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MISSION STATEMENT

THE MISSION OF ST. NORBERT COLLEGE DEPARTMENT OF INTERCOLLEGIATE ATHLETICS IS TO PROVIDE STUDENT-ATHLETES WITH A QUALITY EXPERIENCE THAT IS INTELLECTUALLY, SPIRITUALLY, AND PERSONALLY CHALLENGING. IT EXISTS WITHIN AN ENVIRONMENT THAT HAS AT ITS CORE THE HEALTH AND WELFARE OF ITS STUDENT-ATHLETES AND THE FAIR AND EQUITABLE TREATMENT OF THEM. THE PROGRAM PROMOTES STUDENT GROWTH IN ATHLETIC SKILLS, LEADERSHIP, SPIRITUALITY, TEAMWORK, SELF-DISCIPLINE, AND SPORTSMANSHIP. THIS MISSION IS SUPPORTED BY THE PHILOSOPHY AND GOALS OF NCAA DIVISION III.

NCAA

DIVISION III PHILOSOPHY STATEMENT

Colleges and universities in Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students’ academic programs. They seek to establish and maintain an environment in which a student-athlete’s athletics activities are conducted as an integral part of the student-athlete’s educational experience, and in which coaches play a significant role as educators. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their student-athletes and athletics staff.
NCAA

Division III Philosophy Statement

To achieve this end, Division III institutions:

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

b) Award no athletically related financial aid to any student;

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

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

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

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

g) Assure that athletics programs support the institution’s educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution’s athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;

h) Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admissions process; (Adopted: 1/12/04 effective 8/1/04)

i) Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body; (Adopted 1/9/06 effective 8/1/06)

j) Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body; (Adopted: 1/9/06 effective 8/1/06)

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

l) Support ethnic and gender diversity for all constituents; (Adopted: 1/12/99)

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

n) Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.
Through conference affiliation we seek to provide competitive opportunities for all sports with institutions similar in mission and purpose, academic reputation, demographics, and sport offerings.

### Midwest Conference

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<tr>
<th>College</th>
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<tr>
<td>Beloit College</td>
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<td>Cornell College</td>
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<td>Grinnell College</td>
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<td>Illinois College</td>
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<td>Knox College</td>
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<td>Lake Forest College</td>
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<td>Monmouth College</td>
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<td>Ripon College</td>
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<td>St. Norbert College</td>
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### Northern Collegiate Hockey Association

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<td>Adrian College</td>
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<td>Aurora University</td>
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<tr>
<td>Concordia-WI</td>
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<tr>
<td>Finlandia University</td>
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<tr>
<td>Lake Forest College</td>
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<td>Lawrence University</td>
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<tr>
<td>Marian University</td>
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<tr>
<td>MSOE</td>
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<tr>
<td>St. Scholastica</td>
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<tr>
<td>St. Norbert College</td>
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<td>Trine University</td>
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**Northern Athletics Collegiate Conference**

For Men’s & Women’s Golf and Men’s Volleyball

Alverno College, Aurora University, Benedictine University, Concordia University Chicago, Concordia University Wisconsin, Dominican University, Edgewood College, Illinois Institute of Technology, Lakeland University, Marian University, MSOE, Rockford University, Wisconsin Lutheran College
Athletic Department Directory

Administration:

Tim Bald  Director of Athletics  920-403-3986
Abby Gildernick  Assistant Director of Athletics/SWA  920-403-3921
Dan Lukes  Assistant AD-Athletic Communications  920-403-4077
Jenny DeCleene  Athletic Dept. Administrative Assistant  920-403-3273
Prof. Charles Jacobs  Faculty Athletic Representative  920-403-2965

Midwest Conference, NCHA, NACC

Athletic Training Staff:

Mitch Bertrand  920-403-3179  mitch.bertrand@snc.edu
Jason Dubs  920-403-3179  jason.dubs@snc.edu
Heather Erfurt  920-403-3179  heather.erfurt@snc.edu
Evan Teske  920-403-3179  evan.teske@snc.edu
Miranda Magadanz  920-403-3179  miranda.magadanz@snc.edu

Strength Coach:

Davin Roach  920-403-2990  davin.roach@snc.edu

Equipment Manager:

Joann Krueger  920-403-4080  joann.krueger@snc.edu

Athletic Office:  Mulva Family Fitness & Sports Center
Athletic Office Phone Number:  920-403-3031
Athletic Office Fax Number:  920-403-3128
Athletic Web page:  www.snc.edu/athletics

