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Athletics Overview

History

John Carroll University was founded as an all-male collegiate institution on Cleveland’s west side in 1886, and it was not until after World War I that an intercollegiate athletics program was implemented.

The first varsity contest of any kind in school history took place on January 20, 1920, when the St. Ignatius College Saints (as the school was known back then) defeated the Forest City Knights of Columbus, 29-17, in a game of men’s basketball. The Saints would go on to win games over Kent Normal, Hiram, Niagara and Ashland in that inaugural season, setting the stage for things to come.

Football was added in the fall of 1920, and by 1923, the St. Ignatius College name had given way to John Carroll University. The nickname “Blue Streaks” would soon be added to the lexicon in the mid 1920’s, purportedly by a graduate who wished to his team play one more time before passing on.

Over the next 40 years, both the university and its intercollegiate athletic program experienced many changes. In 1935, the school relocated to its current home in University Heights and its enrollment nearly doubled. As the number of potential student-athletes increased, so did the list of varsity sports offered by the school: Hockey, boxing, golf, track/cross country and tennis were part of this expansion during this era. By 1960, however, hockey and boxing were no longer part of the picture.

Wrestling and soccer started up as varsity sports in 1964, but the most dramatic permutation in John Carroll athletics history coincided with the first-time admission of female students in 1969. This circumstance brought about the advent of women’s basketball, volleyball and tennis in the early 1970’s. Swimming & diving (1970), baseball (1973), softball (1984), women’s track & field/cross country (1985), women’s soccer (1989) and women’s golf (1999) have pushed the number of sports sponsored at John Carroll to its current total of 21.

As a small liberal arts university, the path that John Carroll chose to follow in collegiate athletics was established at a pivotal time in its history. Over its first 35 years, John Carroll had competed in football and basketball against the likes of Syracuse, Bowling Green, Xavier and Toledo, just to name a few. Eventually, John Carroll chose not to pursue the road toward what is now known as “major college athletics” and instead became a charter member of the Presidents’ Athletic Conference in 1956. The intent was that athletics would not be an end in itself, rather as a part of the overall educational process.

Throughout the years, John Carroll has maintained a healthy balance between academics and athletics. Just as famous names such as Don Shula and London Fletcher-Baker have brought John Carroll notoriety on the field of play, many former Blue Streaks have gone onto greatness in their chosen professional fields. For example, respected Ashland County prosecutor Ramona Francesconi Rogers (basketball and volleyball, class of 1979) and Vice President for Finances at JCU - Dennis Hareza (wrestling, class of 1981) are both members of the JCU Athletic Hall of Fame.

The JCU Athletic program has produced one team national champion (1975 wrestling) and over 20 individual national champions. Just as importantly, over 30 student-athletes have earned Academic All-American honors.

John Carroll, which has competed on a Division III level as a member of the NCAA since 1974, officially became a member of the Ohio Athletic Conference on a full-time basis in 1989. The men were winners of the OAC All Sports trophy in 2004, 2015, 2016 and 2017.
Mission

The John Carroll University Athletic Department adheres to the institution’s mission statement which declares “John Carroll University is a Catholic and Jesuit university dedicated to developing women and men with the knowledge and character to lead and to serve.”

As a university, John Carroll is committed to the transmission and extension of the treasury of human knowledge with the autonomy and freedom appropriate to a university. As a Catholic university, it is further committed to seek and synthesize all knowledge, including the wisdom of Christian revelation. In the search for this integration of knowledge, the university community is enriched by scholarship representing the pluralistic society in which we live. All can participate freely in the intellectual, moral, and spiritual dialog necessary to the search. Within this dialog, in which theological and philosophical questions play a crucial role, students have the opportunity to develop, synthesize, and live a value system based on respect for and critical evaluation of fact; on intellectual, moral, and spiritual principles which enable them to cope with new problems; and on the sensitivity and judgment that prepare them to engage in responsible social action.

In a Jesuit university, the presence of Jesuits and others who are inspired by the vision of Saint Ignatius Loyola, founder of the Society of Jesus in 1540, is of paramount importance. This vision, which reflects the value system of the Gospels, is expressed in the Spiritual Exercises, the source of Jesuit life and activity. To education the Jesuit spirit brings a rationality appropriately balanced by human affection, an esteem for the individual as a unique person, training in discerning choice, openness to change, and a quest for God’s greater glory in the use of this world’s goods. Commitment to the values which inspired the Exercises promotes justice by affirming the equal dignity of all persons and seeks balance between reliance on divine assistance and natural capacities. The effort to combine faith and culture takes on different forms at different times in Jesuit colleges and universities. Innovation, experiment, and training for social leadership are essential to the Jesuit tradition.

John Carroll University welcomes students and faculty from different religious backgrounds and value systems, in the belief that the educational environment which the university provides is one which these students and faculty may find congenial, rewarding, and enriched by their presence. Within this environment there is concern for the human and spiritual developmental needs of the students, and a deep respect for the freedom and dignity of the human person. A faculty not only professionally
qualified, but also student-oriented, considers excellence in interpersonal relationships as well as academic achievement among its primary goals.

The university places primary emphasis on instructional excellence. It recognizes the importance of research in teaching as well as in the development of the teacher. In keeping with its mission, the university especially encourages research that assists the various disciplines in offering solutions to the problems of faith in the modern world, social inequities, and human needs.

The commitment to excellence at John Carroll University does not imply limiting admissions to the extremely talented student only. Admission is open to all students who desire and have the potential to profit from an education suited to the student’s needs as a person and talents as a member of society.

The educational experience at John Carroll University provides opportunities for students to develop as total human persons. They should be well grounded in the liberalizing, humanizing arts and sciences; proficient in the skills that lead to clear, persuasive expression; trained in the intellectual discipline necessary to pursue a subject in depth; aware of the interrelationship of all knowledge and the need for integration and synthesis; able to make a commitment to a tested scale of values and to demonstrate the self-discipline necessary to live by those values; alert to learning as a lifelong process; open to change as they mature; respectful of their own culture and that of others; aware of the interdependence of all humanity; and sensitive to the need for social justice in response to current social pressures and problems.

The John Carroll University Athletic Department adheres to this mission, and offers a variety of opportunities toward this pursuit both on a varsity (intercollegiate) and recreational (intramural) level. The information contained in this booklet focuses on intercollegiate athletics.

Affiliations and Organizations

John Carroll is a member institution of the National Collegiate Athletic Association (NCAA), and is classified as a Division III school. Simply put, this designates John Carroll as an institution that does not offer financial aid or scholarships based on athletic merit. An athlete at John Carroll may receive financial aid or scholarships, but it is given on the same basis as other students.

In 1989, John Carroll University became a member of the Ohio Athletic Conference. The OAC, the third oldest conference in college athletics, is predated only by the Michigan Intercollegiate Athletic Association (1888) and the Big Ten (1895). The Conference is older than even the NCAA itself, and has survived two world wars, the Great Depression, the Korean War and the Vietnam Conflict. The OAC celebrated its Centennial during the 2002-2003 school year.

