

# STUDENT ATHLETE HANDBOOK *2009-10*



# Welcome to Ridgeback Country!!

*Welcome to another season of varsity athletics for UOIT. Our goal with Varsity Athletics, will be to continue to attract the best staff, coaches and students to our campus with the common focus on excellence for everyone. The vision includes our campus as being Canada's leader in athletics, recreation and wellness programs, combined with top flight athletic facilities. All of which will enrich the overall post secondary experience for our students.*

*We work tirelessly to deliver a top rated, first class University Varsity Athletic programming which would not be possible without the commitment of all or our coaches. As we continue to build our programs we will surely experience our high points and low points. It is important that we always remember why we do what we do. Providing the student athlete experience and playing apart in developing young men and women in to stronger individuals through sport..*

*We ask that you take some time to read through this document to ensure that you are familiar with any new changes to the 2009 2010 season for your respective sport and within the department.*

*Should you ever have any questions please know that our doors are always open. Have a great season!!*

**UOIT Ridgebacks are members of the OUA ( Ontario University Athletics ) and CIS ( Canadian Interuniversity Sport )**

**Please take time to familiarize yourself with our two governing bodies**

**PRINCIPLES OF THE OUA**

**<http://www.oua.ca>**

**PRINCIPLES OF THE CIS**

**<http://www.cisport.ca>**

## EXPECTED CONDUCT OF COACHES AND ATHLETES

Student-athletes and coaches are required to represent UOIT in a mature and responsible manner in all situations. Acting in accordance with the regulations and expectations of UOIT as brought forth in the Students Rights and Responsibilities and subsequent code of conduct for students (found in the Student Handbook) and following the OUA Code of Ethics.

- Coaches/Athletes at UOIT, whether on or off the playing field or courts are representatives of the University and Intercollegiate athletics as a whole.
- Coaches / Athletes are closely observed in many areas: on the field/court, in the classroom, on the campus, on the road, and in the community. Therefore, as a representative of your team, the Athletic Department and UOIT, your conduct **MUST** be above reproach at all times.
- When engaging in athletic competition, sportsmanship is expected at all times. Coaches / Athletes are expected to control themselves at all times. Profanity, illegal tactics, or loss of physical control is behavior that will not be tolerated.
- Each student-athlete must abide by the standards of the University (see Student Handbook) and any additional guidelines set forth by the coaching staff, both on and off campus, in-season and out-of-season for returning athletes.
- The conduct of teams when traveling should be impeccable. Good representation when representing this institution is one of the fundamental reasons for the athletic program.
- When teams are involved in events where overnight accommodations are required, a curfew shall be set by the coaching staff. This curfew shall be strictly enforced. Failure to abide by the set curfew or misconduct while representing the University will not be tolerated. Also, any incidental charges to rooms will be paid by the athlete before checking out of the hotel.
- Provincial laws prohibit the consumption of alcohol aboard licensed vehicles. Therefore, under **NO** circumstance shall alcohol be present and/or consumed on the team bus, van or any other method of team transportation. The consumption of alcoholic beverages while traveling with the school team is strictly prohibited. Any coach / athlete that break this rule will be immediately dismissed from the team.

- UOIT is committed to providing safe transportation for all teams to and from competitions. All student-athletes and coaches, due to strict liability regulations, **MUST** travel on the team bus/van. Those individuals on the bus/van **MUST** return on the bus/van as a team. Any other arrangements **MUST** be made through the Athletic Department with written approval from the Head Coach and Athletic Director or Coordinator. These forms are available at the Athletic Department office to complete and sign. Please submit form signed at least 24 hours in advance of the trip departure time.
- Spectators, family, children or friends shall **NOT** be permitted to travel on the team bus or van. There may times when a member of the school paper will request to travel with a team. This will be permitted.
- Recognizing the value of personal appearance and professionalism, student-athletes may be required to conform to a specific standard set forth by his or her coach or by the Athletic Director (i.e. specific travel dress code)
- Acceptable conduct as a student-athlete will include the following desirable characteristics of behavior:
  - a) Dedication and loyalty to the team.
  - b) Play hard, but play fair
  - c) Determined to improve
  - d) Humble in victory, dignified in defeat
  - e) Responsible
  - f) Tolerant of others mistakes
  - g) Respects opponents, officials and others
  - h) Demonstrates good sportsmanship at all times
  - i) Enthusiastically supports all other teams!!!!
- Student-athletes are responsible for assisting the jobs of the manager, the team therapist and coaching staff ( ie. return of uniforms and equipment following games, practices and/or trips, assist in loading and unloading the bus/van and cleaning the bus/van after use.
- Coaches / Student-athletes are expected to demonstrate 100% commitment to the team as well as full attendance at games and practices.
- The major expenses on road trips (lodging and travel) are assumed by the University. The coach is responsible for dispersing meal subsidy when provided. Whenever your team is away, a meal subsidy amount or a travel meal will be provided to all team personnel.