Sports Sponsorship:

Men’s Sports  Women’s Sports
Baseball  Basketball
Basketball  Cross Country
Cross Country  Golf
Football  Hockey
Golf  Soccer
Hockey  Softball
Soccer  Swimming
Swimming  Tennis
Tennis  Track (indoor/Outdoor)
Track (Indoor/Outdoor)  Volleyball
Volleyball
# Coaches Directory

<table>
<thead>
<tr>
<th>Coaching Staff:</th>
<th>Phone Number</th>
<th>E-Mail Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>920-595-0462</td>
<td><a href="mailto:mike.wallerich@snc.edu">mike.wallerich@snc.edu</a></td>
</tr>
<tr>
<td>Mike Wallerich</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s Basketball</td>
<td>920-403-3137</td>
<td><a href="mailto:gary.grzesk@snc.edu">gary.grzesk@snc.edu</a></td>
</tr>
<tr>
<td>Gary Grzesk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>920-403-3033</td>
<td><a href="mailto:amanda.perry1@snc.edu">amanda.perry1@snc.edu</a></td>
</tr>
<tr>
<td>Amanda Perry</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s &amp; Women’s Cross Country</td>
<td>920-403-3456</td>
<td><a href="mailto:don.augustine@snc.edu">don.augustine@snc.edu</a></td>
</tr>
<tr>
<td>Don Augustine</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Football</td>
<td>920-403-4232</td>
<td><a href="mailto:dan.mccarty@snc.edu">dan.mccarty@snc.edu</a></td>
</tr>
<tr>
<td>Dan McCarty</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s Golf</td>
<td>920-403-3023</td>
<td><a href="mailto:tripp.maher@snc.edu">tripp.maher@snc.edu</a></td>
</tr>
<tr>
<td>Tripp Maher</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women’s Golf</td>
<td>920-403-3901</td>
<td><a href="mailto:john.sabo@snc.edu">john.sabo@snc.edu</a></td>
</tr>
<tr>
<td>John Sabo</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s Hockey</td>
<td>920-403-2025</td>
<td><a href="mailto:tim.coghlin@snc.edu">tim.coghlin@snc.edu</a></td>
</tr>
<tr>
<td>Tim Coghlin</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women’s Hockey</td>
<td>920-403-2022</td>
<td><a href="mailto:aj.aitken@snc.edu">aj.aitken@snc.edu</a></td>
</tr>
<tr>
<td>A.J. Aitken</td>
<td></td>
<td></td>
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<tr>
<td>Men’s Soccer</td>
<td>920-246-2020</td>
<td><a href="mailto:derek.rhodes@snc.edu">derek.rhodes@snc.edu</a></td>
</tr>
<tr>
<td>Derek Rhodes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women’s Soccer</td>
<td>920-403-3027</td>
<td><a href="mailto:bob.rickards@snc.edu">bob.rickards@snc.edu</a></td>
</tr>
<tr>
<td>Bob Rickards</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Softball</td>
<td>920-403-4080</td>
<td><a href="mailto:joann.krueger@snc.edu">joann.krueger@snc.edu</a></td>
</tr>
<tr>
<td>Joann Krueger</td>
<td></td>
<td></td>
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<tr>
<td>Swimming &amp; Diving</td>
<td>920-403-3397</td>
<td><a href="mailto:hannah.saiz@snc.edu">hannah.saiz@snc.edu</a></td>
</tr>
<tr>
<td>Hannah Saiz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s and Women’s Tennis</td>
<td>262-565-3602</td>
<td><a href="mailto:tim.dean@snc.edu">tim.dean@snc.edu</a></td>
</tr>
<tr>
<td>Tim Dean</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Men’s and Women’s Track and Field</td>
<td>920-403-3456</td>
<td><a href="mailto:don.augustine@snc.edu">don.augustine@snc.edu</a></td>
</tr>
<tr>
<td>Don Augustine</td>
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</table>
Men’s and Women’s Volleyball
BJ Bryant  920-403-3138  bj.bryant@snc.edu

Spirit Support Groups:

Cheer
McKenna Kaminski  224-355-3139  mckenna.kaminski@snc.edu

Dance
Natalie Wheeler  920-655-8037  natalie.wheeler@snc.edu
STUDENT ATHLETE SUPPORT SERVICES

