2018-2019
Student-Athlete Handbook
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IOWA WESLEYAN
MISSION STATEMENT

The mission of Iowa Wesleyan is as follows: Iowa Wesleyan University is a transformational learning community whose passion is to educate, empower, and inspire students to lead meaningful lives and careers.

Iowa Wesleyan is a four year liberal arts University providing quality individualized learning experiences that combine the development of the intellect with adaptive life skills. The University is affiliated with the United Methodist Church with which it shares a commitment to spiritual values, social justice and human welfare.

LEARNING IN COMMUNITY: AN ACADEMIC VISION

The story of Iowa Wesleyan is a story of community; its founding, an act of community; its long history, an affirmation of community. Its defining vision draws on a community of memory even as it forges a dynamic future.

More than a century and a half ago, Iowa Wesleyan was born in a frontier settlement imbued with a yearning for culture, a Methodist-led zeal for education, and a bold, impelling vision. The impulse and the forces for action were at work in the founding of the University.

In January of 1842, a bill “to incorporate a Literary Institute at Mount Pleasant” was passed by the Iowa Territorial Legislature. Trustees were authorized to begin the work of arranging finances, appointing professors and drawing up rules of conduct. On March 11, 1843, nine years after the town was settled, four Mount Pleasant citizens donated twenty acres in four adjoining plots to enable the trustees to “erect a suitable building on some part of the donation, which should be used and forever appropriated as an institution of higher learning.”

Iowa Wesleyan pioneered daring and unconventional educational policies and practices. Soon after its founding, it admitted and graduated women, its first black student, its first international student and its first female law student who had earlier become the first woman admitted to the bar in the United States. Though Wesleyan’s history records repeated challenges to its stability, resilience and faith in the future have continued to draw the University through turbulent times. Energized and guided by historic memory, Iowa Wesleyan respects individuality within the context of a community with common moral purpose, a community that welcomes persons of diverse backgrounds and world views. In so recognizing both immediate and global dimensions of civic membership, individual aspirations are tied to the aspirations of all, echoing John Wesley’s declaration “The world is my parish.” Committed to joining the development of the intellect with the realities of life, the Iowa Wesleyan experience values service to others, preparation for a life of rewarding work, and the acquisition of enduring knowledge to enhance the ability to engage in common discourse and appreciate varieties of expression. It fosters a love of learning, a desire for civility, and the release of human potential. Iowa Wesleyan is bold to expect that every graduate will

- make reasoned choices that will enhance personal and civic virtue
- work harmoniously with others in pursuit of common goals
- become a responsible member of the community, joining personal and social identity
- recognize and strive to remove barriers that divide peoples and nations
- evolve a code of ethics for personal choices and public decisions
- practice environmental stewardship
• speak and write persuasively with sensitivity and respect to those with differing viewpoints
• demonstrate the ability to think and read critically
• cultivate an appreciation of the arts
• become fluent in use of modern technology
• develop adaptive personal and career skills
• explore a variety of academic disciplines beyond the familiar
• engage in on-going search for truth and justice
• deepen personal faith and devotion to God

OUR VISION
Iowa Wesleyan will be the preeminent educational leader and resource for southeast Iowa as its regional, comprehensive university offering an engaging student experience in relevant undergraduate and graduate programs in the liberal arts and professions.

OUR VALUES
Learning & Community
Faith & Service
Discover & Action
Courage & Passion

INTERCOLLEGIATE ATHLETICS
MISSION STATEMENT
Iowa Wesleyan University is committed to providing a program of intercollegiate athletics that is student-centered. The University believes that the primary function of intercollegiate athletics at a small, church-related liberal arts university is one of high quality co-curricular complement to its overall mission. As such, academics have priority over athletic or other co-curricular pursuits.

Iowa Wesleyan athletics is founded on a student-first philosophy. Those who participate in intercollegiate athletics are expected to apply themselves in the classroom, meet all academic requirements, and make steady progress toward graduation.

Iowa Wesleyan University athletes understand the balance of priorities between academics and co-curricular programs, whether the latter are athletics, the performing arts, or other student activities. Iowa Wesleyan University coaches understand this balance of priorities, and seek to recruit students who will be successful student-athletes.

Intercollegiate athletics at Iowa Wesleyan University is a powerful learning experience for the development of excellence, goal directed behavior, appreciating one’s role within a larger group, overcoming adversity, time management, and prioritization of competing values. Iowa Wesleyan is committed to providing the best leadership, support services, and competitive environment that its resources will allow to ensure a quality intercollegiate athletic experience for all student-athletes.

The University is committed to instilling and developing the values of superlative ethical conduct and fair play among its athletes, coaches, and student spectators. Furthermore, Iowa Wesleyan University recognizes that student-athletes are role models to their peers, as well as representatives of the
University, and the University actively expects student-athletes to conduct themselves in a manner which benefits those roles.

Iowa Wesleyan University is committed to gender equity and values cultural diversity. It strives to ensure that all individuals and all teams are treated with the same level of fairness, resources, and respect so that all athletes are afforded an equal opportunity to develop their full potential on and off the playing field.

DIVISION III PHILOSOPHY STATEMENT

Colleges and universities in Division III place the 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 an environment that values cultural diversity and gender equity among their student-athletes and athletics staff.

ATHLETIC ADMINISTRATION

ATHLETIC DIRECTOR/SAAC ADVISOR: Derek Zander 319-385-6349
SENIOR WOMEN’S ADMINISTRATOR: Anna Zander 319-385-6386
ASSISTANT ATHLETIC DIRECTOR/COMPLIANCE OFFICER: BJ Wagy 319-385-6305
SPORTS INFORMATION DIRECTOR: Anna Zander 319-385-6386
COORDINATOR OF ATHLETIC TRAINING SERVICES: Sheena Abbot 319-385-6417
FACULTY ATHLETIC REPRESENTATIVE: Randy Thomas 319-385-6372
ATHLETICS DIRECT REPORT: Dr. Nikki Fennern, VP for Enrollment Management 319-385-6239

TRANSPORTATION: Claire Conner 319-385-6271
INSTITUTIONAL MARKETING DIRECTOR: Lori Baerg 816-215-8722

COACHING STAFF

FOOTBALL:
Mike Richtman ext:6376
Dave Lukens ext:6381
Joe Stubbs ext:6258

VOLLEYBALL:
BJ Wagy ext:6305

MEN’S SOCCER:
Tony Odorisio ext:6378

WOMEN’S SOCCER:
Chris Early ext:6301

CROSS COUNTRY:
Chris Creal ext: 6416

GOLF:
Kurt Moon 319-750-0195

MEN’S BASKETBALL:
Alex Huisman ext:6307
David Dahl ext:6237

WOMEN’S BASKETBALL:
Jack Bruns ext: 6332

BASEBALL:
Blake Beaber ext:6214
Ben Bennett

SOFTBALL:
Mike Hampton ext:6303

Updated: August 2018
**INTRODUCTION**

Welcome to Iowa Wesleyan. The entire staff of the University is prepared to assist you in both your academic and athletic endeavors. Our desire is that your experience will be one of personal growth, academic achievement, and athletic success.