Through the years a total of 30 colleges and universities at one time or another have been members of the OAC, including current Division I-A institutions Ohio State, Toledo, Akron, Bowling Green, Miami of Ohio, Ohio University and Kent State. Currently the conference consists of ten schools, all of which compete under the Division III banner. The present OAC membership includes Baldwin-Wallace University, Capital University, Heidelberg College, John Carroll University, Marietta College, University of Mount Union, Muskingum University, Ohio Northern University, Otterbein College and Wilmington College.

Division III Philosophy 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, and in which coaches play a significant role as educators. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their student-athletes and athletics staff.

To achieve this end, Division III institutions:

(a) Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;

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

(c) Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;

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

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

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

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

(h) 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. Further, the administration of an institution’s athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;

(i) Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process;

(j) Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;

(k) Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;

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

(m) Support ethnic and gender diversity for all constituents;
(n) Give primary emphasis to regional in-season competition and conference championships; and

(o) 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.

The Three D’s of NCAA III

Discover

Division III student-athletes are encouraged to pursue their interests and passions beyond the classroom and field of play...to discover themselves.

Develop

Division III institutions provide an environment that encourages student-athletes to develop into well-rounded adults. Small class sizes, the ability to participate in more than one sport, and an emphasis on participating activities outside of the classroom are all hallmarks of the Division III experience.

Dedicate

Division III institutions expect student-athletes to dedicate themselves to achieving their potential. Student-athletes must manage their busy schedules, keep up with class work and face the same challenges as the rest of the student-body.
ATHLETIC DEPARTMENT MISSION STATEMENT

The Department of Athletics at John Carroll University is committed to a broad based program of competitive excellence for all student-athletes. Administrators, coaches and staff are dedicated to supporting each student athlete’s journey toward academic and athletic success. Recognizing this commitment, the department embraces an obligation to attract diversified students of high moral character, academic distinction and acknowledged athletic proficiency. Influenced by Jesuit values, student-athlete development is accomplished through quality coaching, adequate resources, and an environment that fosters personal growth.

STUDENT ATHLETE OUTCOMES

Personal Growth and Development

Students-athletes will:

• Increase their level of self-awareness through their team’s competitive environment.
• Demonstrate both physical and mental self-discipline.
• Use the competitive environment to develop self-respect and confidence.
• Develop an understanding of their athletic potential.
• Show progressive improvement toward realization of athletic potential.
• Be positioned to become logical decision makers.
• Strengthen moral character through the balance of classroom and competitive experiences.
• Display and adhere to a role of honesty and integrity.

Team Responsibility

Student-athletes will:

• Establish and work with others toward a common goal.
• Demonstrate a commitment to team success and expect accountability from each other.
• Establish lifelong relationships with teammates which continue to contribute to personal growth.
• Respect teammates, coaches, support staff and University communities for their contributive efforts.

Life skills
Student-athletes will:
• Demonstrate maturity in winning and losing.
• Acknowledge the benefits of exerting all-out physical and mental effort consistently.
• Manage their time.
• Adapt to changing situations.
• Understand that they are part of a community larger than themselves.
• Develop an understanding and appreciation of a diverse environment.

Service, Leadership, and Community Involvement
Student-athletes will:
• Assume responsibility for their behaviors.
• Display good sportsmanship in victory and defeat.
• Demonstrate a commitment to both team and individual goals.
• Become ambassadors for the University.
• Act as role models for young people in the community.
• Value their status as a contributing member of a group and recognize opportunities of this type in the future.
CODE OF CONDUCT

The Athletic Department rule of conduct is identical to that which is to be followed by any JCU student. "The student is expected to conduct himself/herself at all times both on and off the campus, as a gentleman or lady and a responsible citizen." Our athletes are expected to conduct themselves in the true meaning of the above both on and off the field, as they represent JCU in the eyes of the public.

There are five categories of rules governing our athletic teams.
1) NCAA III rules
2) Ohio Athletic Conference rules
3) Institutional rules
4) Coach's rules
5) Squad rules

Intentional violation of rules and codes of sportsmanship will not be tolerated by John Carroll University administrators and coaches.

PERSONAL APPEARANCE AND TRAINING RULES

John Carroll University athletes are treated as individual men and women. However, they are distinct members of a well-defined group, which represents the University both on and off campus. Student athletes are expected to appear for contests dressed in a manner that reflects positively upon JCU. In some cases the dress will vary from trip to trip depending upon the itinerary as outlined by the head coach.
Training rules at JCU vary depending upon the expectations of the coach and/or team. Athletes are expected to follow guidelines established by coaches throughout the year. When poor training habits interfere with the desires of the group to the point that the goals of that group are jeopardized; the athlete no longer is a responsible member of that group, and may be removed from the group.

STUDENT ATHLETE PERSONAL BELONGINGS STATEMENT
JCU will assume no responsibility for the theft, destruction or loss of money, valuables or other personal property belonging to, or in the custody of a student for any reason, whether such losses occur in a JCU event, owned or rented vehicle, student room, storage rooms, public areas, elsewhere at a sporting event, or in baggage related to shipment or storage or travel to and from athletic events. Students are encouraged to carry personal property insurance.

RESPONSIBILITIES OF STUDENT ATHLETES
• Put the team's goals, welfare and success before your own
• Complete all required documents prior to the beginning of your season on the jcusports.com athletic training site located under student athletes section
• Be involved in community service projects
• Attend practice sessions
• Travel to and from athletic contests with teams
• Be receptive to coaching
• Be responsible for all uniforms and equipment
• Represent the school in a positive manner and follow team rules
• Report all injuries to the trainer or coach
• Attend classes on a regular basis and talk with your instructors prior to missing a class for an athletic contest
• Implement the concepts of good sportsmanship and fair play in all aspects of practice and competition
• Attend educational programming sessions designed for student athletes which cover alcohol, sexual assault, nutrition, etc.

JCU STUDENT ATHLETE ADVISORY COMMITTEE (SAAC)
The SAAC consists of student-athletes from each varsity team, an athletic trainer, and a cheerleader representative. The Director of Athletics appoints the advisor for this council. The Committee will have two student-athletes from each team to serve on the committee. When that particular student-athlete graduates, the head coach will select a new member to serve on the council for the following year. The representatives are chosen for their leadership qualities and willingness to serve on the committee.

The purposes of the council are:
• To communicate concerns, needs, and opportunities to all teams, to the Director of Athletics and to the athletics staff.
• To serve as an advisory board for the Athletics Department in matters of policy and procedure.
• To streamline and promote efficient communication between the JCU Athletic Department Administration and student-athlete population.
• To actively encourage more involvement of the student-athletes in campus and community projects.
• To design and implement programs which will encourage academic achievement, health promotion, social responsibility and general awareness.

Responsibilities of each representative include:
• To participate in all Committee meetings and activities.
• If unable to attend, to select a responsible alternate team representative.
• To represent the team’s views at Committee meetings. This means that the representative must talk to their teammates about issues or projects, which will be discussed, at Committee meetings. Coaches will allow time before or after practices for team meetings if the coach is given advance notice (24 hours) that a meeting is needed.
• To organize team members to help with any special projects.
**Officers**

- **President:** Chairs all Committee meetings and acts as the official representative of the Committee.
- **Vice-President:** Assists the President in his/her duties and assumes the role of the President upon reaching senior status
- **Secretary:** Records the minutes of all meetings and distributes to representatives and advisors in a timely fashion
- **Web Master:** Responsible for updating the SAAC website on a regular basis in conjunction with the Sports Information Director

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**JOHN CARROLL ATHLETIC AWARDS SYSTEM**

Athletic awards are given to varsity members who meet the requirements for participation as determined by each sport head coach.