**Very important!** Student-athletes are responsible for assisting with Ridgeback home tournament events in their respective sport. A representative from each team forms the make up of the Varsity Athletic Council. (VAC) This rep will work with other reps in

promotion of games, tournaments, special events, booster club and the Athletic Banquet organization etc.

## **CODE OF CONDUCT**

UOIT student-athletes who participate in Varsity Athletics are representing themselves and the institution and their conduct must properly reflect both. Should an athlete behave in a way detrimental to the sport, his/her team or institution, the student-athlete will be suspended from further competition. A policy of **“zero tolerance”** will be enforced by the Athletic Department related to the following:

- \*Act of theft or other criminal offenses
- \*Use of illegal substances
- \*Acts of violence or abusive behavior on and off the field of play.

Student-athletes involved in these types of activities will be immediately dismissed from the Athletic program.

## **IAASP GUIDELINES – ACADEMIC ELIGIBILITY**

The Intercollegiate Athlete Academic Success Program (IAASP), available to all student-athletes, encourages academic success through academic standards and monitoring, supported by a comprehensive program of success strategies and advising.

Through IAASP, UOIT demonstrates its commitment to the success of student-athletes in both academics and athletics. All intercollegiate student-athletes **MUST** participate in the IAASP. Any violations of IAASP guidelines will result in a review of the athlete’s eligibility to participate in Varsity Athletics.

### **Role of IAASP Review Committee**

The IAASP Review Committee’s primary function is to support and monitor the academic success of student-athletes. The IAASP provides dedicated counseling and advising support through the university.

The Committee is also responsible for upholding and ensuring all eligibility guidelines and regulations are met; making recommendations on eligibility guidelines and procedures; regularly reviewing athletes’ academic standing and progress; and ultimately determining the eligibility status of all student-athletes, as defined by IAASP.

Should the IAASP review committee need to rule on a decision the membership includes the Athletic Director and Coordinator, Student Association Representative, UOIT Support Staff Representative who will act in an advisory role to the athletes. The committee reports to the VP of Student Services

## Student-Athlete Eligibility

Intercollegiate athletic eligibility will be assessed **weekly** for all students at UOIT and therefore it is crucial that you communicate this with your athletes the important of communication before adding or dropping courses.

There are three (3) categories of eligibility status for an intercollegiate Athlete:

**Eligible with clear standing** - a full time student (as defined by UOIT), whose most recent GPA (Grade Point Average), and whose overall GPA is 2.0 or above, and who is currently meeting the academic and attendance objectives of their program.

**Eligible and on Athletic Probation** - a full time student ( as defined by UOIT ), whose most recent GPA (Grade Point Average), is between 1.00 and 1.99 and whose overall GPA is below 2.0, and who is currently meeting the academic and attendance objectives of both their program and athletic probation.

**Ineligible** – a full time student (as defined by UOIT), whose most recent GPA (Grade Point Average), has deemed them not eligible to continue as a student at UOIT. OR if a student athlete has not successfully completed 6 courses in the previous academic year ( Sept – Aug ) they are immediately ineligible for the next varsity season.