I. Faculty Athletics Representative (FAR)

A member institution shall designate an individual to serve as Faculty Athletics Representative. An individual so designated shall be a member of the institution’s faculty or an administrator who holds faculty rank and shall not hold an administrative or coaching position in the athletics department. Duties of the faculty athletics representative shall be determined by the member institution. -NCAA Handbook

The Faculty Athletics Representative (FAR) provides oversight and advice regarding the administration of the intercollegiate athletic program. The FAR is appointed by the administration and will serve a five-year term. The FAR will serve as the liaison between the student athletes and the faculty at large. Other duties performed by the FAR as follows:

1. Oversee the academic integrity of the athletic program
2. Assure the welfare of the student athlete
3. Monitor academic performance of student athletes
4. Represent SNC at all Midwest Conference (MWC), Northern Collegiate Hockey Association (NCHA) and National Collegiate Athletic Association (NCAA) required meetings
5. Oversee the administration of support services for student athletes
6. Advise the President of the College on matters of academics as the relate to the athletic program

Should you encounter any issues related to the relationship between academics and athletics please contact the faculty athletics representative, Associate Professor Charley Jacobs, at 920-403-2965 or charles.jacobs@snc.edu.

II. Academic Advising

The role of an Academic Advisor is to keep you on track toward graduation and assist you with academic and major questions and concerns. Utilize your advisor – make an appointment each advising period and as needed between advisement days. More information can be found regarding advisement at: http://www.snc.edu/advisement or call 403-3234.

Should you be in need of additional academic support or tutorial support, contact:

Academic Support Services
Todd Wehr Hall 211
403-1321
III. Academic Support Services

The role of Academic Support Services is to provide all students supportive services including study skills help, time management training, reading skills development, individual and group tutoring, academic coaching, academic advising and counseling, as well as resources for students with disabilities.

Academic Support Services is located in Todd Wehr Hall, Room 211. For more information you may call 403-1321, or visit: http://www.snc.edu/academicsupport

Your athletic eligibility is your responsibility!
IV. BALANCING ACADEMICS AND ATHLETICS: SOME HELPFUL HINTS

Making a commitment to athletics and academics is a challenge. As the Faculty Athletics Representative (FAR), my role is to be a resource to student-athletes when you have questions or concerns about how to strike a successful balance between academics and athletics to achieve your goals at St. Norbert College.

One challenge student-athletes regularly face is the need to miss class time due to competitions. The suggested steps in this document will help you manage this dilemma without creating conflicts that take time and energy to resolve.

Helpful facts

1. There is no St. Norbert College policy to guide instructors or student-athletes on how to handle missed class time. Each instructor sets the expectations for each course he or she teaches. As a result, you will face different situations in every class.
2. Each student-athlete who misses class because of a competition is responsible for all tests, papers, homework, and materials that are covered while he/she is absent. There is no such thing as an “excused absence” that absolves the student-athlete from course responsibilities. A miss is a miss that needs to be made up. This includes any penalty related to the attendance policy established by an instructor that may have an impact on the final grade.
3. Student-athletes are not permitted to miss class due to practice or team meetings. This is considered a violation of NCAA by-law 17.1.6. Missed Class Time-Practice, which reads “No class time shall be missed for practice activities except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest.”

Class Attendance

The policy on absences from class will be determined by each instructor in his or her own classes. It is recommended that student athletes attend class regularly. It stands to reason a student who attends class may receive the “benefit of the doubt” when asking to be excused from a class meeting over a student who does not regularly attend.

Class Absence Letters

At the beginning of each sport season, student-athletes are responsible for providing each of their instructors with a letter requesting permission to be excused from class due to athletic competition and travel. The letter is provided and signed by the Director of Athletics and is a request to be excused, not a notification. It is the prerogative of the instructor to grant, or not grant, the permission. For those instances where a conflict exists, please seek resolution with the following, in order: 1) Your coach, 2) The Athletic Director, 3) The Faculty Athletic Representative. Be aware that if the dates of games or contests during the season are changed or added due to weather or other circumstances, the Director of Athletics will issue an additional letter regarding the change that must be delivered to all instructors.
The name of the game – be proactive and collaborative

1. **Connect with your instructors**
   During the first week of the semester in which there may be a conflict with an athletic competition, introduce yourself to the instructor, either before or after class or during office hours, and explain your participation in athletics. Apprise the instructor of the possibility that you may miss due to a scheduled or unscheduled athletic event. The latter is very important for students who are members of teams that may qualify for postseason tournaments that are not part of the regular schedule.