In order to fulfill your goals, you will have to set educational, athletic and ethical priorities consistent with the purposes of Iowa Wesleyan. This will require discipline and diligence. We are here to support you, but ultimately you are responsible for your personal conduct, academic progress, and athletic success.

You are subject to Institution policies and regulations, which apply to all students. As an athlete, however, you are subject to additional regulations governing team participation. In addition, you must face the challenges presented by being part of a varsity team, i.e., time commitments, physical demands, and public visibility that other students may not experience. As a result, your obligations most likely will exceed those of other students.

**NOTE:** Respective team policies and regulations if more restrictive, will take precedence over general department wide policies described herein.

**I. YOUR OBLIGATION AS A STUDENT**

You are responsible to read the academic policies in your Student-Athlete Handbook. This clearly states the departmental policy on your class and study hall attendance, and progress towards degree requirements. The penalties are stringent, so make sure you have a very clear understanding of the policies. The following is a very brief overview of the policies.

A. Your general obligation as a student is to make satisfactory progress towards a degree by pursuing 12 or more credits per semester on average so that you can graduate in four years. You are expected to attend all classes and required study hall sessions. First time, first year students must have earned a minimum 1.85 GPA to maintain eligibility. Upon completion of a student-athlete’s third semester and for all subsequent semesters, you must maintain a cumulative 2.0 GPA. All other students (non-first time, first year) must maintain a minimum 2.0 cumulative GPA each semester to be eligible to practice and complete, but should strive to achieve a 3.00 or higher cumulative GPA.

B. You should enroll in a minimum of 12 credit hours per semester. If at any time you fall below 12 credits, you will immediately become ineligible for practice or competition in your sport. Should you compete in a scheduled event while enrolled in less than 12 credit hours, your team must forfeit all competitions in which you participated, which could also jeopardize your team’s opportunity to qualify for and advance to post-season championship play.

C. When dropping a class, you must have prior approval of your Head Coach and Athletic Director. There are no exceptions to this regulation.

D. You must adhere to all NCAA, SLIAC or UMAC, and Athletic Department requirements to maintain eligibility and financial aid.
II. YOUR OBLIGATIONS AS AN ATHLETE

Your general obligation as an athlete is to act responsibly and to represent with integrity the people, values, ideals, and traditions associated with Iowa Wesleyan. It is the “Iowa Wesleyan” name you wear on your uniform and your travel gear. Consequently your actions, good or bad, will always be linked to the institution’s name and to that of its athletics program and your teams. Your actions also include taking responsibility for posting appropriate content on any social networking website to avoid any potentially negative images of our student-athletes, Athletic Department, and University.

The athletics program is a highly visible component of Iowa Wesleyan. As a student-athlete, your attitudes, actions, and statements are constantly in the public eye. Because of that, you have a special responsibility to always represent the University in a positive manner. As an athlete you are responsible for obeying the rules and regulations of Iowa Wesleyan and the Department of Intercollegiate Athletics, which includes those of the NCAA and the SLIAC and UMAC. In order to carry out your general obligation as an athlete, you must:

A. Be a positive role model and ambassador for the University.
B. Display good sportsmanship: You are expected to conform to established guidelines of sportsman-like conduct in intercollegiate athletic competition, both on and off the court/field. Sportsmanship conduct includes showing respect toward all who are in attendance at an athletic event: officials, coaches, athletes, opponents, spectators, and the media. Unsportsmanlike conduct includes inappropriate behavior in language, gesture, or action that demeans, physically intimidates, or endangers.
C. Know and follow NCAA guidelines and regulations: These rules include knowing what constitutes permissible awards, benefits, and expenses, as well as rules regarding complimentary tickets, hosting a prospective student-athlete, maintaining amateur athletic status, gambling, hazing NCAA drug testing policies, bribery, and dealing with sports agents, alumni, or other supporters of the University’s athletic programs.
D. Protect your health: Being prepared to train and compete requires attentions to proper sleeping habits and eating adequate and appropriate food. In addition to fulfilling the stringent training requirements of your sport, you should avoid the use of non-therapeutic drugs, tobacco, and the excessive consumption of alcohol and other intoxicating beverages. The Department of Intercollegiate Athletics maintains a program of drug education, counseling and rehabilitation through the university’s student development office to deal with alcohol and drug abuse. Do not take drugs that have not been prescribed by a physician. If you must purchase an over the counter medication or if your doctor prescribes a drug that appears on the NCAA prohibited list, you should notify your trainer before taking it. The Department upholds and enforces NCAA and Iowa Wesleyan regulations regarding gambling, hazing, alcohol and other intoxicating beverages, non-therapeutic prescription drugs and NCAA banned substances (including steroids and other performance enhancing drugs), general substance abuse, tobacco, criminal acts, etc.
E. Comply with the following Athletic Policies:
   1. Request to Transfer: any student-athlete who wishes to transfer to another NCAA DIII Institution must file a self-release form found on the NCAA website. The self-release gives the student the ability to talk to any DIII institution for up to 30 days. After those 30 days, if the student wishes to keep in contact with the Institution, the head coach
must be notified. If any student-athlete wishes to transfer to any DI or DII Institution, the student-athlete must gain permission from the Athletic Director.

2. Equipment and Uniforms: Each student-athlete is responsible for the equipment issued to him/her. The Head Coach will keep a record of all equipment issued to each team member. If items are lost, stolen, or not returned, the student-athlete will be billed directly. No alterations may be made to equipment unless permitted by the Head Coach. NCAA Rules prohibit uniforms and other equipment to be retained by players and prohibit uniforms from being worn in places other than at Iowa Wesleyan sporting events and activities. Also, in accordance with the NCAA regulations, only practice or game uniforms can be washed in facilities provided by Iowa Wesleyan. Therefore the laundering of personal apparel is prohibited!

3. Locker Room: When using your assigned team locker room, keep it clean at all times.

4. Injuries: If an athlete requires rehabilitation for an injury that affects his/her physical performance during the academic year, the athlete is required to attend all scheduled rehabilitation sessions until cleared by the A.T.C. and must be present at all team practices, home events, and other official team functions unless excused by the Head Coach.