- Probationary Athletes are eligible to participate in Intercollegiate Athletics if approved by the IAASP Review Committee

AND

If they follow an academic plan to be developed and approved by the committee

- Ineligible athletes are ineligible to participate in inter collegiate athletics

A student-athlete becomes immediately ineligible for any competition when dropping the minimum requirement of courses to be a full-time student - at any time during the academic year. To be considered full-time a student must be carrying a course load of 2/3 (or 66.7%) of the maximum classes offered in the program or 2/3 (or 66.7%) of the maximum hours offered in the program. If five courses are offered in the program you must be taking at least 3 to be considered full-time. Or, if there are 18 hours offered in the program, you must be taking at least 12 hours of classes to be considered full-time.

The Department of Athletics receives weekly updates on each individual student-athlete. Players should notify the Head Coach and Athletic Coordinator or Director anytime they are dropping or considering dropping a course. **Why?** Should a student-athlete drop a course which places him/her below the minimum, a course must be added at the same

time to retain your full time eligibility status. Should a student-athlete participate in any contest while ineligible, the department will be required to report that it has used ineligible athletes, and the league will apply the appropriate penalties (i.e. forfeit, loss of points gained, fines etc.).

## ACADEMICS AND ATHLETICS

The Program of Intercollegiate Athletics is committed to the concept of the student-athlete. Athletes must fulfill the normal requirements of their academic program as well as by the regulations of the CIS and OUA (see eligibility rules). It is acknowledged that athletes must devote a great deal of time to their sport in order to excel. However, you as a coach must recognize that their first priority is their academic program.

In the event that academics will be affected due to a scheduled varsity event: **Athletes need to...**

1. Personally communicate to their professor well in advance regarding the time and day that there is a conflict.
2. Respectfully approach professors if there are any conflicts with academic classes and athletic events. It is **their** responsibility to clearly communicate in advance. They will provide each of their faculty advisors with a package that includes:
  - a. A cover letter explaining that they have made a varsity team (*available on the website for download*)
  - b. A schedule hi-lighting all games and where conflicts arise
3. Get all important assignments, handouts and announcements from professors well in advance. As a UOIT student they should be familiar with mycampus and know how to access class notes and assignments.

A respectful, cooperative approach will provide a positive rapport with your professors. Our faculties are excellent and very supportive. They simply need to know well in advance in order to understand the potential conflicts you athletes may face as a Ridgeback.

*Communication is Key!!* - When asked, the most common reason given by athletes who have done well in both, is that their time was managed well and they had a strong open line of communication with their faculty advisor. Ultimately, the responsibility for academic success lies with the individual student-athlete.



# HUNTER'S TERRITORY

The Campus Athletic Centre (CAC) offers the following facilities on campus:

Large Double Gymnasium 13,500 sq ft  
 Indoor Golf Practice Range  
 Eight (8) Badminton Courts  
 Six (6) Indoor/Outdoor Tennis Courts  
 Championship Soccer Field

Twin Pad Ice Arena  
 Fastball Diamond  
 Four (4) Squash Courts

Triple Gymnasium  
 Elevated Indoor Jogging/Walking Track  
 10,000 sq ft. Fitness Centre *"The FLEX!"*  
 Two 900 sq ft Aerobic/Dance Studio's  
 Two 750 sq ft Training Rooms  
 Student Sports Club Office space  
 Student Intramural Meeting space

Modern Change rooms for men & women  
 Staff Change rooms for men & women  
 Multi-purpose Lounge  
 Main Entrance and Galleria  
 Centralized Welcome Desk  
 Varsity Admin area  
 Trophy case display area

## Hours of Operation:

### Regular (Sept-May)

Mon-Friday 7:00am - 11:00pm  
 Saturday 8:00am - 6:00pm  
 Sunday 8:00am - 11:00pm

### Summer (June-Aug)

Mon - Thursday 7:00am - 7:00pm  
 Friday 7:00am - 5:00pm  
 Saturday 10:00am - 4:00pm  
 Sunday 10:00am - 4:00 pm

When using the Campus Athletic Centre YOU MUST SWIPE YOUR VALID ID CARD for access at the doors. If you have a habit of forgetting your card we recommend that you get set up on our state of the art print reading machine for access to the facility.