2. **Meet all obligations for the course in a timely fashion during the semester**
   If you will need to miss classes periodically because of athletics, be sure to meet all requirements when expected by the instructor. Avoid missing class, handing in work late, or asking for extensions for papers or projects. Also, be an active participant in class, sitting close to the front and engaging in daily class work. This behavior will build good will with the instructor and demonstrate that you are a serious student. And, it will likely improve your grade.

3. **Inform your instructors as early as possible about absences**
   As soon as any information about one of your courses is available read it carefully (e.g., timetable description, syllabus, etc.). When you see an overlap between course and athletic requirements, contact the instructor immediately to discuss how to work TOGETHER to minimize the impact of this overlap. The course syllabus serves as an agreement between students and the instructor and the policies on missed class time and assignments for each course should be in it. If not, ask your instructors for this information in writing (e.g., an email). **Remember that you are asking permission.** No faculty member is required to exempt you from any assignment or obligation as a result of an athletic event. Don’t assume the instructor will be sympathetic or allow you to miss class work. Also remember that if the faculty member denies your request, you may ask your coach and/or the FAR to discuss the issue with the instructor. There is no guarantee that this intervention will be successful, but others on campus can help make your case.

**Conflicts usually occur because of miscommunication**
Minimize miscommunication with your instructors. Ask to meet with them for 5 minutes outside of class to discuss your situation completely and calmly. Be sure you communicate clearly and respectfully that their course is a priority for you, and you would like to find a way to meet all course expectations while in season. If a conflict does exist, be prepared to offer suggestions that might help resolve the conflict to the benefit of both you and the instructor.

Instructors, students, and coaches may not be aware of or may misunderstand institutional and/or NCAA regulations, so expect questions to arise in your conversation with instructors. Don’t interpret such questions as a threat or push back. Jot them down and seek the answers by asking your coach, the Athletic Director or Faculty Athletics Representative. Humility is a winning attitude. Remember that you’re asking your instructors for a favor.

**Bottom line**
Take ownership of the situation: it’s your college experience so it’s your responsibility (not the responsibility of your coach or your professors) to set yourself up for success. This means being aware of how all your athletic and academic commitments intersect. If you need information from your instructors and coaches to make a smart decision, ask for what you need. When you feel a conflict between your academic and athletic responsibilities cannot be resolved after diligent and careful communication with your instructors and coach, contact the FAR.

Professor Charley Jacobs
South Teaching Wing 127
charles.jacobs@snc.edu
V. Wellness Services

Counseling and Psychological Services

Counseling and Psychological Services (CAPS) works with all SNC students to improve their physical, emotional, and psychological functioning. Students, including student athletes, can meet with a psychologist or counselor on a wide range of topics for no charge as all services are covered under the Student Health Fee. With attention to all areas of student health, CAPS also collaborates with the nurses, advanced providers and psychiatrist in Health and Wellness Services.

Being a student athlete can be stressful as academics, athletics, and social life compete for your time. CAPS is on campus to partner with you in areas such as time management, anxiety, depression, and relationship concerns. We can also, with your permission, work with coaches and athletic staff to assist you in reaching your personal goals. Our services include individual and group counseling as well as biofeedback and mindfulness to foster relaxation, focus, and performance enhancement.

CAPS services also include prevention and wellness education in the areas of alcohol and substance use/abuse (Responsible Choices), suicide prevention (QPR), sexual misconduct and assault (SNC in 3D), body image/disordered eating, autism spectrum disorders (SNC ASD Support Program), and diversity and inclusion.

Confidentiality is highly regarded and Counseling and Psychological Services staff, except in very specific emergency situations, do not disclose your personal health information to anyone, including coaches, trainers, administrators, faculty or parents without your expressed written consent.

To make an appointment or to get additional information on services and staff, give us a call, stop by our offices on the second floor of the Mulva Family & Fitness Center, or visit us at www.snc.edu/counseling.

Hours: 8:00 - 4:30 Monday-Friday. Appointments: 920-403-3045.
After hours: Leave a message or contact an on-call counselor, 920-403-3045;
Campus Safety, 403-3299, Brown County Crisis Center 920-436-8888;
24-hour Nurse Call Line, 920-445-7373

Bruce J. Robertson, PhD, Senior Director of Counseling and Career Programs.