5. Hazing: Hazing is in conflict with the mission of Iowa Wesleyan and therefore will not be tolerated. Hazing is defined as any act whether physical, mental, emotional or psychological, which subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass, or intimidate him or her, or which may in any fashion compromise his/her inherent dignity as a person. Participating in hazing could result in immediate dismissal from the team.

6. Gambling Activities: Student-athletes shall not knowingly provide information to individuals involved in organized gambling activities, solicit a bet on any intercollegiate team, accept a bet on any team representing Iowa Wesleyan, or participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling. Participation in gambling activities could result in immediate dismissal from the team.

GENERAL TEAM POLICIES

Your obligations extend beyond the classroom and the athletic field/court. Like other students at Iowa Wesleyan, you are a member of several communities. You are a member of the Iowa Wesleyan general student community, the University residential community, and the local, state, and federal communities. Each of these communities expects its members to exhibit respectful and lawful behavior. As a member of these communities, you have no special rights or privileges that exempt you from penalty if you violate their policies, rules, and laws. You are subject to all mitigated penalties imposed by any of these regulatory bodies for failure to uphold their rules. In order to carry out your general obligation as a member of these communities, you must:

A. Know and follow the “Student Conduct” section in the Iowa Wesleyan Student Handbook. These rules of conduct apply to all Iowa Wesleyan students.

B. Obey residence halls policies and regulations. As a member of the University’s residential community, you are expected to comply with the policies and regulations governing students who live in the residence halls. These rules are stated in the University Student Handbook.
C. **Obey all federal, state, and city laws.** Any Iowa Wesleyan student who violates the law may incur penalties imposed by civil authorities.

**TEAM TRAVEL POLICY**

A. **Punctuality:** Student-athletes must arrive on time for team departures.
B. **Curfew:** Each Head Coach will provide a team curfew on all away trips.
C. **Hotel Guests:** All hotel room guests other than approved travel team personnel for that date(s) must be cleared by the Head Coach prior to their visit. Only approved travel team personnel may stay in team hotel rooms. Social and/or romantic encounters with visitors, other student-athletes, or any member of the team’s travel party is strictly prohibited and could result in immediate dismissal from the team.
D. **Illegal substance abuse is prohibited at all times!** The consumption of alcoholic beverages or the use of any tobacco product will not be permitted at any time when traveling and publicly representing Iowa Wesleyan. All hotel lounges and local nightclubs are off-limits! Respective team policies in regard to these areas may be more restrictive and, if so, take precedence over department-wide policies.
E. **No travel team personnel may leave hotel or grounds without prior approval of the Head Coach.**
F. **All travel team personnel are responsible for hotel phone bills and any other incidental charges to their room other than the cost of the room (i.e., movies, room service, etc.)**
G. **Proper attire and conduct will be required in all public areas.** Each student-athlete is responsible for representing Iowa Wesleyan in a mature and respectable manner. When traveling to away competitions, teams will be dressed in attire specified by the Head Coach. Student-athletes should not be wearing apparel from other academic institutions.
H. **All student-athletes must use university arranged transportation to and from all athletic events.** The only exception to this is verification by the [Travel Waiver Form](#) (attached).
I. **University Vehicles:** Please respect and keep University vehicles and rental vehicles clean at all times and free of damage. Only University personnel who are cleared as authorized drivers are permitted to drive these vehicles.

**NCAA PRINCIPLES OF ETHICAL CONDUCT**

10.01 **GENERAL PRINCIPLE**

10.01.1 **Honesty and Sportsmanship.** Individuals employed by (or associated with) a member institution to administer, conduct or coach intercollegiate athletics, and all participating student-athletes, shall act with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.

10.1 **UNETHICAL CONDUCT**

Unethical Conduct by a prospective or enrolled student-athlete or a current or former institutional staff member may include, but is not limited to, the following:

A. **Refusal to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA of the individual’s institution.**
B. **Knowing involvement in arranging for fraudulent academic credit or false transcripts or a prospective or an enrolled student-athlete;**
C. **Knowing involving in offering or providing a prospective or an enrolled student-athlete and improper inducement or extra benefit; or improper financial aid;**
D. Knowingly furnishing the NCAA or the individual’s institution false or misleading information concerning the individual’s involvement in or knowledge of a violation of matters relevant to a possible violation of a NCAA regulation; or

E. Receipt of benefits by an institutional staff member for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor or a representative of an agent or advisor (e.g. “runner”).

F. Knowingly providing a student-athlete with a banned substance, impermissible supplement, or medications contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state or federal law;

G. Failure to provide complete and accurate information to the NCAA, the NCAA Eligibility Center or institution’s admissions office regarding an individual’s academic record (e.g. schools attended, completion of coursework, grades, test scores);

H. Fraudulence or misconduct in connection with entrance or placement examinations;

I. Engaging in any athletics competition under an assumed name or with intent otherwise to deceive; or

J. Failure to provide complete and accurate information to the NCAA, the NCAA Eligibility Center or the institution’s athletics department regarding an individual’s amateur status.

14.01.3.3 UNETHICAL CONDUCT

A prospective or enrolled student-athlete who is found to have engaged in unethical conduct (see Bylaw 10.1) shall be ineligible for intercollegiate competition in all sports.

GAMBLING ACTIVITIES, ALCOHOL \ TOBACCO USE

GAMBLING ACTIVITIES

The NCAA opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests, and jeopardizes the welfare of student-athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by a message that is contrary to the purposes and meaning of “sport.” Sports competition should be appreciated for the inherent benefits related to participation of student-athletes, coaches and institutions in fair contests, not the amount of money wagered on the outcome of the competition. Student-athletes are viewed by organized crime and organized gambling as easy marks. When student-athletes place bets with a bookie, they have jeopardized their eligibility and have broken the law.

Basically:

• **NO** wagers for any item (e.g., cash, shirt, dinner) on any professional or college sports event, even those that don’t involve Iowa Wesleyan

• **NO** sports “pools,” even those run by your family or friends

• **NO** Internet gambling on sports events

• **NO** fantasy leagues that award a prize and require a fee to participate

• **NO** sports wagering using “800” numbers

• **NO** exchange of information about your team with ANYONE who gambles. In other words, no information about injuries, new plays, team morale, discipline problems, or anything else.

10.3.2 NCAA SANCTIONS

The following sanctions for violations of Bylaw 10.3 shall apply as follows:

A. A student athlete who engages in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins or who solicits or accepts a bet or participates in any gambling activity through a bookmaker, a parlay card or any other method
employed by organized gambling that involves wagering on Iowa Wesleyan shall permanently lose all remaining regular-season and postseason eligibility in all sports.