## **FINANCIAL AID - <http://dc-uoit.ca/EN/main/financialaid.html>**

Financial Aid Services works closely with students to assist them in meeting their financial obligations. A significant portion of assistance comes from various government programs, including OSAP, Ontario Special Bursaries, and Ontario Bursaries for Students with Disabilities. Our financial aid counselors are trained to be knowledgeable about a variety of public and private loan programs. We attempt to assist students to plan their academic year through budget counseling and access to other forms of financial aid.

## **WORK STUDY PLAN**

UOIT's Work Study program offers an opportunity for students to work part-time on campus in jobs that accommodate their studies. The objectives of the Work Study program are: to assist students in financial need with a regular source of income that does not add to their debt load, offer students training and experience that will assist them in further studies and their eventual entrance into the workforce and to help staff and faculty. It is the principle of UOIT's Student Financial Services Office that no qualified student will be unable to attend or be required to withdraw from a program at UOIT for financial reasons. Funds are derived largely from the required tuition set-aside revenues from tuition fee increases and are supplemented by other sources such as private donations, the University's institutional funds and special targeted government funds. Interested student athletes should go to Career and Employment Services to inquire about applying to work-study positions.

## **POLICY ON PARTICIPATION ON MORE THAN ONE INTERCOLLEGIATE TEAM**

UOIT does not prohibit a student-athlete from participating on more than one intercollegiate team during the academic year. However, it is a **mandatory requirement** and the responsibility of the student-athlete to obtain the full support and partnership of both relevant coaches to gain a **clear understanding** about the terms and conditions which will prevail in order for the student-athlete to participate in more than one sport.

The student-athlete should be aware of the fact that, in some instances, it may not be possible for such an agreement to be reached. It is also strongly recommended that the student-athlete inform the UOIT Athletic Coordinator of their desire to play for two varsity teams.

When such an agreement cannot be reached, a coach or student-athlete may formally notify in writing the Athletic Coordinator that a satisfactory resolution has not been achieved. The author of the letter must provide a copy of the notification to the other relevant parties (i.e. other coach(es) or student athlete). The Coordinator will then convene a meeting, or a series of meetings, in order to determine which one of three courses of action will be pursued. They are:

1. Achieving a mutually satisfactory resolution with the assistance of the Athletic Coordinator.
2. Requesting mediation from a mutually acceptable, neutral third party.
3. Requesting a formal review to be conducted by the Athletic Director.

## **ATHLETIC THERAPY**

The Athletic Department provides trained Athletic Therapists on staff to provide coverage for home practices, games and events. The Athletic Therapists operate out of the Athletic Centre and are professionally certified and accredited as well as trained in the Emergency Procedures of UOIT. We have been fortunate enough this year to have added two additional therapy rooms as well as 4 placement student trainers for the entire varsity season.

The Athletic Therapy Room will operate on a booking schedule for appointments. In cases requiring a Physician's care, the Athletic Therapist in consultation with the Physician will clear the athlete to resume participation in all cases. Written clearance from a physician is required.

\*reminder that AT is not a social gathering location. The more people in the facility the tougher it is for our therapist to treat injured athletes without distraction. Unless they have made an appointment athletes should not be in those offices.

## **Adpot – A – Ridgeback Varsity Clothing Program**

Adopt-an-athlete is a program whereby each student athlete on the varsity team is fully responsible for seeking out and securing a sponsor or business to adopt them. The business (usually a family friend, parent or colleague that has a business) adopts you for the amount of \$250 for the season. This amount will be added to your student account and then the cheque you secure from your sponsor will be deposited into your account to cover the program cost.

Full Clothing Package retail value = \$400.00

AVAILABLE OPTION – 3 in 1 winter coat option. Student athletes can increase their adopt an athlete program to \$360 and receive a winter coat in their package as well.

Clothing Embroidery - Teams are able to get embroidery done on their clothing through L & M Taylor in the Whitby Mall. ( They have the proper fonts and are setup for such jobs ) Please note that they must be team orders as one off jobs will not be accepted and payment must be upfront.

# DRUG EDUCATION AND DOPING CONTROL PROGRAM

Please visit [www.cisports.ca](http://www.cisports.ca) under student athlete info

The Program of Intercollegiate Athletics supports the position of the Canadian Interuniversity Athletic Union (CIS) which states: The CIS is unequivocally opposed to by student-athletes of any banned substances or methods in contravention of the rules of the National and/or International Sport Federations, the International Olympic Committee, and the Federation du sport universitaire.