- First Letter Award: Certificate
- Second Letter Award: Jacket
- Third Letter Award: Plaque
- Fourth Letter Award: Blanket
ATHLETIC EQUIPMENT ROOM POLICIES AND PROCEDURES

EQUIPMENT ROOM HOURS
- Tony DeCarlo Varsity Center opens 9:00 a.m. to 5:00 p.m. Monday through Friday when classes are in session. Don Shula Stadium opens at 9:00 a.m. to 4:00 p.m. Monday through Friday.
- During all home contests.
- Hours vary during vacations and summer months. Please check in advance with the Equipment Directors.
- Sundays and Holidays - the equipment room is closed (unless there is a scheduled event)

LAUNDRY PINS
- Each athletic sport has its own itemized set of under-gear and a numbered laundry pin.
- Pins will be laundered every morning except weekends, and returned in time for afternoon practices.
- Laundry service is not provided in the athlete’s off season.
- Laundry service is for practice clothing and competition uniforms, not a student’s personal laundry.

GAME APPAREL
- All game apparel including any game under-gear is checked out before the contest. Players are responsible for returning all apparel to the equipment room immediately after home contests and the next day by 9 a.m. after a road trip. Follow the schedule and communicate with the equipment staff in regard to check-in and check-out for each contest. Items are to be returned in person and when the Equipment Manager is on duty. **DO NOT LEAVE ITEMS ON THE COUNTER IF THE EQUIPMENT MANAGER IS NOT PRESENT.**

POLICY
- Each student athlete is solely responsible for the issue and safe return of his/her own equipment and apparel. Should a student athlete fail to return any item(s), he/she will receive a letter from the athletic department detailing which items are missing, the cost of each item, and the intent of the athletic department to bill the athlete for the total cost of said items. Failure to return equipment after receipt of the warning letter will result in a charge to an athlete’s student account. Anything issued that is lost or not returned the athlete will be fined for the full cost of whatever is lost.
• WE CANNOT STRESS ENOUGH THE IMPORTANCE OF TAKING RESPONSIBILITY FOR YOUR OWN EQUIPMENT AND UNIFORMS.
• Athletes not on official tryout lists (late additions) must receive a note signed by the coach and then be medically cleared by passing a physical exam before checking out any equipment.

OFF SEASON
• Defined as before the official starting date and after last season contest. Includes the period of time between traditional and non-traditional practice seasons for the fall and spring sports.

LOCKER ROOMS
• LOCKER ROOM FLOORS should be kept clear of clothing, shoes, travel bags and equipment for sanitary purposes. Keeping the locker room floors clear allows housekeeping to properly clean the area. Clothing and equipment left on the floors will be removed regularly.
• KEEP LOCKERS LOCKED! John Carroll is not responsible for lost or stolen money or personal items. DO NOT LEAVE MONEY OR VALUABLES IN LOCKERS AT ANY TIME!
• Use only the lock issued by the Equipment Manager. Personal locks will be taken off immediately
ATHLETIC TRAINING POLICIES AND PROCEDURES

1. Training room hours are as posted. Treatments are available for all intercollegiate athletes. These hours are in effect only when the university is officially open. During summer and breaks hours may be limited.

   - Morning treatments and evaluation begin at 10:00 a.m.
   - Taping begins 2:00

2. The training room will close 30 minutes after the completion of practice/games.

3. Taping and pre-practice treatments should be finished 30 minutes before practice begins.

4. All athletes must sign up for daily treatments on sign up board, in athletic training room. Staff members can work around your schedule if prior arrangements are made.

5. Treatments are considered an extension of practice and athletes are expected to treat them as such. As an athlete it is your responsibility to arrive on time for scheduled treatment times just as it is your responsibility to be at practice.

6. All injured athletes must report for treatments as directed. Failure to keep treatment appointments will be interpreted as indifference and lack of desire to return to full activity. Reports of such indifference will be made to the coach.

7. Athletes are treated on a "first come" basis, unless for obvious reasons/serious injury. People signed up for times will be given priority.

8. All athletes will be required to shower after practice/games prior to receiving treatments or ice baths. Athletes who do not wish to shower can take ice “to go”, or may be asked to sit in the hallway to complete their icing.

9. Only the athletic trainer and student athletic trainers have authorization to administer treatments.

10. The training room is coed. Everyone must be properly clothed.

11. All equipment and supplies must remain in the training room unless a member of the athletic training staff permits their removal. Failure to return items on loan in good condition will result in a charge to the student.
12. Treatment logs are open to all coaches for review.

13. Do not bring extra clothes, uniforms, equipment, bags, cleated shoes or other unnecessary items into the training room.

14. No vulgar language in the training room.

15. No tobacco products in the training room.

16. Show respect to everyone in the training room.

17. The Athletic Training Room is to be treated as a place of business and will not be used as a place to hang out or sleep.

18. Athletic Teams may be assigned designated Athletic Training Rooms. Each athlete should check with either their coach or an Athletic Training Staff Member.

19. There is a physician present at Health Services from 9:00am-10:00am M-F in the event that you are feeling ill and you feel you need immediate attention.

20. Athletes are required to go through proper medical channels (athletic trainer, team physician,) when an injury results from in-season participation in intercollegiate athletics at John Carroll University. The athlete should take the following actions:

   a. Be sure to check promptly with the athletic trainer immediately after an injury.
   b. The athletic trainer may refer you to the team physician or make arrangements for referral to appropriate specialists.
   c. Do not go to another doctor on your own without consulting the athletic trainer or team physician.
   d. Failure to follow proper channels may result in John Carroll University not covering billing that has incurred due to the injury.
Physicals

All varsity athletes are **required** to have a **physical examination** (completed by our JCU Sports Medicine Team Physicians and partners from Cleveland Clinic Sports Health) prior to the first scheduled practice.

John Carroll University uses a Web Portal Database System developed by Athletic Trainer Systems to keep track of all of our Athlete’s insurance information and emergency contacts. It is important that you fill out these areas in the Database COMPLETELY. This information must be on file BEFORE you will receive your physical. Failure to have all of the required information WILL delay your participation in JCU Athletics.

The final decision on physical qualifications or reasons for rejection is the responsibility of the team physician. The athletic trainer may also make the decision on when an athlete may return to competition after an injury.

1) All student athletes must log on to the following website: www.atsusers.com, then click onto the **ATS Athlete Portal**. The first time you access this site you will need to input the following information: User Name; New Password; New Database; ATS_JCU. Once you have completed this step a new user name and password will be sent to the email address you have inputted. To login in the future you will need the information from your e-mail.

The Database will remain ATS_JCU. All first time users are REQUIRED to complete the general information, insurance information and emergency contact information sections. PLEASE make sure all areas are complete. After each section please be sure you click the SAVE at the bottom
of the form. All returning athletes should update these areas. All information must be completed prior to your physical. You must also bring a copy of your insurance card for us to put in your file. If you do not have a copy bring the original so we can make a copy for you.