B. A student-athlete who solicits or accepts a bet or participates in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling, shall be ineligible for all regular-season and postseason competition for a minimum period of one year from the date of the institution’s determination that the violation has occurred and shall be charged with a loss of a minimum of one season of competition. A request for reinstatement may be submitted on behalf of a student-athlete who has participated in such activity only upon fulfillment of the minimum condition indicated above. If the student-athlete is determined to have been involved in a subsequent violation of any portion of 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports.

When in doubt, don’t do it.

24-Hour Confidential National Gambling Helpline at (800) 522-4700.

10.02.1 SPORTS WAGERING
Sports wagering includes placing, accepting or soliciting a wager (on a staff member’s or student-athlete’s own behalf or on behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

10.02.2 WAGER
A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value.

10.4 DISCIPLINARY ACTION
Prospective or enrolled student-athletes found in violation of this regulation shall be ineligible for further intercollegiate competition, subject to appeal to the NCAA Eligibility Committee for restoration of eligibility. Institutional staff members found in violation of the provisions of this regulations shall be subject to disciplinary or corrective actions as set forth in Bylaw 19.6.2.2 of the NCAA Manual, whether such violations occurred at the certifying institution or during the individual’s previous employment at another member institution.

ALCOHOL POLICY
Alcoholic beverages shall not be sold or otherwise made available for public consumption at any Iowa Wesleyan Athletic events and/or sponsored by the NCAA or the SLIAC/UMAC. In addition, NO student-athletes may consume alcohol when traveling and representing Iowa Wesleyan.

USE OF TOBACCO PRODUCTS
The use of tobacco products is prohibited by all game personnel (e.g., student-athletes, coaches, trainers, managers and game officials) in all sports during practice and competition.

STUDENT HOST POLICY
On occasion a student-athlete may be asked to be a Student Host to a prospective student-athlete. If the student-athlete agrees to act as a host, he or she will be required to sign a Student Host form acknowledging receipt of Iowa Wesleyan’s recruiting principles, comprehension and acceptance of the following conditions:

A. The Student-Host must be enrolled at Iowa Wesleyan.
B. You must meet with the Head Coach and Prospect prior to the start of visit to review all recruiting visit rules and regulations as outlined on the Prospect Declaration Form.
C. The Student Host should not allow recruiting conversations to occur, on or off campus, between the prospect and a booster of the athletics department. (If an unplanned meeting occurs, only an exchange of greetings is permissible).

NOTE: Alumni are boosters

D. You may receive a complimentary admission (no hard ticket) when accompanying a prospect to a campus Athletic event.

E. You may not provide the prospect any opportunity to participate in underage use of alcohol, gambling, drugs, sex, or any other activity which violates criminal law while on a visit.

**TICKET POLICY**

**FREE Admission to Iowa Wesleyan Athletic Events**
All Iowa Wesleyan students, faculty and staff are admitted to HOME athletic events at NO COST. Admittance is gained by the presentation of a valid Iowa Wesleyan student/faculty/staff ID card.

**Complimentary Ticket List**
Student-Athletes participating in sports that require paid admission can place a maximum of two (2) individual names on a complimentary ticket list. The guidelines for complimentary admission granted by student-athletes are clearly defined by the National Collegiate Athletic Association. The NCAA policy is designed to give the student-athlete an opportunity to allow family members, relatives or friends free admission to the athletic event in which the student-athlete is participating. Individuals designated must show proper identification to gain admission.

The complimentary ticket lists for each home game are handled by the coaching staff and must be completed and submitted to the Assistant Athletic Director the day prior to the scheduled contest. Once the complimentary ticket list has been submitted to the Assistant Athletic Director’s office, no changes or additions will be made. Student-athletes can only add names to their designated spots, they may not use a teammate’s designated spot for additional complimentary admission.

**STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)**
The Iowa Wesleyan Student-Athlete Advisory Committee (SAAC) is a committee assembled to provide insight on the student-athlete experience. The SAAC also offers input on the rules, regulations and policies that affect student-athletes’ lives on the Iowa Wesleyan campus.

The Iowa Wesleyan SAAC is meant to serve as a local student-athlete voice in addressing issues of student-athlete welfare on our campus. It facilitates better communication among student-athletes from various athletics teams to address issues common to all.

The Iowa Wesleyan SAAC also serves as a conduit of communication among student-athletes, coaches and athletics administrators on issues to improve the student-athlete experience and promote growth and education through sports participation. Concerns can be voiced and solutions offered regarding any issue that may be national in scope and relevant to NCAA student-athletes.

**Mission**
The mission of the NCAA Student-Athlete Advisory Committee is to enhance the total student-athlete experience by promoting opportunity for all student-athletes; protecting student-athlete welfare; and fostering a positive student-athlete image, while maintaining the tenets of the Division III philosophy. The tenets of the Division III philosophy include Balance, Comprehensive Learning, Passion, Responsibility, Sportsmanship, and Citizenship.
Purpose
The purpose of SAAC is to generate a student-athlete voice within the university and conference; to review and respond to proposed NCAA legislation; to actively promote Iowa Wesleyan athletics; to promote a positive student-athlete image; to increase fan support at athletic contests; and to support the campus and conference community through community outreach efforts, with a primary focus on the NCAA Division III SAAC and Special Olympics partnership.

Selection Process
Any member currently or planning to participate in a sport at Iowa Wesleyan may be a member of SAAC. Members must be a player listed on an Iowa Wesleyan team roster. Each team may have multiple representatives. Each team must have at least one representative. Each team will be limited to two voting members; however more members are allowed to participate. Of the two voting members per team, preferably there will be one upperclassman and one underclassman. These individuals should be committed to attending meetings, getting involved with all SAAC events, and encouraging their fellow student-athletes to participate. They are the liaison between the committee and the athletes on their respective teams. The members of the SAAC are voted into office of President, two Vice Presidents and a Secretary. The SAAC meets twice a month during the fall and spring semesters for a total of approximately thirteen meetings.

