This is primarily to your advantage in getting better payment of claims. (See general athletic policies below.)

Communication

Good communication is a key to helping us provide the best experience both for your daughter and for you. There are a few principles that we see as fundamental.

- **We applaud positive encouragement of our student athletes.** Go for it! Try to choose to do it *after* they have made plays rather than during a play. It's fine to applaud good performances from opponents as well. Great play is great play, whoever does it.
- **We ask parents to leave the coaching role to the coach, and the types of communication that go with that role.** Shouting instructions or questioning officials during contests is not as helpful as it may feel at the moment. In fact, most comments of this kind have a pressurizing effect on our own athletes, but are seldom heard in a way that can be acted upon. Most coaching will be done in *practices*.
- **In all we do, let's agree to try to promote mutual respect.** It can be among players, with officials, between teams, between fans, coaches, anyone. It's one of the most important reasons that athletics *can* be a great learning ground.
- **Anyone who feels a need to speak seriously with a coach should do so after games/contests.** Beyond ordinary congratulations or sentiments about the game, it may be nearly impossible for a coach to hear someone the same way while still on the field, court, or arena, before the stresses of competition have settled.

Family Educational Rights and Privacy Act (FERPA)

The Family Educational Rights and Privacy Act (FERPA) is a federal law that affords parents the right to have access to their children's education records, the right to seek to have the records amended, and the right to have some control over the disclosure of personally identifiable information from the education records. *When a student turns 18 years old, or enters a postsecondary institution at any age, the rights under FERPA transfer from the parents to the student ("eligible student").*

- The College is required by law to adhere to FERPA
- When given choices, the College has elected to support the rights of confidentiality of the students unless the student requests in writing a waiver to the contrary.
- Coaches, faculty and staff are not able to provide information of a confidential nature (academic progress, disciplinary actions, or health issues) to parents unless expressed permission is granted by the student.

Facilities and Ground Information

Saint Mary-of-the-Woods College is dedicated to providing excellent playing facilities for its athletes, venues that are not only safe but also facilities that convey a sense of pride. The College is currently engaged in the process of funding a sports facility which we know will enhance the success of every athlete. We ask that you help us to maintain our current facilities and to promote safe practices when you are a spectator.

- **Parking**
All vehicles must park in a lot or on the avenue. Grassy areas around and near the fields are now part of the new cross country course. Parking is available in the paved parking lot southwest of the athletic fields, near O'Shaughnessy Dining Hall or on the avenue.

It is imperative that emergency vehicles have access to the playing area therefore no parking is allowed on the driveway to the fields.
- **Handicapped Access**
Drivers may drop handicapped patrons off near the seating areas of the softball/soccer bleachers, but will need to exit with the vehicle to a parking area. There is currently no handicapped access to the Clinton Gym for basketball events.
- **Admission Charge**
Currently, basketball is the only sport which charges admission.

Contact Information

Athletic Director	Deanna Bradley	812-535-5288	dbradley@smwc.edu
Basketball Coach	Deanna Bradley	812-535-5288	dbradley@smwc.edu
Cross Country Coach	Danelle Readinger	812-535-5165	dreadinger@smwc.edu
Equestrian Coach, English	Krista Steinmetz	812-535-5002	ksteinmetz@smwc.edu
Equestrian Coach, Western	Charlynn Turner	812-535-5239	lturner@smwc.edu
Golf Coach	Steve Higham	812-877-9778	shigham@smwc.edu
Softball Coach	Gary Rodgers	812-535-5006	grodgers@smwc.edu
Soccer Coach	Mike Aycock	812-535-5204	maycock@smwc.edu
Security Office	Chuck Rairdon	812-535-5253	crairdon@smwc.edu

General Athletic Policies (as published in specific sport handbooks)

Expectations

As a student athlete and a representative of Saint Mary-of-the-Woods College you are to exhibit exemplary character, leadership, and sportsmanship at all times. It is expected that you will dedicate yourself to academic achievement along with athletic excellence in your pursuit of opportunities at Saint Mary-of-the-Woods College.