The CIS is unequivocally opposed to any encouragement of the use of such substances and/or methods by individuals in positions of leadership in university sport (i.e., coaches, athletic staff, medical practitioners, sport scientists, administrators, etc.) or by the athletes themselves. The provision of, or administration of banned substances and/or methods to athletes is also forbidden. (6:1995, CIS Drug Education and Doping Control Handbook) Further information about the CIS Drug Education and Doping Control Program can be found in the *CIS Drug Education and Doping Control Handbook*

## What is the CIS Doping Control Program?

- CIS, in cooperation with the Canadian Centre for Ethics in Sport (CCES), coordinates a doping control program that incorporates both “in-competition” and “out-of-competition” testing, as well as “event” testing.
- student-athletes are tested in accordance with the rules of the Canadian Anti-Doping Program (CADP).

## Who’s eligible for testing?

- every CIS student-athlete is eligible for testing, with approximately 1 in 25 CIS student-athletes being tested each year.

## When can an athlete be tested?

- testing occurs in all sports, both in and out of competition, throughout the calendar year.

## Are prescribed medications permitted?

- while many prescription medications are permitted, some are prohibited.
- you must be very diligent to the status of any medication before you consume it.
- under certain medical conditions and circumstances, often with asthma and respiratory ailment drugs, prescribed medications containing a prohibited substance may be permitted upon declaration and approval by the CCES.
- for information regarding “Therapeutic Use Exemption” process for a prohibited substance, please contact the CCES directly at [substanceinquiries@cces.ca](mailto:substanceinquiries@cces.ca) , or 1-800-672-7775.

## Are herbal products and nutritional supplements prohibited?

- herbal and nutritional supplements are not subject to the same federal regulations as pharmaceutical grade products (medications), and as such it is possible for a product to

contain prohibited ingredients that are not listed on the packaging. Additionally, the possibility of ‘cross-contamination’ during the manufacturing process is a concern.

- some of these products contain “natural” or botanical sources of prohibited substances without listing the substance (for instance, “ma huang” is an herbal equivalent to the banned drug ephedrine, as is “Sida Cordifolia”).
- the CCES cannot provide a guarantee on the status of these products.

**\*\* Please Note**

It is the athlete’s responsibility to check the status of all medications. Also be aware that, despite similar names and packaging, one or more products within a family of products may contain a banned substance while others do not (for example, Tylenol is permitted while Tylenol Decongestant is banned).

**Where can I find a complete list?**

- for the most up-to-date listing of permitted, restricted and banned substances, please visit the Canadian Centre for Ethics in Sport (CCES) website at [www.cces.ca](http://www.cces.ca) or [substanceinquiries@cces.ca](mailto:substanceinquiries@cces.ca)
- you can also contact the CCES toll-free at 1-800-672-7775

## **RELATIONSHIP TO OFFICIALS**

OUA and CIS members are expected to share with game officials the orderly conduct of any athletic event by acknowledging the authority of officials in a contest and by relating to them in a positive and respectful manner.

### **FAIR PLAY PHILOSOPHY**

Fair play is an attitude, a way of thinking. It can be taught and it can be learned. Once it is learned, it can be applied to every aspect of life. Through involvement in sport, athletes learn about setting goals, making commitments, working hard and enjoying the challenge.

Athletes must learn to respect their own abilities and those of their opponents. As administrators and coaches we must attempt to have athletes realize that the joy of sport is as much in the total effort as in the final score.

We as educators, administrators, coaches, athletes and fans must work together to create an atmosphere consisting of fairness, integrity and respect.

### **FAIR PLAY ISSUES**

To ensure there is a fair playing field everyone involved in sport must support the principles of fair play – fairness, integrity and respect. When applied they not only provide a clear ethical framework for competition, but greater opportunities for getting the most out of the game. That is because they help participants focus on achievement rather than the desire to conquer an opponent.