NCAA ELIGIBILITY - ACADEMIC POLICIES
1. You are required by the NCAA to be in good standing both academically and socially with the University and must make “satisfactory progress” toward a baccalaureate degree in order to participate in athletics.
   A. You must meet all NCAA/SLIAC/UMAC initial eligibility requirements including amateurism certification for practice, financial aid, and competition requirements.
   B. First time, first semester student-athletes (semester is defined as a traditional Fall or Spring semester, summer and winter semesters, not included) are immediately eligible for intercollegiate athletic participation during their entering semester at Iowa Wesleyan University (IW). Upon completion of the previously mentioned semester, students participating in intercollegiate athletics must have earned a minimum 1.85 grade point average (based on a 4.0 scale) to maintain eligibility. Second semester student-athletes must also earn a minimum 1.85 grade point average. Upon completion of a student-athlete’s third semester and for all subsequent semesters, he/she must maintain a minimum cumulative 2.0 grade point average. Those who fall below that standard are ineligible to participate in intercollegiate athletics at IW until the standard has been met.
   C. Transfer student-athletes must have left their previous institution as classified in good academic standing according to the previous institution’s policies, to be classified as eligible for intercollegiate athletic participation during the student’s first semester at IW. If the transfer student leaves the previous institution not in good academic standing, it is required of the student-athlete to complete one full academic year at IW and have achieved a minimum 2.0 grade point average to become eligible.
   D. All other students participating in intercollegiate athletics must have and maintain a minimum grade point average of 2.0 both cumulative and each semester of attendance at Iowa Wesleyan to be considered eligible. All student-athletes must be full-time day students and must carry 12 credit hours in each full time semester of attendance at Iowa Wesleyan University in order to be eligible for intercollegiate athletics, except for the summer semester. Student-athletes must earn a minimum of 24 credit hours in their previous two semesters to be eligible. Summer courses may
supplement the 24 credit hour requirement without the need of having to take 12 or more credits during the summer semester.

You must earn 12-semester hours of academic credit the preceding regular academic term (fall or spring) in which you have been enrolled full-time at any collegiate institution; and for transfers, these credit hours must be transferable degree credits (Bylaw 14.4.3.1).

A. You must be enrolled in a minimum of 12 credit hours per term to maintain eligibility status during the season of competition.

B. By the beginning of the third year of enrollment (fifth semester/seventh quarter) of institution enrollment (Bylaw 14.4.3.1.5), you must declare a major leading toward a degree and must continue to make progress toward your degree.

C. If you have athletics eligibility remaining, you may compete or participate in organized practice sessions while enrolled in less than a minimum full-time program of studies, provided you are enrolled in the final semester of your baccalaureate program and Iowa Wesleyan certifies that you are carrying the courses necessary to complete the degree requirements. Thereafter, you will forfeit eligibility in all sports, unless you complete all degree requirements during that semester and are eligible to receive the baccalaureate diploma on the institution’s next degree granting date.

2. Iowa Wesleyan requires that undergraduate student-athletes carry a 12 hour course load each semester. Dropping below the 12 credit minimum in any semester will render you immediately ineligible and could jeopardize your team’s qualification for conference and/or NCAA championship competition that season. Therefore, you are required to obtain the approval of both your academic advisor and the registrar prior to dropping or withdrawing from a class. Students entering their final year of eligibility must have completed 75% of their academic program and be eligible to graduate in that academic year.

3. Student-athletes are expected to attend all classes. Even if attendance does not seem to be officially taken by the professor, student-athletes should be aware that nearly every professor records attendance, even though it may not be obvious that attendance is being recorded. Participation as a member of an intercollegiate team may result in missed class time due to excused absences for the purpose of scheduled athletic competition. Therefore, we expect that you will attend all classes.

At the beginning of each term, student-athletes are expected to review their course syllabi and game and practice schedules and plan their semester to reduce conflicts. Student-athletes should review their list of absences due to athletic competition, and determine if they will miss classes or tests/assignments. Any conflicts should be discussed in advance with their coach and with their professors to proactively seek solutions to the conflicts. All academic assignments or exams scheduled due on an excused absence for competition date must be discussed in advance with a professor and assignments or exams should be completed prior to departure.

When absence is necessary due to athletic events, you are expected to arrange with your professor(s) for completion of missed material at least one week prior to team departure. When absence is necessary for personal reasons (i.e. illness, family emergency, etc.), the student-athlete must notify each professor, the head coach, the head athletic trainer (Andy Niemann), prior to the absence. If prior notification is not possible, notification is to be made at the earliest possible time. See section Unexcused Absence Violations, Penalties, and Suspensions Policy for review of the violation, penalty, and suspension process.

4. As a student-athlete, you must assume responsibility to meet with your academic advisor promptly when registration opens for a the next term, and select a registration schedule that provides for efficient academic progress in your major. If there are scheduling conflicts that cannot be avoided, student-athletes must meet their academic responsibility above their athletic participation, but must communicate with their academic advisor and head coach regarding the unavoidable conflict. Student-athletes should meet with their academic advisors to discuss and complete any course schedule adjustments.

Updated: August 2018
5. **Suspension or dismissal** may apply to any student-athlete who accumulates excessive unexcused class absences from a **single course**. See section Unexcused Absence Violations, Penalties, and Suspensions Policy for review of the violation, penalty, and suspension process.

6. As a responsible student-athlete you must communicate with your coach if you feel you need academic assistance as early as possible so that you can receive tutoring or academic assistance.

7. As a student-athlete you must use the Academic Calendar and familiarize yourself with the established Institution time periods and due dates for academic changes. You are expected to check your Iowa Wesleyan email daily to review and notices sent to you as a student-athlete. You are expected to track daily and weekly your progress in each course in which you are enrolled.

8. You must conduct your academic affairs with honesty and integrity. You are responsible for knowing Institution policies regarding cheating and plagiarism and the penalties for such behavior. The Academic Dishonesty Policy in its entirety may be found in the Student Handbook and in the Iowa Wesleyan Catalog.

9. You must, as must all students, pay outstanding balances on your accounts prior to the end of each term or prior to registering for classes for the subsequent term, whichever occurs first. You will be unable to register for classes until your accounts are settled. **Consequently, if you are not enrolled as a full-time student, you will be ineligible to practice or participate.**

10. As a student-athlete you must clear any registration holds on your student account so that you may register for the following term promptly when registration opens. You may review your account and holds by visiting the business office in the University Chapel.

### STUDENT-ATHLETE ACADEMIC PROCEDURES

#### CHANGES OF MAJOR

Student-athletes wishing to change their major must complete the following steps:

- A. Discuss change of major with Head Coach;
- B. Discuss change of major with student-athlete’s current academic advisor;
- C. Meet with an academic advisor for the new major and review program plan of completion;
- D. Schedule meeting with the registrar and review change of major and program completion plan (from the academic advisor); academic eligibility issues and satisfactory progress are addressed with the compliance officer who certifies eligibility; the change of major situation is also discussed with the head coach;
- E. If change is agreed, student-athlete returns to the current academic advisor and obtains a completed and signed change of major form, and delivers the form to the Registrar’s Office;
- F. The student-athlete then meets with the new academic advisor to register for coursework for the new major program;

#### REGISTRATION

All student-athletes must register for a minimum of 12 credits per term.