2) IMPACT TESTING, Pre-Concussion testing. Log into following website:

www.impacttestonline.com/clevelandclinicsportshealth

Customer ID Code: FAE87ACC5E. Click on Baseline Testing, under the Cleveland Clinic Sports health graphic. Follow the prompts. Under the Supervision question, put UNSUPERVISED. Continue to follow the prompts. While taking the test minimize ALL distractions (No phone, no text, no music, etc...) Please read ALL directions carefully and understand them. Use a mouse. This test may take up to 30 minutes to complete. Testing must be complete prior to first practice.

NCAA DIII mandates documentation of positive or negative Sickle Cell trait for ALL incoming and returning student athletes. There is a form in the list of required documentation (see below).

Required documents for participation in 2017-18 JCU Varsity Athletics:

- JCU Varsity Athlete Medical Consent form
- JCU Varsity Athlete Sickle Cell Trait form
- JCU Varsity Athlete Concussion Responsibility form
- JCU Varsity Athlete ADHD form (only if applicable)

These required forms MUST be on file with JCU Athletic Training before the first scheduled practice. They may be downloaded, completed, turned in at physical OR faxed to 216.397.1812 OR emailed to sportsmed@jcu.edu.

John Carroll University provides a secondary insurance policy for incidents that may occur during varsity sports practices or competitions. Your family/personal insurance policy continues as the primary coverage. If you have any questions concerning the insurance policy, please feel free to contact Garry Homany at (216) 397-1982 or Don McPhillips at (216) 397-4503.

TEAM TRAVEL POLICY

Each student-athlete is required to travel to and from sporting events with their team on University provided/sponsored transportation. Exceptions to this policy may be granted by coaches when a student leaves a site of an away contest with their own parent or guardian.
INSURANCE

All athletes must fill out the proper insurance forms indicating their insurance policies, emergency contact, and release form. John Carroll University is not responsible for recurring injuries, pre-existing injuries or injuries that have occurred that are not a direct result of participation in an intercollegiate sport or supervised practice setting at John Carroll University. No athlete will be allowed to participate or practice without insurance information on file. No equipment will be issued without insurance on file.

All student athletes must log onto the following website: www.atsusers.com, then click onto the Web Portal site. The first time you access this site you will need to input the following information: User Name; New Password; New Database; ATS_JCU. Once you have completed this step a new user name and password will be sent to the email address you have inputted. To login in the future, you will need the information from your email. The Database will remain ATS_JCU. All first time users are required to complete the general information, insurance information and emergency contact information sections. Please make sure all areas are complete. After each section, please make sure you click the SAVE at the bottom of the form. All returning athletes should update these areas. **ALL INFORMATION MUST BE COMPLETED PRIOR TO THE FIRST PRACTICE. PLEASE HAVE AN INSURANCE CARD OR COPY TO BE SCANNED AND PLACED IN YOUR FILE.**

INJURIES -- MEDICAL BILLS -- INSURANCE COVERAGE

Injuries do occur and John Carroll attempts to provide our athletes with the very best possible care. Medical bills are incurred when an athlete is treated, whether it is locally, during a road trip, or by a medical vendor in his/her home area.

**FIRM STATEMENT:** The NCAA does not permit JCU to provide coverage or pay bills incurred for expenses related to ILLNESSES OR CONDITIONS WHICH ARE NOT SUSTAINED AS THE DIRECT RESULT OF AN ACCIDENT IN OUR INTERCOLLEGIATE SPORTS PROGRAM DURING A STUDENT ATHLETE’S CHAMPIONSHIP SEASON.

INSURANCE COVERAGE: The athletic accident insurance at John Carroll University is a SECONDARY COVERER, and will only cover injuries that occur as a result of participating in OFFICIAL practices or games.

**Intercollegiate Sports Claim Filing Instructions**

Student Athletes that incur medical expenses **outside of their primary healthcare insurance** should follow the information below to file a claim:

1. Obtain a medical claim form from John Carroll University’s Athletic Trainer.
2. Provide parents health insurance information to the Intercollegiate Sports Plan Insurance company (see Intercollegiate Sports Plan Insurance Card below).

3. Contact your healthcare provider (hospital, doctor, etc.) and give them the information on the Intercollegiate Sports Plan Insurance Card. Ask your health care provider to bill the plan administrator.

4. Once parents insurance company has processed your claim(s), you will receive and Explanation of Benefits (EOB) worksheet. Please submit this EOB along with any bills relative to the injury to Special Risk Claims, 70 Genesee Street, Utica NY 13502

5. Athletes covered under a HMO/PPO medical plan should follow their guidelines for treatment.

Initial medical treatment must be incurred within 90 days from the date of the accident. Claims must be submitted to Special Risk Claims within 90 days after the date of treatment.

If you have any questions, please contact the Plan Administrator Special Risk Claims at 1-800-756-3702 or contact.
NCAA Drug testing policies and banned substances.

The NCAA bans drugs that are taken to enhance athletics performance and are harmful to your health. A complete list of banned substances has been included in this section. If you are taking supplements of any type and are concerned about the status of the substance according to NCAA standards, you must check with the athletic training staff. What follows is a general list of banned drug classes:

Stimulants - Athletes take stimulants to increase energy, lose weight or stay alert. The problem is that most stimulants are banned drugs, plus using them when you exercise is dangerous. Beware of seemingly harmless supplements. Many contain banned substances (caffeine, ephedrine, and amphetamine).

Anabolic Agents - If you take steroids, you cheat yourself, your team and your health. There's nothing "natural" about taking testosterone or any other banned steroid, or testosterone-stimulating drug.

Diuretics - Unless prescribed by a doctor do not take diuretics. Diuretics are drugs that dehydrate the body and increase urine output. They will not allow you to pass a drug test.

Street Drugs - Street drugs such as alcohol, marijuana, cocaine, are all banned substances.
Other Drugs - Some prescription drugs are also banned substances and you should check with the athletic trainers to determine if it is a banned substance.

**Drug -Testing Consent**

Each athlete is required to sign a drug testing consent form which states the policies for drug testing prior to the start of each season (NCAA forms).

**CARDIO-CORBO and SHULA WEIGHT ROOM POLICIES**

- All users must have a John Carroll University Identification card to enter the Corbo Room.
- All participants in the Cardio-Corbo Room must wear shirts, shorts, and shoes... AT ALL TIMES.
- No food, drinks, gum or any kind of tobacco allowed in the room.
- No horseplay will be tolerated in the room.
- All weights are to be placed on their appropriate weight racks. DO NOT LAY weights on the floor or lean them on the walls or racks.
- All bars are to be stripped down completely when lifting is completed.
- Always have a spotter as you lift to assist you and protect yourself from injury. DO NOT LIFT ALONE!
- Spotters should provide maximum care and attention to the lifter at all times. Always be in the proper position to assist the lifter.
- Have PRIDE in the Cardio-Corbo Room. Always keep all weights, dumbbells, and belts picked up off the floor. Do not litter the room with tape, bandages, ice bags or any other personal belongings. USE THE LOCKERS PROVIDED IN THE HALLWAY FOR YOUR PERSONAL ITEMS.
STUDENT ATHLETE CONFLICT RESOLUTION RECOMMENDATIONS

If a student athlete has concerns related to his or her athletics participation there are several options available to the student.