## **PRINCIPLES OF FAIR PLAY**

The three most important words in any Fair Play Policy should be Fairness, Integrity and Respect and should be the principles of fair play at all times.

- Respect the rules
- Respect the officials and their decisions
- Respect your opponents
- Maintain your self control at all times
- Respect your teammates and coaches

## **FAIR PLAY GUIDELINES**

- To play fairly and to respect the rules, officials and opponents
- Be generous with praise and always set a good example
- Make sure that equipment and facilities are safe for use
- Obtain the proper training and continue to upgrade knowledge of the game  
Should never speak disparagingly about another member institution
- represent UOIT and the OUA sport in a positive fashion
- Take an active role in ensuring their spectators behavior at any event. If a spectator supporting your team physically and/or verbally intimidates a player/coach or official; or cheers in a disrespectful fashion (including inappropriate holding signs, or in consuming alcoholic beverages in unlicensed spectator areas), an initiative must be taken to talk to the spectators in question and attempt to modify their behavior. In the event that you cannot change the behavior, the officials will give a warning to the offending team. Failure of the fan to comply will result in the officials taking the appropriate action as defined in sport spectator rules.
- Any member institution representative involved with an internet forum that deliberately slanders another OUA member will be considered in a serious breach of the OUA Code of Ethics. Any member gaining information, which may be a violation of the OUA Code of Ethics, is encouraged to report the violation to the appropriate OUA committee members.

## **HAZING AND ROOKIE INITIATIONS**

Hazing is a broad term encompassing any action or activity which does not contribute to the positive development of a person. These actions could inflict or intend to cause physical or mental harm or anxieties, which may demean, degrade, or disgrace any person, regardless of location, intent or consent of participants. It is an action taken or situation created, intentionally, whether on or off campus, to produce mental or physical discomforts, embarrassment, harassment or ridicule.

Hazing or Rookie Initiations are NOT PERMITTED or associated with UOIT or any other varsity athletic team. There will be a “ZERO TOLERANCE” approach to any proven initiation or hazing situations or occurrences.

## **POLICY ON HARASSMENT AND DISCRIMINATION**

The Program of Intercollegiate Athletics at UOIT supports the Harassment and Discrimination Policy of the Canadian Interuniversity Athletic Union. This policy is committed to providing a sport and work environment in which all individuals are treated with respect and dignity. UOIT recognizes that harassment is prohibited by the Canadian Human Rights Code and by human rights legislation in every province and territory of Canada. Harassment can also be an offense under Canada’s Criminal Code. Please consult the Athletic Department at UOIT for further information.

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- \*Act of theft or other criminal offenses
- \*Use of illegal substances
- \*Acts of violence or abusive behavior on and off the field of play.

Student-athletes involved in these types of activities will be immediately dismissed from the Athletic program.

## **OUA CODE OF ETHICS**

The OUA has the authority to establish policies to govern its own affairs and to prescribe, monitor and enforce the conduct of its members pursuant to such policies. This Code of Ethics identifies the standard of conduct, which is expected of all members of the OUA, including all members (administrators, coaches, officials and athletes). The Code of Ethics applies to all activities and functions of OUA including competitions, practices, travel, accommodation, banquets, and social activities associated with competitive events. Individuals who violate the Code of Ethics may be subject to disciplinary actions.

## **GENERAL CONDUCT**

OUA members are expected to uphold the highest standard of ethical behaviour and personal conduct at all times, and are responsible for conducting themselves in such a way as to represent their institution and the Association in the most favourable light at all times.

Members are bound to exhibit and encourage behaviour, which is consistent with the Association's stated philosophies, standards of conduct, and guidelines for fair play.

The OUA is committed to providing an environment where members respect the personal dignity of others, are free from all forms of harassment, and are free to exercise their rights under the Human Rights Code, and the Canadian Charter of Rights.

## **GAME CONDUCT**

All University competition occurs under the auspices of the OUA and therefore must conform to the association's expectations:

THAT Athletic Directors educate their coaches and athletes to accord respect to all coaches and athletes from opposing colleges.

THAT members avoid any blatant humiliation of the opponent.

THAT members avoid any intimidation or harassment of the opponent.

THAT internal university publicity and promotion be designed to encourage positive support of the team.