#### COURSE REGISTRATION SCHEDULE ADJUSTMENTS (Add/drop courses; CR/NC grade course option)

Student-athletes wishing to adjust their registration schedules must do so completing the following steps:

- A. Meet with their academic advisor and determine the effect the course adjustment will have on completion of degree, including future sequencing of remaining coursework, academic implications, etc.;
- B. Obtain the schedule registration adjustment form from their academic advisor and their signature;
- C. Discuss the course adjustment and academic degree completion implications with the registrar and with their head coach;
D. Obtain the signature their academic advisor, athletic director, and the registrar prior to completing the schedule adjustment;
E. The student-athlete must then deliver the withdrawal form to the Office of the Registrar for final processing.

UNIVERSITY WITHDRAWAL
The withdrawal procedure is begun by first contacting the Office of Student Development and completing an Exit Interview with the Dean of Student Development. Student-Athletes must also meet with the Athletic Director to complete an Exit Interview. Once this procedure is completed, the Dean of Student Development notifies the Business Office and accounts are computed as of the date of the notification of withdrawal. Failure to observe this procedure will result in the student being considered not in good standing and the forfeiture of refunds. Students may be administratively withdrawn from the University if after careful study the indications suggest they are a high risk to their own and/or the welfare of other members of the community. After withdrawal, a residential student should make all necessary arrangements to check out of the residence hall within 24 hours.

COURSE WITHDRAWAL
Student-athletes wishing to withdraw from a course(s) must do so officially by completing all of the following steps:
A. Meet with their academic advisor and determining the effect the course withdrawal will have on completion of degree, including future sequencing of remaining coursework, academic implications, etc.;
B. Obtain the withdrawal form from their academic advisor and their signature and the signature of the professor if required;
C. Discuss the course withdrawal and academic degree completion implications with the Head Coach and the registrar.
D. The student-athlete must obtain the signature of their academic advisor, the athletic director, and the registrar prior to withdrawing from any course;
E. The student-athlete delivers the completed withdrawal form to the Office of the Registrar for final processing;
F. The student-athlete continues to attend the class until the entire process is complete and the form is delivered to the Registrar’s Office.

An unauthorized withdrawal results in failures in course(s) and an “F” grade for the course.

OTHER TYPES OF ACADEMIC ISSUES
In addition to their academic advisor in their major, student-athletes are encouraged to discuss any academic issues or difficulties with the head coach of your sport or if needed, the academic dean.

STUDENT-ATHLETE CLASSROOM BEHAVIOR
TARDINESS
Student-athletes are required to attend all classes on-time. Note that professors may count tardiness as an unexcused absence if their attendance policy indicates such. Check the course syllabus if this policy applies. It is the student-athlete’s responsibility to notify professors IN ADVANCE of the class time if they anticipate an emergency that will result in tardiness to class. A professor may require proof if a tardy episode or absence episode is a result of illness or official appointment. Student-athletes should obtain documentation for any episode resulting in a tardy entrance or absence from class.

Updated: August 2018
CELL PHONES AND OTHER TECH DEVICES
Texting and cell phone usage of any kind are not permitted during class time.
Student-athletes should shut off and put away all cell phones during class and study hall times. Usage of a portable computer device such as laptop, IPAD, EReaders, during class times are only permissible for use by the class professor. Under no circumstances should student-athletes be using social media for personal communication or leisure activity during class time or study hall time.

CLASS PARTICIPATION AND APPROPRIATE BEHAVIORS
Student-athletes should be engaged learners and participate in class activities and discussions in an attentive, respectful, thoughtful, and prepared manner. Student-athletes must refrain from excessive talking to classmates that causes disruption and disrespect to the professor and class. Student-athletes should dress and attend class appropriately attired. As respectful protocol, it is encouraged and highly recommended that student-athletes remove their ball caps when they enter and are in the classroom and or meeting with faculty/staff in their offices.
Student-athletes that are reported by professors as sleeping or leaving the room during class may be issued an unexcused absence by the professor.

CLASS ASSIGNMENTS
Student-athletes should use their academic planners and review all course syllabi at the beginning of the semester. In addition, all class assignments, team travel, etc., conflicts should be discussed with the professors at the beginning of the semester.

Student-athletes should be academically on-task and submit assignments ON TIME. In the event that a student-athlete will be missing a class due to athletic competition, any assignment or exam due must be discussed with the professor at minimum one week prior to the absence. In addition, any assignment that is due should be submitted PRIOR TO TEAM TRAVEL/COMPETITION.

ATHLETIC TRAINING
Your physical well-being is essential to your success both as a student and as an athlete. You are encouraged to reach and maintain the best physical condition possible. Your coaches and athletic trainers will put together a conditioning program tailored to your specific needs. The primary goal of the Athletic Training Department is to prevent injuries. In case of an injury, the Athletic Training Room is the treatment and rehabilitation center for the Athletic Department as it is committed to rehabilitation and the prevention of re-injury.

Mission Statement
The mission of Henry County Health Center/Iowa Wesleyan Athletic Training Services is to provide a progressive, comprehensive approach to quality patient health care; maintain high ethical and professional standards; follow non-discriminatory practices; support appropriate relationships with constituencies; and uphold Henry County Health Center’s reputation for service excellence.
Goals and Objectives of Athletic Training Service

Iowa Wesleyan’s Athletic Training Staff provides high quality athletic healthcare to the student-athletes of Iowa Wesleyan. The services to be delivered are divided into six domains established by the National Athletic Trainer’s Association including:

A. Prevention of athletic injuries
B. Recognition, evaluation, and assessment of injuries,
C. Immediate care of injuries
D. Treatment, rehabilitation, and reconditioning of athletic injuries
E. Health care administration
F. Professional development and responsibility

General Recommendations for Prevention of Injuries and Illness

Everything possible should be done to prevent injuries. Listed below are some suggestions for maintaining good health, as well as preventing injuries.