- The student can seek advice from team captains or the SAAC representatives for the team
- An individual meeting can be scheduled with the head coach.
- The student can schedule a meeting with the Director of Athletics or appointed representative.
- The student could seek counsel from an appropriate person outside of athletics such as an academic advisor, associate dean, faculty athletics representative or counseling staff.
John Carroll University Ticket Policies

- Admission to regular season athletic contests is free to JCU students, faculty and staff. Students, faculty and staff are asked to present their valid JCU ID's at the gate.
- OAC Complimentary Passes - (football and men's and women's basketball): All parents will receive an OAC pass for home and away OAC contests only. Tournaments and non-conference contests are subject to postseason costs.
- Will Call: JCU does offer a "will call" for football and basketball for spectators who have tickets reserved in their name. This is for complimentary tickets for player's parents and scouts.
- Select a Seat: Season ticket packages are available for football and men’s and women’s basketball. Please contact Russell Houser at rhouser@jcu.edu
- Any campus office requesting tickets for guests of the University should make the request to the Athletic Department (Russell Houser) at least 24 hours in advance.
- The Athletic Department website is www.jcusports.com
TIPS FOR ACADEMIC SUCCESS

All student athletes are students first, athletes second. Your academic responsibilities are considered the highest priority at John Carroll. Some tips for achieving academic success include:

- Attend class. When you register for a class, you make a commitment to attend all class meetings and complete the requirements for that class. The NCAA prohibits a student from missing a class for an athletic practice on campus.
- Know your instructors' names and their contact information in the event you need to notify them regarding a change in schedules.
- Be prepared for class. Have your textbook, notebook, writing tools, etc. with you. Complete all homework and reading assignments ahead of time.
- Get off to a good start in your classes. Answer questions, take part in discussions, have work done ahead of time. Be active in class; avoid going to the back row of the classroom each meeting.
- If missing a class due to an athletic contest, notify your instructor AHEAD of time. You are responsible for making up all work. Your head coach should have a letter to the faculty available which outlines dates of contests and departure times.
- If you are having difficulty with a class, the first step is to talk with your instructor. Our faculty are here to assist our students.
SPORTSMANSHIP ... A TEAM EFFORT!

Participants

- Treat opponents with respect.
- Don’t get personal in comments about players, coaches or officials.
- No profanity, vulgarity, racist or sexist comments.
- Respect judgment of contest officials, abide by the rules of the event and display no behavior that could incite fans.
- Cooperate with officials, coaches, and fellow participants to conduct a fair contest.
- Accept the responsibility and privilege of representing John Carroll; display positive public actions at all times.
- Win and lose gracefully.

Ohio Athletic Conference Sportsmanship Statement

“The NCAA and the OAC promote good sportsmanship by demonstrating respect for all participants. Fan ridicule of athletes, coaches or officials is strictly prohibited. Degrading remarks will not be tolerated. Be proud, be loud, and be positive.”
Hazing Prohibition Policy

Hazing is antithetical to the values of John Carroll University because hazing degrades and dehumanizes members of the John Carroll community. Therefore, hazing in any form is prohibited. Hazing is dangerous and can lead to social ostracism, preventing members of the John Carroll community from fully participating in all aspects of the university experience. As such, hazing violates John Carroll University’s commitment to providing a positive environment for student learning, development and growth. In addition, hazing is prohibited by Ohio law.

Scope
This policy applies to all individuals, groups, organizations and teams associated with John Carroll University in any way. This policy applies on-campus and off-campus, including all residence halls, campus buildings, athletic competitions, parking lots, University events and off-campus housing associated with the University or its students, faculty and staff. This policy extends to alumni as well.

Hazing Defined
Hazing is any planned/executed action or activity by or against an active member, associate member, new member, or potential member of a group, organization, or team that causes, or creates a risk of causing harm, to any person regardless of location, consent or intention of participants. For the purposes of this policy, “harm” includes, but is not limited to, anxiety, disgrace, distress, embarrassment, emotional, mental, or physical pain, endangerment, harassment, humiliation, or ridicule. Hazing also includes creating any situation, obstacle or impediment or taking any action interfering or prohibiting another from meeting academic, professional, or personal obligations. Coercing another person to violate University policy also qualifies as hazing.
Additionally, hazing includes forcing the performance of any act as an explicit or implicit condition for initiation into, admission into, affiliation with, or continued membership in a group, organization or team. Please note: the definition of hazing applies whether or not the participants or others involved perceive the behavior as voluntary. The implied or expressed consent of any person involved does not exempt a person from responsibility under this policy. Moreover, assertions that the conduct or activity was not part of an official group, organization, or team event or was not officially sanctioned or approved by the group, organization, or team provides no exemption from responsibility. A determination of whether or not an activity constitutes hazing depends not only on the intent of the individuals leading the activity but also the perception of a reasonable person or the individual(s) participating in the activity. Listed below are examples of the most common types of hazing. Please note that this is not an exhaustive list as actions beyond those in this list can still be considered hazing.

- Creation of excessive fatigue
- Deprivation of food or water
- Engagement in compulsory public stunts or morally degrading or humiliating games/activities including the wearing of costumes which are conspicuous and not normally in good taste.
- Exposure to weather
- Forced engagement in an act or activity that is against the individual's religious or moral beliefs
- Forced ingestion of any substance (including alcohol and drugs) or any food or drink
- Forced physical activity
- Physical and psychological shocks
- Public displays unreasonably disruptive to other members of the campus or public
- Required quests, treasure hunts, scavenger hunts, or road trips
- Violation of University policies.

The above examples are not necessarily hazing per se. Whether an action constitutes hazing is governed under the standard of whether it is more likely than not, considering the situation and all the circumstances and facts. If you have questions about whether an action constitutes hazing rather than a constructive, formative experience, call the Dean of Students Office at 216.397.3010.

**Accountability**

Individuals or groups participating in, soliciting, directing, aiding, or conducting a hazing activity may be found responsible for violating this policy. Further, any students or groups witnessing these activities may also be found responsible for violating this policy. In addition, refusing to identify other students, members of a group, organization, or team who engaged in hazing activities may result in additional disciplinary actions. Any retaliation against cooperating/reporting individuals is strictly prohibited and will be met with increased disciplinary actions over and above those outlined in this policy.
Disciplinary Actions
Anyone found in violation of this policy faces severe sanctions, up to and including suspension or expulsion.
Student organizations, groups, or teams found in violation of this policy face severe sanctions, up to and including loss of privileges to travel or organize and could lose official recognition from the University.

Reporting
All hazing activities involving sex, gender, gender identity, gender expression and/or interpersonal violence must be reported immediately to the Title IX Coordinator (216.397.6699).
All other hazing activities must be reported immediately to the Dean of Students Office (216.397.3010), the Senior Director of Student Engagement (216.397.4288) or JCUPD (216.397.1234).

If a member of the John Carroll community reports a possible hazing incident and cooperates fully as a witness in the investigation and conduct process, such cooperation will be taken into account when determining appropriate disciplinary actions. Retaliation against anyone reporting or participating in University conduct processes is strictly prohibited.