We want your involvement in the SMWC athletic program to be a positive learning experience. You will have the opportunity to gain many new skills, both athletic and personal, that will enable you to be an effective and contributing member of the SMWC community as well as preparing you for your future career. As coaches and mentors we will challenge you to become better students, better athletes, and positive contributors to our community.

You will learn the significance of accepting responsibility and maintaining a positive attitude, for yourself, your teammates and for your coaches. Throughout your experience at SMWC, you will learn the value of effective communication, self-discipline, self-control, and teamwork. We will help you learn to manage your time, set priorities, and address issues of stress and weight control.

As coaches and mentors our primary goal is to have you, as an individual, succeed in the classroom and in the athletic arena. As a result of your involvement and contribution, it is expected that you will enhance your abilities to be an effective leader, problem solver, and an individual that demonstrates a high level of respect for others.

As a student athlete you are also responsible for talking with faculty and meeting all assignment deadlines required before and after travel departure and returns. It is not the responsibility of your coach or faculty to track you down to remind you.

College Policy

It is expected that all athletes will adhere to all College policies when representing SMWC. All students will be held accountable for knowing the policies as published in the Student Handbook.

Academic Policy

1. A student athlete must be enrolled in a minimum of 12 credit hours per semester to participate as an athlete. She must pass 12 credit hours in her first semester, and 24 hours in two consecutive semesters of attendance to remain eligible. She must maintain a minimum of a 2.0 cumulative grade point average. Summer credit will count towards the previous winter semester hours if completed by the first day of fall classes.
2. If a student falls below a 2.0 cumulative grade point average in any semester, they are ineligible to participate in athletics for a minimum of one semester, or until their cumulative grade point average has returned to a minimum of 2.0.
3. If a student falls below a 2.5 semester grade point average she will be required to attend study table once a week regardless of whether they are on 'scholarship' or not. Each head coach is responsible for setting up study table time with their individual athletes for 1.5 hours per week.

Annual Physicals

1. All student athletes are required to have an annual physical on file with the health office before participating in the first official contest.
2. New students must have a completed 'health form' before attending Saint Mary-of-the-Woods College. This form will include on it, **“cleared to participate in intercollegiate athletics.”** This will be your 'physical' for the first year.
3. If a returning student decides to have their family physician do the physical, the physical must state specifically that the student athlete is **“cleared to participate in intercollegiate athletics.”**
4. Teams, except equestrian, will have a time set up the first week of school to go to Regional Hospital to have physicals completed by Dr. Jeff Bollenbacher. (The cost will be \$10, check or cash, no insurance filed.)
5. The equestrian team is responsible for setting up their physicals. **ALL PHYSICALS** must be submitted to the Athletic Director **BEFORE** the athlete is permitted to compete. (The cost to be determined. Please check with your coach).

Health Insurance

1. Each student athlete's personal insurance shall be the primary insurance provider in the event that an athlete is injured in a game, during practice, or traveling to and from a scheduled athletic contest or practice.
2. Saint Mary-of-the-Woods College is the secondary insurance provider.
3. Regardless of insurance status, student athletes are responsible for each claim (injury) up to \$1,000. This includes deductibles and co-pays.
4. Coaches will provide athletes with a letter containing SMWC secondary insurance information. The student athlete is responsible for submitting the information to all appointments requiring medical treatment.

Athletic Scholarships

1. Athletic scholarships are renewed annually at the end of each school year.
2. The sport specific head coach, and athletic director will conduct this review.
3. The student athlete will be notified both verbally and in writing if her scholarship is **not** to be renewed.
4. A copy of the letter will also be sent to the financial aid office.
5. Should a student athlete lose an athletic scholarship, she should immediately contact the Financial Aid office to see if some of the monies can be off set.