- For proper recovery, get sufficient rest; regular sleeping pattern (8 hours) & stay off your feet if possible.
- Stay in good physical condition all year round. Consult with athletic trainer and strength & conditioning coach.
- Observe good health habits. Including lifestyle & healthy nutritional habits (no smoking and no drinking).
- Shower after each practice/game & change into clean, dry clothes. Use a clean set of training gear for each practice or training session. Eat balanced meals throughout the day. Drink plenty of clear fluids, 8-10 glasses of water daily (minimize caffeine or carbonated drinks). Consult with the athletic trainer/exercise physiologist for nutritional recommendations and weight concerns.
- Salt tablets, vitamins, supplements (i.e. creatine, amino acids) or any performance enhancement drugs taken improperly do more harm than good. CONSULT WITH ATHLETIC TRAINING STAFF regarding NCAA banned substances.
- DO NOT use any medication other than what has been given to you by the doctor or staff athletic trainer. If you are taking any medication(s) please inform the athletic training staff. Also, don’t take any un-prescribed medication without consultation.
- Make sure to give the athletic training staff an extra inhaler, contact lenses or allergy medications to keep in the kit at all times.
- Remove all jewelry during practice and games, including body piercing, i.e. tongue, navel, etc. This is an NCAA Medical Safeguard Compliance.
- Wash all scrapes and cuts thoroughly with soap and water. See athletic training staff for further care.
- For any new injuries, contact the athletic training staff immediately. Use ice packs and elevation only. Do not use any heat pads.
- Report any health problems, pre-existing conditions and/or concerns immediately to the athletic training staff.

GENERAL ATHLETIC TRAINING ROOM STUDENT-ATHLETE POLICIES

Athletic Training Room Hours will be posted outside the room.

Weekend hours based on practice & game schedules.

The Iowa Wesleyan Athletic Training Room is accessible only to intercollegiate athletic team members, coaches, support staff, and athletic trainers. The athletic training room is open Monday-Friday and by
appointment, as deemed necessary by the staff. Weekends, university vacation days and holiday hours are based on service needs only. After approximately 1:00 pm, the athletic training room functions to prepare teams for practices. Those athletes requesting evaluations of an old injury during this time may be refused at that time and proper procedures explained.

Adherence to the following rules and guidelines will help in maintaining a professional atmosphere in the athletic training room in an effort to provide quality and appropriate care to all students:

1. All injuries must be reported to the athletic training staff no matter how minor. Minor pains should be addressed before they become larger problems.
2. Student-athletes are to report new injuries and illnesses so that they can be included on the injury report to coaches.
3. Student-athletes must minimally be dressed in short and t-shirts while in the Athletic Training facility. Certain treatments may require the removal of shirts (no less than a sport-bra for women).
4. Rehabilitation and injury care are provided weekday mornings in the Iowa Wesleyan Athletic Training Room. Treatments provided at other times must be arranged with the athletic trainer covering that particular sport.
5. Treatment in the athletic training room is never an excuse for being late to any team session or class. It is the student-athlete’s responsibility to plan ahead!
6. In the event that a student-athlete should become ill or injured at a time when the athletic training room is closed, they should contact an athletic trainer at the designated contact phone number to receive instructions for treatment and follow-up care. Student-athletes will be given the Athletic Training Services contact phone numbers by the coaching staff. If it is a life threatening injury or condition, call 911. The closest hospital is Henry County Health Center 407 S White Street, Mount Pleasant, IA, 52641, 319-385-3141
7. At all times during the year, referrals for injuries and illnesses must be coordinated with a member of the athletic training staff at IW in order to facilitate proper lines of communication and care. Athletic Trainers will work with the sports medicine team.
8. Towels are not to be removed from the athletic training room.
9. The use of loud or offensive language is not allowed in the athletic training room.
10. Horseplay will not be allowed in any athletic training room.
11. While conversation and relaxation are encouraged to foster a positive environment, the athletic training room is not a lounge or place for loitering. Only persons receiving injury care or rehabilitation should be in the athletic training room.
12. Student-athletes may not use the telephones or computers without permission.
13. Food or outside drinks (except water) are not allowed in the athletic training room.
14. Casual cell phone use by the student-athlete is not allowed in the athletic training room.
15. Shoes must be removed when using the plinth treatment tables.
16. Whirlpools may never be used without supervision.

POLICIES AND PROCEDURES FOR INSURANCE, INJURIES AND CLAIMS PROCESSING

IOWA WESLEYAN ATHLETIC INSURANCE COVERAGE

All student-athletes must show proof of health insurance (i.e. a family, individual) before being permitted to practice or compete. The Athletic Department carries an Excess Medical Insurance Policy for all student-athletes during their participation in any coach scheduled intercollegiate team activity. Your personal health insurance policy is considered to be the primary carrier and will be billed first for
all medical treatment. Those medical expenses not covered by your own insurance policy, and only those directly related to accidents resulting from participation in intercollegiate activities, will be paid by our athletic insurance (and not by Iowa Wesleyan) as secondary.

INSURANCE INFORMATION
We strongly encourage all athletes to have insurance. It is imperative that we have all your insurance information as part of your records so medical treatment is not delayed. A front and back copy of your insurance card(s) needs to be attached to the Insurance Form portion of Medical History Forms. You must read and sign the insurance portion of the Medical History Form. Please be sure to report any changes to your primary insurance immediately to the Athletic Training staff (i.e. changes in policy number, insurance carrier, etc).

MEDICAL RESOURCES
Iowa Wesleyan employs full-time certified athletic trainers who are qualified to handle everyday injuries, accidents and emergencies. In the event of an injury, you will be evaluated by a staff athletic trainer to determine the extent of your injury. They will then refer you to one of the team physicians if necessary or work with you to schedule an appointment with the necessary party. Our physicians are Board Certified in Orthopedic Surgery, Podiatry and Internal Medicine.
If you seek medical attention on your own without first seeing the athletic training staff, your medical charges may not be covered by our insurance company. You or your family will be solely financially responsible for those bills if not covered. If you prefer to use your family physician or a different physician, we may honor your request after consulting with our Athletic Training staff. However, we are not responsible for transportation, meals, and/or other incidental expenses which may result from your decision.

PRE-EXISTING CONDITIONS
Iowa Wesleyan’s Athletic Insurance Policy does not allow payment for any medical or surgical problems as well as recurring chronic injuries that existed prior to attending Iowa Wesleyan. All medical expenses related to these injuries are the sole responsibility of the athletes or his/her family. Medical bills resulting from an accident that aggravates an old injury as a result of participation in a scheduled intercollegiate activity under the supervision of an Athletic Department staff member are subject to review by our insurance company and MAY NOT be covered.