Criminal Proceedings
Whatever the outcome of the University conduct procedure, individuals involved in alleged hazing activities could still face penalties under Ohio law (revised code section 2903.31).
Social Media Dos and Don'ts for Student-Athletes

Michael Gaio — AB eMedia Editor

Four Things to Keep in Mind

1. It's a tool, not a toy.
Social media isn't just something for your own entertainment. If used effectively, social media can be an asset to help a student-athlete's individual brand, their community, their team and the school they represent.

2. Nothing is truly private... ever.
There are two types of social media users: Those who realize they are functioning in public and those who don't. While many kids think they can delete a tweet or delete their Facebook profile if need be, many don't realize that content posted on the internet can last forever. Content can be captured in screenshots or saved by other users. And that message someone thinks only his or her friends will see? Student-athletes should keep in mind that tweets, Facebook statuses, or Instagram photos could end up being viewed by thousands of people.

3. If you retweet it (or share it), you own it.
Yes, this even applies to people who put that cliché saying, "RTs do not equal endorsements," on their Twitter profile. That phrase is basically worthless. "Freedom of speech does not equal freedom from consequences." This is something with which younger student-athletes struggle. They retweet a trash-
talking tweet from a friend and all-of-a-sudden they can be caught in the middle of an ugly conversation over the internet.

4. Personal branding: Every tweet reflects who you are.
How are student-athletes choosing to represent themselves? Are they sending the right message about themselves to the public? Coaches, college admissions officers and employers all use social media to learn more about candidates. What does your social media portfolio say about you?
Violence Prevention and Action Center

Where can I get CONFIDENTIAL help with: an unhealthy relationship, sexual harassment, stalking, or a sexual assault?

Violence Prevention and Action Center: 24 Hour Resource Line: 216-397-CALL (2255) or 216-397-2175

The Violence Prevention and Action Center (VPAC) is located in the Counseling Center on South Belvoir Boulevard and offers an immediate and supportive response to incidents of sexual violence, relationship violence, sexual harassment and/or stalking including: crisis intervention and advocacy, hospital accompaniment, safety planning, transportation, assistance understanding and navigating through the student conduct or criminal justice system, assistance with academic and residence life accommodations, resources, and referrals.

University Counseling Center: 216-397-4283

The University Counseling Center can provide free and confidential counseling for students who have experienced interpersonal violence.

Off Campus: Cleveland Rape Crisis Center (216-619-6192) 24 hour hotline and text line or Domestic Violence Center (216-391-HELP) services are free and confidential.

What can JCU Student Athletes do to prevent instances of Interpersonal Violence? As members of the John Carroll community, we all have a role to play in helping to shift social norms and reduce violence. We can all make a choice to intervene when we see a potentially harmful situation or speak up when we hear remarks that reinforce gender stereotypes, rape culture, or are potentially harmful. Students are encouraged to report interpersonal violence to JCU PD, 216-397-1234 or the Title IX Coordinator, 216.397.6699.

John Carroll University is committed to providing a learning environment free from harassment, discrimination, and violence. Interpersonal violence is a serious issue on college campuses and is not tolerated at John Carroll. For the complete Interpersonal Violence Policy visit: http://sites.jcu.edu/deanofstudents/pages/community-standards/interpersonal-violence-policy/

Statement on Discrimination, Sexual Harassment and Bias

John Carroll University is committed to fostering a learning and working environment based upon open communication, mutual respect, and ethical and moral values consistent with Jesuit and Catholic traditions. The University seeks to provide an environment that is free of bias, discrimination, and harassment,
including sexual harassment. If you have experienced sexual harassment/assault/misconduct based upon gender/sex/sexual orientation, and you share this with a faculty member, the faculty member must notify the Title IX Coordinator, Kendra Svilar, who will discuss options with you. She can be reached by email at ksvilar@jcu.edu or (216) 397-1559. For more information about your options and resources, please go to http://sites.jcu.edu/hr/pages/resourcespolicies/title-ix/.

If you have experienced bias or discrimination based on race, age, sex*, sexual orientation*, religion, ethnic or national origin, disability, military or veteran status, genetic information or any factor protected by law, you are encouraged to report this via the Bias Reporting System at http://sites.jcu.edu/bias to Dr. Terry Mills, Assistant Provost for Diversity and Inclusion, or at tmills@jcu.edu, or (216) 397-4455. For more information about the University commitment to diversity and inclusion, please see http://sites.jcu.edu/diversity.

*You can report concerns anonymously through the Bias Reporting System.
JOHN CARROLL ALMA MATER

Hail to Carroll, Gather near her
Let your joyful anthem ring,
Sound your Mother's praise revere here.
Her fair name full proudly sing.
Loyal ever, brave and true.
Daughters, sons of Carroll U.
Pledge our love to Alma Mater,
To the Gold and Blue.
Pledge our love to Alma Mater,
To the Gold and Blue.

JOHN CARROLL FIGHT SONG

Onward on, John Carroll for we want to see you win,
Gold and Blue; Onward, on John Carroll,
On to greater goals and vict'ries new;
Onward, on, John Carroll,
For our faith in you is boundless and true;
Dear Alma Mater, we're all for you.
And for the Gold and Blue.
For More Information ...

The John Carroll University Sports Information Office is responsible for updating the Athletic department website on a daily basis. If you have an internet connection, then all the information you could possibly want and need is literally at your fingertips.

The main John Carroll address is
www.jcusports.com

This is the Varsity Athletics gateway. Once here, you will find links to all 23 varsity sports (plus cheerleading) with access to schedules, scores, rosters, headlines, statistics, historical information, coaches biographies, photo galleries and feature stories. There are also links to organizations such as the Blue/Gold Club, the NCAA and the OAC.

The website also offers services such as SMS (short Message Service -- scores and news alerts texted to phones) and All-Access Video subscriptions (pay by event, monthly or yearly to access exclusive JCU athletics video).
ACADEMIC YEAR 2017-18

Fall 2017 Semester

Mo Aug. 28   Fall classes begin
Mo Sept. 4   Labor Day – no classes
Th Oct. 12   Fall break begins after last class
Mo Oct. 16   Classes resume
Tu Nov. 21   Friday classes meet
             Thanksgiving break begins after last class
Mo Nov. 27   Classes resume
Sa Dec. 9    Last day of classes
Mo Dec. 11   Final Examinations begin
Fr Dec. 15   Final Examinations end
Mo Dec. 18   Final grades due in Registrar’s Office

Spring 2018 Semester

Mo Jan. 15   Martin Luther King Jr. Day – no classes
Tu Jan. 16   Spring classes begin
Sa Mar. 3    Spring vacation begins after last class
Mo Mar. 12   Classes resume
Wed Mar. 28  Easter break begins after last class
             Friday classes meet
Tu Apr. 3    Classes resume
             Monday classes meet
Th May 3     Last day of classes
Fr May 4     Reading Day
Sa May 5     Reading Day
Mo May 7     Final Examinations begin
Fr May 11    Final Examinations end
Mo May 14    Final grades due in Registrar’s Office
Su May 20    COMMENCEMENT
Campus Resources

For

Student Athletes

Office of Academic Advising:
Administration Building, Garden Level,
216-397-4211

Services for Students with Disabilities:
Administration Building, Garden Level,
216-397-4967

Health and Wellness Services:
Murphy Hall, Ground floor
216-397-4349

Counseling Center: 2567 S. Belvoir Blvd.,
the second house next to the campus tennis courts
216-397-4283

Career Center: 2563 S. Belvoir Blvd.,
the first house next to campus tennis courts,
216-397-4320

Center for Student Diversity & Inclusion:
DJ Lombardo Student Center, Suite 202,
216-397-4185

Campus Ministry:
DJ Lombardo Student Center, first floor,
216-397-4185

Learning Commons:
Ground floor of Grasselli Library
216-397-4717

Writing Center:
O'Malley Center, Room 207,
writingcenter@jcu.edu
Quick Tips for Student-Athletes

**Be Strategic with your class schedule:** It is a good idea to take a heavier load in your offseason but be careful of enrolling in too many demanding courses at once. Keep in mind that you need to maintain 12 credit hours throughout the entire semester to maintain NCAA eligibility.