THAT host provide adequate security to ensure the safety of players, spectators and officials.

## **UNIFORMS AND EQUIPMENT**

The University supplies all equipment deemed necessary for varsity competition. Student-athletes are responsible for supplying personal protective and playing equipment and practice apparel. Team members are individually allocated and assigned appropriate game uniforms, which in turn, become the responsibility of the student-athlete while it is in their possession. Once a player is allocated a uniform NUMBER, changes of individual articles or numbers (ie. jersey, shorts, etc.) is NOT PERMITTED. If a player has a problem with their uniform or assigned apparel he/she should notify the Athletic Coordinator.

Uniforms are collected after each game by the team manager for inventory, care and laundry purposes. LAUNDRY LOOPS are critical to this process and MUST be correctly completed each time before games and after games to insure a smooth operation. (Does not apply to rowing and tennis)

When the respective season is over, it is the student-athlete's responsibility to return his/her uniform in the same condition they received it. Failure to do so will result in an

alert placed against the athlete's record. This alert will result in transcripts being withheld, scholarships or bursaries withheld and possibly other campus privileges. Uniforms are the property of the University. Any replacement cost for lost, damaged or stolen uniforms shall be the responsibility of the student-athlete.

## LEARNING STRATEGIES FOR STUDENT ATHLETES

What does it take to be a good student? Success in academics, much like success in sports, depends on characteristics like dedication, discipline, and drive. A strategic student, like a smart athlete, thinks about the best way to achieve a goal and develops a realistic plan. Involvement in athletics means less time and energy than the average student to devote to academics, so a strategic approach to school is especially important. Here are some learning strategies that can help:

### 1. WORK WITH 'COACHES' TO STRENGTHEN YOUR THINKING SKILLS

- As the level of competition increases, coaches play a more and more important role in helping athletes perform at their maximum potential. When it comes to education, college is the "big leagues," and you have many "coaches" who can help students achieve their academic best.

***Know Where the Learning Resources Are and Use Them*** - get to know your professors seminar leaders and Faculty advisors. Find out if your courses offer help centres. Check out the learner support centre for presentations and seminars, drop-in help, individual counseling, self-help resources, and on-line services. Familiarize yourself with the Athletic Staff.

### 2. PLAN TO TRAIN REGULARLY

- Just as *how* athletes train day-to-day affects their performance in sports, *what* students do day-to-day is critical to their performance in courses:

***Attend All Classes*** - a serious athlete wouldn't miss practice, and a strategic student wouldn't miss the learning opportunity provided by class. Maximize your learning by going to class prepared: do the readings, utilize your laptop and your my campus account.

***Establish a Weekly Routine*** - include time for coursework, tutorials and labs, practice times, game (and travel) times, and free time. Spend time on every course each week..

***Use Small Blocks of Time*** - a lot of good work can be done in those one or two hours between classes, before practice, or on the bus traveling to out-of-town competitions: e.g. review class notes, do a few problems, read some text pages, jot down ideas for an essay.

***Use a Day planner*** - keep track of assignments, labs, exams, team meetings, and competitions. Anticipate crunch times and plan ahead accordingly.

***Prioritize Academic, Athletic, and Other Responsibilities*** - not enough time to do everything thoroughly? Put your greatest effort where it counts the most. For example, spend more time studying for the exam worth 25% than the quiz worth 3%.

### 3. TRAIN STRATEGICALLY

- Good athletes not only put in the time but know the types of training that will yield the best results. Successful students know that regular time on each course is just the start; knowing what to do and when to do it lead to quality time:

***Learn Now! Build a Strong Knowledge Base*** - don't understand readings, lectures, or problems? Don't wait until just before a test to learn - see the professor or TA, speak with a classmate, or drop by the learning Commons ( Computer Commons – Gordon Wiley Building)

***Learning Skills Clinic as soon as possible.*** Take the initiative: ask questions and persevere day-by-day until you understand.

***See How Information is Interrelated*** - pay attention to titles, headings, and subheadings on course outlines and in textbooks: a sense of the “big picture” helps make course material manageable and the details under them more meaningful.