EXCLUSION
Iowa Wesleyan’s athletic insurance policy is an “accident” policy. There may be certain conditions that may be excluded from coverage. We cannot guarantee coverage for any claim submitted. If our insurance company denies payment, you will be responsible for paying any bills incurred. You must provide a front or back copy of your “Primary” insurance card(s) information with your medical history form. You MUST note the type of insurance you carry on the insurance information portion of the medical history form. Failure to do this may result in denial for payment by our insurance carrier of any medical treatment given.
If you get sick or have a medical problem, the Athletic Training Staff will work to refer you so that you can receive proper medical treatment. Unless the medical problem is directly related to an injury resulting from a scheduled intercollegiate activity, the bill will become your responsibility or that of your family or personal health insurance carrier.
If you are leaving a team or who have completed your athletic eligibility, you must make arrangements for completing any health care or treatment for athletic related problems as soon as you leave the
squad or immediately following your final competition for Iowa Wesleyan. Iowa Wesleyan has no financial responsibility for your medical bills if you fail to notify the Athletic Training staff of any problems within two (2) weeks following your last participation date. If you have completed your eligibility, you must sign a liability release form in order to participate in off-season training, practices, and/or games.

MEDICAL ELIGIBILITY

1. All athletes must pass their yearly physical exam before equipment is issued & participation is allowed.
2. A medical history is required and is taken from each candidate. This is considered a serious documentation by the medical community. Any previous illnesses or injuries that the candidate fails to document for the Athletic Department will release Iowa Wesleyan of all liability for the unreported condition(s) and any subsequent problems arising from the previous problem(s). Financial responsibility for test, x-rays, or referrals rests with you or your personal insurance carrier.
3. Physicals are in effect for one year. The team physician may re-examine or change the medical participation status at any time during a student-athlete’s career at Iowa Wesleyan. PHYSICALS SHOULD BE COMPLETED YEARLY AFTER JUNE 1ST BY A MD, DO, PA, OR NURSE PRACTITIONER. Physicals completed by a chiropractor will not be accepted.
4. Student-athletes with only one paired organ (kidney, eye, etc) or other condition that is medically contraindicated for athletic participation may be disqualified from participation. This decision is made by a panel consisting of the team physician, Athletic Training staff, and Athletic Director. If permitted to participate, the athlete will be required to sign a waiver of liability in the event that an injury is sustained to the unaffected or remaining organ.
5. All personal insurance information must be on file in the Athletic Training Room before any athletic participation is allowed. All coaches must check with the Athletic Trainers to make certain that all Medical insurance information is correct on file, before allowing a student-athlete to participate in their respective sport.
6. Any changes in the approved roster must be reported to the Athletic Training staff by the head coach as soon as possible. The notification is necessary to insure medical expense coverage for official team members only. Practice/games/post-season/tournament schedules should be made known to the Athletic Training staff by the head coach as soon as they are completed.
7. NCAA is requiring documentation for a student-athlete who is diagnosed with asthma and/or uses a prescription inhaler for asthma or exercise-induced asthma on a regular basis or as needed. This documentation must be kept on file at Iowa Wesleyan and produced in the event the student-athlete tests positive for the banned medication.

MEDICAL TREATMENTS

1. As an athlete, you must report all injuries and illnesses to the Athletic Training staff. Failure to report any existing conditions immediately may release the Athletic Department of any financial responsibility for that problem.
2. The Athletic Training staff will provide initial management for all problems and refer the athlete to a practitioner as needed.
3. Referral appointments are made by the Athletic Training staff or in combination with the athlete. A signed referral form must accompany the athlete to all referral appointments.
4. Transportation to medical facilities is the responsibility of the athlete. The ATR staff will try to assist as much as possible when van or staff is available.
Treatment and rehabilitation will be administered and supervised by the Athletic Training staff following the directions of the Iowa Wesleyan Sports Medicine practitioners or team physicians.

5. In the event of an emergency, occurring outside of athletic training room hours, call 911 (if needed) and contact the staff athletic trainers via cell phone. If you cannot reach them, contact your coach. Please notify the Athletic Training staff as soon as possible of any emergency condition for follow-up. Rachel Peterson 402-943-7933. Any life threatening emergencies call 911. The nearest hospital is Henry County Health Center 407 South White Street, Mount Pleasant, IA 52641, 319-385-3141.

PRACTICE AND GAME PARTICIPATION
Medical decisions concerning the availability of an athlete for practice and competition following their initial or subsequent yearly physical examinations, injuries, illnesses, or surgeries shall be the sole responsibility of the Iowa Wesleyan physicians, surgeons, and Athletic Training staff. There will be daily communication between the coaching staff and the athletic training staff regarding a player’s status for competition and practice.
DRUG TESTING YEAR-ROUND REGULATIONS
Every Division III sport your university sponsors is now subject to out-of-competition (year-round) drug testing. Iowa Wesleyan will randomly select athletes to be tested. You are subject to drug testing before, during or after you competitive season.
As always, a student-athlete who tests positive for a banned substance, as set forth in Bylaw 31.2.3.1, shall be declared ineligible for further participation in championship season and non-championship season competition in accordance with the ineligibility provision in Bylaw 18.4.1.5.1.

NCAA Banned Drugs
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), 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.

WEIGHT ROOM
The weight room is for all Iowa Wesleyan University students. The weight room may also be open under the supervision of an Iowa Wesleyan University athletic coach.
1. Enter the weight room in a proper frame of mind
2. Proper clothing must be worn while lifting
3. No spitting, chewing tobacco, or snuff.
4. Any type of horseplay is prohibited.
5. Any class takes priority. No lifting while class is in progress.
6. You must lift with a partner.
7. Put the weights back on the rack when you are finished.
8. Follow a specific program. Don’t just lift to lift.
9. This is your weight room—take care of it.

Updated: August 2018
IOWA WESLEYAN UNIVERSITY
STUDENT TRAVEL WAIVER AND RELEASE

Travel release waiver is for a student-athlete to be released by their parent/guardian while on a University sponsored trip. This signed form must be on file prior to the trip. Parental signature is required on this form if the student-athlete is requesting to not travel with the designated University travel party via University transportation.

Print form – sign – fax to Head Coach at 319-385-6384.

Student-Athlete_________________________ VarsityTeam________________________

Destination____________________________ Trip Date(s) ______________________

The student-athlete will (select all that apply):

____ Travel to the destination with ________________ (name),
____________________(relationship), ________________(cell phone number).

____ Travel from the destination with ________________ (name),
____________________(relationship), ________________(cell phone number).

All four signatures are required for release to be granted.

I would like to request from the Department of Athletics Iowa Wesleyan University that my son/daughter to be released from the University’s care. I fully accept the responsibility for his/her safety and well-being. My accident/health/medical insurance will cover him/her while away from the team and under my care.

_________________________ Date
Parent/Guardian

_________________________ Date
Student-Athlete

_________________________ Date
Head Coach

_________________________ Date
Athletic Admin.