**Communication is key:** Share your game schedule with your professors early and know their attendance and make-up-work policies. Do not be afraid to talk to your professors and coaches if you are struggling.

**Plan ahead:** Make a calendar to keep track of future due dates and color-code your classes, practices, and games. Work on large assignments early and during lighter practice weeks.

**Study on road trips:** Prepare materials ahead of time to use for studying when you are on the road. It is much easier to study on the bus when you have already made a study guide or flashcards than juggling multiple books, notebooks, and a laptop.

**Take care of yourself:** Make sure you are staying hydrated and getting enough rest. It is much easier to stay mentally focused when you are well rested. Avoid energy drinks as well as alcohol.

**Take a time-out:** Stress-management is an important skill to develop in college. Allow yourself some quiet time each day to decompress and reflect on your day.
2017-18 NCAA Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA Bans the Following Classes of Drugs:
1. Stimulants;
2. Anabolic Agents;
3. Alcohol and Beta Blockers (banned for rifle only);
4. Diuretics and Other Masking Agents;
5. Street Drugs;
6. Peptide Hormones and Analogues;
7. Anti-estrogens; and

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:
1. Blood doping;
2. Gene doping;
3. Local anesthetics (under some conditions);
4. Manipulation of urine samples; and
5. Beta-2 Agonists permitted only by prescription and inhalation.

NCAA Nutritional/Dietary Supplements Warning:
Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff. There are no NCAA approved supplement products.
1. Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
2. Student-athletes have tested positive and lost their eligibility from using dietary supplements.
3. Many dietary supplements are contaminated with banned drugs not listed on the label.
4. Any product containing a dietary supplement ingredient is taken at your own risk.

Check with your athletics department staff prior to using a supplement.

Examples of NCAA Banned Substances in Each Drug Class
Note to Student-Athletes: There is NO complete list of banned substances.
Do not rely on this list to rule out any label ingredient.

1. Stimulants: Amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine (DMAA); methylphenidate (Ritalin); synephrine (bitter orange); methylhexaneamine, "bath salts" (methedrone); octopamine; DMBA; phenethylamines (PEAs); etc. Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):
Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epi-trenbolone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; ostarine, stanozolol; stenbolone; testosteron; trenbolone; SARMS (ostarine); etc.

3. Alcohol and Beta Blockers (banned for rifle only): Alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics (water pills) and Other Masking Agents: Bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs: Heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073).

6. Peptide Hormones and Analogues: Growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1; etc.

7. Anti-Estrogens: Anastrozole; tamoxifen; formestane; ATD; clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3, 5-dien-7, 17-dione), etc.
8. Beta-2 Agonists: Bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaurine; etc.

Additional examples of banned drugs can be found at www.ncaa.org/drugtesting. Any substance that is chemically related to the class, even if it is not listed as an example, is also banned! Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (REC) at 877-202-0769 or www.drugfreesport.com/rec password: ncaa1, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.
Drug Testing of Student Athletes at JCU

Policy for Drug Testing of John Carroll University Students Participating in Intercollegiate Sports

OVERVIEW

Drug testing of athletes is accomplished in cooperation with an independent drug testing vendor (“Vendor”) selected by John Carroll University (“University”). The Vendor will provide services for interpretation and verification of results. Results are reported to the Athletic Director by the Vendor. If the sample is positive, the student is subject to restrictions and subsequent testing requirements. Additionally, there will be other consequences provided for pursuant to this policy.

1. A STATEMENT OF NEED AND PURPOSE

Recognizing that use of alcohol and illicit and performance-enhancing drugs by University Student Athletes is a serious risk, a program of deterrence will be instituted as a proactive approach to a drug-free school. Likewise, through participation in athletics, students using illegal drugs pose a threat to their own health and safety, as well as to that of other students.

The purpose of this program is threefold: (1) to provide for the health and safety of all Student Athletes and to assure that Student Athletes are drug-free; (2) to undermine the effects of peer pressure by providing a legitimate reason for Student Athletes to refuse to use illegal drugs; and (3) to encourage Student Athletes who use drugs to participate in drug education and cease further use of such drugs. The program is designed to create a safe, drug-free environment for Student Athletes and assist them in getting help when needed.
2. **DEFINITIONS**

**Vendor** - The testing office or company selected by the University to carry out the policy and procedure.

**Athletic Director** - The individual hired by the University to oversee all athletic programs of the University.

**Illicit Substance** - A drug classified by the Drug Enforcement Administration (DEA) as being controlled and having no therapeutic use or being available only by prescription from a physician (when used without a prescription). See listing in Policy.

**Banned Substance** - A substance defined by University/NCAA policy as being banned from use by students. See listing in Policy.

**Student Athlete** - A qualified student participating on a sanctioned athletic team as defined by the National Collegiate Athletic Association. For the purpose of this Policy, the term “Student Athletes” shall be as defined from time to time by the National Collegiate Athletic Association (NCAA) or sanctioning organization.

**SAMHSA** - The Substance Abuse and Mental Health Services Administration, a governmental agency that certifies toxicology laboratories that perform drug testing following strict guidelines and constant quality assurance programs.

**Adulterant/Adulteration** - Any attempt to alter the outcome of a drug test by adding a substance to the sample, attempting to switch the sample, or otherwise interfering with the detection of illicit or Banned Substances, or purposefully over hydrating oneself in an attempt to dilute the specimen to decrease possible detection of Illicit or Banned Substances.

3. **PROCEDURES FOR STUDENT ATHLETES**

a. **Informed Consent for Testing**

At the beginning of each sport season, Student Athletes and a parent/guardian/custodian as applicable for minor students will complete and sign an appropriate **Consent to Perform Drug Testing**. No student may participate in practice or competition until this form is properly executed and on file with the Athletic Director.

b. **Drug Testing Frequency**

All athletes wishing to participate in sports at the University may be subject to testing for Illicit and/or Banned Substances as specified in Paragraph 7 below. Testing can be done when there is reasonable suspicion by a coach or other
Athletic Department official. In the event of safety concerns related to suspected drug use, the Student Athlete may be denied the opportunity to participate in team activities or competition pending the results of drug testing. Notice regarding any restriction on the ability to participate, practice or compete should be documented in writing when possible. Any student who refuses to submit to drug testing will not be allowed to practice or participate in athletics at the University.

c. **Sample Collection**

Samples will be collected as outlined under Vendor Requirements, Paragraph 5 below. Students not able to provide an adequate specimen at testing time will be viewed as *refusing to test* and subject to this Policy’s actions in that regard.