***Be An Active Listener and Note taker*** - don't be passive in class. Approach classroom learning in the same way that you would approach a game. Be focused, and intend to leave the class with your goal accomplished: quality notes from which to study later. Just because your notes are online doesn't mean you don't have to go to class. Professors will expect you to be prepared for class and will elaborate on their posted notes during lecture and seminar.

***Review Your Notes Briefly After Class*** - a short (10-20 min.) and active review of lecture notes soon after class is a remarkably effective learning strategy. Without this review, forgetting occurs quickly. Reinforce the information while it's fresh in your mind.

***Set Small Achievable Study Goals*** - avoid the marathon approach to academics. Two or more hours available for coursework? Instead of planning to read for hours on end or work on an essay from dawn to dusk, set academic goals you can achieve in about 45 minutes. For example, read the first 10 pages of the economics chapter or work on five physics problems. After each 45 minute block, take a brief break and decide if you'll continue on that course for another 45 minutes or switch to another course. This structured approach helps to monitor concentration and eliminate procrastination.

#### **4. AIM FOR A TOP PERFORMANCE**

- Dedicated athletes work hard to be ready on game day or for that major competition. In the academic game, performance on exams and tests demonstrates if students have the skills and knowledge expected in the course:

***Self-Test Regularly*** - no matter how well course material is understood, some forgetting will occur. Self test by recalling key information from memory, doing practice exams, teaching one another in groups, etc. Consider organizing a study group on the team bus.

***Prepare Psychologically and Physically*** - practice self-talk and visual imagery that help to build confidence and prepare for tests and exams. Keep stress in check with proper sleep, nutrition, and exercise.

***Plan How to Write Tests*** - have an exam-writing plan that includes such things as reading instructions carefully, budgeting time according to marks, and doing less difficult questions first to build confidence. Know the strategies for different test formats; the learner support centre has seminars and session on how to prepare and succeed in tests and exams

#### **5. BEWARE OF THE END OF SEASON**

- Some student athletes find difficulties arise when their sport season ends. The weekly schedule changes dramatically - no more daily practices, no more weekend competitions, etc. Without this structure in their lives, athletes may feel at a loss and let things go. Minimize these difficulties by being ready for the change and establishing a new routine that includes some ongoing practice time in a sport or an exercise regimen.

## **CAMPUS FOOT PATROL**

The safety of the student-athletes is of paramount concern to the Program of Intercollegiate Athletics. UOIT offers a foot patrol service during the evenings for personal walking escorts around the campus. Student-athletes are strongly encouraged to make use of this service during the evenings before or after practices.

## **ATHLETIC SCHOLARSHIPS**

The object of the Athletic Scholarship program is to assist student-athletes who have demonstrated a combination of outstanding athletic ability and scholastic achievement. (in accordance with OUA Guidelines). The Athletic Scholarships serve as a recruiting tool for the Coaching Staff and program in attracting top student-athletes.

Entering students with an average of at least 80 percent are eligible to receive up to \$3,500 annually from their university to help with expenses for the school year. The amounts and number of AFAs per student athlete are at the discretion of the school.

A student athlete whom obtains a minimum 2.7 GPA in the first semester and remains a member in good standing of the Varsity team is eligible for scholarship renewal. This information will be outlined in their scholarship offer from the department.

### **Method of Selection**

The Coaching staff make the decision on who they wish to offer an Athletic Scholarship to with subsequent approval from the Athletic Director. All recipients and paperwork (athlete must complete a scholarship information form - available from Head Coach) must be received by the Athletic Department no later than September 1st in order to validate offer.

## **ATHLETIC BANQUET**

The Annual UOIT Athletic Banquet is a memorable event each April presented by the Student Association and the Athletic Department. The outstanding achievements of our student athletes are recognized through a program of awards celebrated annually in a first class setting.

Varsity awards presented each year for each team are as follows:

- Rookie of the year
- Leadership award
- MVP
- Male and Female Athlete of the year
- OUA Academic Achievement Awards
- Individual Sport Awards

There are also various awards each year presented on behalf of the OUA and CIS. These awards will be presented at the banquet to recognize the contribution of our athletes to Intercollegiate Athletics in Ontario.