Non-Renewal of Athletic Scholarship

Based on but not limited to the following:

1. Failure to adhere to expectations outlined in specific sport handbook.
2. Failure to maintain athletic academic guidelines.
3. Voluntarily withdrawing from the team.
4. If you withdraw or are removed from a team your athletic money will be removed. If you choose to participate in another athletic program, your athletic money will not transfer to the other team.
5. Academically ineligible in two separate semesters.
6. The reinstatement to a team is the decision of the head coach and athletic director. However, once your athletic money has been removed, it will not be reinstated.

***Note:** If a student athlete receives an injury that sidelines her for a season or possibly the remainder of her collegiate career, scholarship status will be maintained **only** if they continue to be an active participant within the program as described by the head coach and athletic director.*

Communication

To foster and encourage an environment that allows athletes to grow and succeed, athletes are reminded, that rumors, negative attitudes, or confrontational behaviors may affect individual and team morale. It is important that each athlete address concerns to the appropriate person at the appropriate time.

1. Talk with the respective Head Coach.
 - a. If you haven't spoken to the head coach, don't go to the Athletic Director
2. Talk with the Athletic Director
 - a. If you haven't spoken to the Athletic Director, don't go to the Vice President for Student Life.
3. Talk with the Vice President for Student Life.

Alcohol-Tobacco-Illegal Drugs

1. The use of illegal drugs is a violation of College policy and will result in dismissal from the team.
2. The use of alcohol 'during season' is prohibited. "During season" is defined by each head coach. **In addition**, Saint Mary-of-the-Woods College is now a "Tobacco and Smoke Free" campus.
 - a. Any student athlete violating alcohol or tobacco policies will be subject to a two-game/day suspension. In the event of a second violation the athlete will be removed from the team and will forfeit her athletic scholarship.
 - b. These disciplinary actions will be effective immediately following proof of violation as determined by the head coach and athletic director.
3. A student athlete may be asked to submit to a drug test if, in the opinion of the head coach, there is a concern for the student athletes' health.

Team Travel

1. Student athletes are expected to act appropriately and represent SMWC in a positive manner during team trips. The head coach will mandate appropriate team attire.
2. **Games played over official College breaks and weekend competitions:**
 - a. A resident student who chooses to stay on campus over a campus break, during season, will be provided lodging and meals free of charge. However, the student must commit to either staying on or staying off campus. Partiality in any format is unacceptable.
 - b. The head coach is responsible for submitting a list of those student athletes staying over break to the Campus Life Director at least 2 weeks in advance. It is then the student athletes' responsibility to follow up with Campus Life to make specific arrangements for staying on campus. SMWC is not responsible for

lodging or meals of commuter students over holiday breaks, unless they are traveling with the team.

- c. All student athletes, regardless of commuter or resident status, will meet on the Saint Mary-of-the-Woods College campus for departure to any athletic competition.
 - d. All student athletes will return to Saint Mary-of-the-Woods College after the competition is completed unless the student athlete has received **prior** approval from the head coach to travel home with parents or guardian. This return can only be approved for weekend travel (Friday and Saturday) or campus breaks (Fall, Thanksgiving, Christmas, Spring, Easter).
3. Student athletes are not permitted to drive personal vehicles to or from athletic events of which they are members of the team. A student who is at least 25 years of age or older is permitted to drive a College owned or rented vehicle; however, they must provide copies of proof of personal insurance and a valid drivers license to Human Resources before driving.
 4. Student athletes are not permitted to sit in the back seat of a 15-passenger van.
 5. Prior to team travel, student athletes are required to speak with individual faculty to meet all deadlines assigned by faculty for all assignments, projects, etc. If you do not meet deadlines, faculty will be given the authority to prevent you from traveling with the team.
 6. For all teams participating in National Tournaments: **You are required to have written approval from all faculty of each student participating in the tournament.**
Note: Grade sheets and faculty signatures are to be submitted to the Athletic Director 24-hours before departure. **Failure to do this may cause future suspensions from national tournament participation.**