4. **CONFIDENTIALITY OF RESULTS**

All drug test results are considered confidential information and will be handled accordingly. However, the University may disclose information concerning drug test results internally to University officials consistent with this Policy, or to medical personnel providing treatment when such disclosure is required in order to protect the health and/or safety of the Student Athlete whose test results are at issue. Those persons having results reported to them as set forth by this Policy must sign a Confidentiality Statement (Exhibit B).

5. **VENDOR REQUIREMENTS**

At a minimum, the Vendor must be able to provide the following services:

a. **Collection of Specimens**

The Vendor will oversee the collection of specimens as outlined in the appropriate Procedures. Students will be given as much privacy as possible in the obtaining of the specimen.

b. **Testing of Specimens**

1. The Vendor will have all specimens tested for the specified Illicit or Banned Substances by a qualified laboratory using appropriately reliable methods.

2. At a minimum, the testing laboratory must be able to test for the following drug classes, substances or their metabolites in collected specimens. The standard panel of testing requested by the University may be more limited or expansive than this list and may change over time without notice. The Athletic Director may specify specific classes or substances to be tested as warranted by any particular circumstance.
c. **Medical Review Officer (MRO) Services**

The Vendor will provide Medical Review Officer (MRO) services by a licensed physician who is certified by the Medical Review Officer Certification Council (MROCC) or the American Association of Medical Review Officers as having proven by examination to have had the appropriate medical training to interpret and evaluate drug test results and thus are qualified for certification as a Medical Review Officer. Additionally, the MRO must demonstrate a willingness to abide by the Procedure for Drug Testing of John Carroll University Students Participating in Intercollegiate Sports as to the evaluation of positive drug tests and reporting findings to the Athletic Director in a timely and confidential manner. All results will be kept on file for at least five (5) years.

d. **Reporting of Test Results by Vendor**

The MRO will certify all drug tests as negative or positive and report positive findings in a confidential manner to the Athletic Director and/or other designees.

e. **Statistical Reporting and Confidentiality of Drug Test Results**

The Vendor, testing laboratory, or MRO may not release any statistics on the rate of positive drug tests to any person, organization, news publication or media without expressed written consent of the University. However, the Vendor will provide the Athletic Director with an annual report showing the number of tests performed, rate of positive and negative tests, and what substances were found in the positive specimens.

6. **PROCEDURES IN THE EVENT OF A POSITIVE RESULT**

a. Whenever the MRO reports that a Student Athlete’s test result indicates the presence of an Illicit Substance or Banned Substance, the following will occur:

   (1) The Athletic Director, within 24 hours, will notify the Student Athlete of any positive results.

   (2) The Student Athlete and Head Coach (in case of a multi-sport athlete, all Head Coaches) will be notified and the student will be required to submit weekly specimens, via the Vendor, until two consecutive tests are negative.
The MRO may use quantitative results to determine if positive results on repeat testing indicate recent use of Illicit or Banned Substances or the natural decline of levels of the Illicit or Banned Substance from the body. If the MRO feels the quantitative levels determined to be above the established cutoffs do not reflect current use but natural decay, then a negative result may be reported.

A finding or admission of responsibility pursuant to the University’s Community Standards Manual or other disciplinary process that involves the use of a prohibited substance may be treated as a “Positive Result” under this Policy when appropriate. In such a circumstance, the Student Athlete will be subject to the sanctions, ongoing testing, and subsequent violation actions listed for a positive result in accordance with this procedure. Generally speaking, a minor alcohol or tobacco violation will not be treated as a positive result.

b. Depending on whether the Positive Result was the first such result or an additional Positive Result, the following actions will be taken by the University in response to a Positive Result:

1. First Positive Result
   For the first positive result, the following actions will be taken regarding the Student Athlete:
   
   a. Given a counseling referral when appropriate; and
   
   b. Weekly drug testing at student expense until two subsequent weeks are negative; and
   
   c. Suspended from play; and
   
   d. Suspended from practice at the discretion of the coach/Athletics Director; and/or
   
   e. Suspended from the team at the discretion of the coach/Athletic Director.

   Student is responsible for all testing expenses after initial testing and/or the first positive result.

2. Second Positive Result
   For a second positive result during the same 12-month period, the following actions will be taken regarding the Student Athlete:
   
   a. Weekly drug testing until two subsequent weeks are negative; and
   
   b. Denied participation in a minimum of 50% of athletic competitions (or more if dictated by the Head Coach of that sport). Practice status determined by the coach; and
   
   c. Counseling referral; and
   
   d. Mandatory re-test following semester

   Student is responsible for all expenses.
(3)  **Third Positive Result**
For the third positive result during the same 12-month period, the Student Athlete will be denied the privilege of participation for one full academic year from the finding of a positive result, as consistent with NCAA Drug Testing Policy.

(4)  **Fourth Positive Result**
For the fourth positive result anytime as a Student Athlete at the University, the Student Athlete will no longer be eligible for participation.

### 7. **ILlicit OR BANNED SUBSTANCES**

For the purpose of this Policy, the following drug classes, substances or their metabolites that can be tested for are considered illicit or banned for University Student Athletes:

<table>
<thead>
<tr>
<th>Substance</th>
<th>Substance</th>
<th>Substance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>Amphetamines</td>
<td>Anabolic Steroids</td>
</tr>
<tr>
<td>Barbiturates</td>
<td>Benzodiazepines</td>
<td>Cocaine Metabolites</td>
</tr>
<tr>
<td>LSD</td>
<td>Marijuana Metabolites</td>
<td>Methadone</td>
</tr>
<tr>
<td>Methaqualone</td>
<td>Phedrine</td>
<td>Opiates</td>
</tr>
<tr>
<td>Phencyclidine</td>
<td>Propoxyphene</td>
<td></td>
</tr>
</tbody>
</table>

Additional substances may be added at the sole discretion of John Carroll University.
Consent to Perform Student Athlete Drug Testing

I understand that when I participate in JCU athletic programs, I will be subjected to drug testing, and if I refuse, I will not be allowed to practice or participate in any athletic activities.

I understand this is binding while a student at John Carroll University.

I hereby consent to undergo testing for the presence of illicit drugs or banned substances in accordance with the Policy for Drug Testing of John Carroll University Students Participating in Intercollegiate Sports.

I understand that the collection process will be overseen by a vendor of John Carroll University’s choosing.

I hereby give my consent to the medical vendor selected by John Carroll University, their laboratory, doctors, employees, or agents, together with any clinic, hospital, or laboratory designated by the selected medical vendor to perform testing for the detection of illicit drugs or banned substances.

I further give permission to the medical vendor selected by John Carroll University, its doctors, employees, or agents, to release all results of these tests to the Medical Review Officer (MRO) working for the medical vendor and the Athletic Director or their designee.

I understand that consent pursuant to this Informed Consent Agreement will be effective for all athletic sports in which I might participate during the current school year.

__________________________________________  ______________________________
Signature                                      Date
Confidentiality Statement for JCU Student Athlete
Drug Testing Program

I, __________________________, acknowledge that I will potentially hear and see sensitive information related to results of drug testing performed on student athletes of John Carroll University. I pledge to keep any information given to me in strict confidence, and will only release this information to others as dictated by University policy or with the properly obtained permission of the student.

______________________________  _______________________
Signature                        Date