Health Services

Basic assessments and testing for strep, mono, influenza, urinary tract infections, glucose and iron are provided at no cost in Health and Wellness Services. A Nurse Practitioner or Physician’s Assistant is available Monday-Friday, to provide advanced care to include: physical exams, advanced diagnostic testing and prescription medications. Health Services works closely with the athletic trainers to provide comprehensive and coordinated care. Learning about and maintaining your health is an important part of your college education. Healthy lifestyles, prevention strategies, immunizations and physicals are offered to all students. Athletes can make an appointment at Health Services by calling 920-403-3266. Every effort will be made to offer an appointment that accommodates the athlete’s practice and game schedule. In most cases, same day appointments can be accommodated.

Most of the health care provided to students are covered under the Student Health Fee, however, advanced medical care and advanced lab tests, immunizations, and prescription medications are fee for service and
will be billed to your insurance on file. Athletes with underlying medical conditions are encouraged to have a plan of care completed. Health Services staff will coordinate care with primary care providers to assure continuity of care while on campus. All records are confidential and adhere to the HIPAA privacy laws. Upon your written consent, health information can be shared with the athletic trainer to coordinate care return athletes to play as quickly as possible. Numerous wellness programs are offered throughout the year. Massage Therapy is offered for minimal fees monthly: $25 – ½ hour and $45 – 1 hour. Call Health Service for available appointment dates & times. Check our website [www.snc.edu/health](http://www.snc.edu/health) for programs and schedules.

Health & Wellness Services is located in the Mulva Family Fitness and Sports Center on the second floor, just across the hall from the coach’s offices in the Athletic Department.

**Hours:** 8:00 – 4:30 Monday-Friday  
**Appointments:** 920-403-3266  
**After Hours:** 24-hour Nurse Call Line 920-445-7373  
Campus Safety, 920-403-3299

Chrystal Woller BSN, RN Senior Director for Health and Wellness Services
VI. Sports Medicine Services

The Sports Medicine staff (Licensed Athletic Trainers and team physicians) is a dedicated group of health care professionals specialized in methods of student-athlete support, injury prevention, evaluation and rehabilitation. These individuals work tireless hours in our Sports Medicine Services facilities and at our various athletic venues, in addition to other administrative duties, and should be afforded the highest level of respect and appreciation. The Sports Medicine staff has a duty to treat and respect all patients in a professional manner and ensure that all student-athletes have equal access to the services they provide.

The SNC Sports Medicine staff has the unchallengeable authority regarding all matters related to SNC student-athlete health and welfare, as well as the determination of practice and competition participation status in terms of medical clearance (NCAA rule). Medical services outside the SNC Sports Medicine staff can be obtained, but the SNC Sports Medicine staff must be consulted beforehand and will always have the final determination of student-athlete participation status and medical clearance.

Medical Forms

Prior to participating on a team for St. Norbert College, student-athletes must complete all medical information and forms BEFORE the athlete is allowed to participate in any type of team activity (practices, conditioning, competitions, etc.). Information is collected annually and must be complete in the summer before reporting to SNC. The student-athlete will be held from participation until ALL medical information and forms are complete and on file in Sports Medicine Services. All of these requirements can be found on the Sports Medicine Website at www.snc.edu/athletics/sportsmedicine/forms.html.

A. All student-athletes must complete/ update their SportsWare information. This includes: athlete contact information, current address, current insurance information, emergency contacts, medical alert and health history information, and consent to treat forms, etc. This is all submitted via SportsWare Online (www.swol123.net).

B. All freshmen/ transfer students/ new members must submit a Pre-participation Physical Evaluation (PPE) Form before they are cleared to participate. This includes Health History, Sickle-Cell Status and Waiver Form, and a Physical Exam Form. This is only required once during the student-athlete’s career unless otherwise determined by the Sports Medicine staff.

C. Only those student-athletes diagnosed and taking medications for ADD/ADHD need to submit the NCAA Medical Exception Reporting Form and include supporting documentation. This form is only required once during a student-athlete’s career unless the medication or dosage changes.

D. All athletes are annually educated in the signs and symptoms of head injuries/concussions by watching an informational video and completing a follow-up quiz via XLNTBrain, as well as provided with NCAA and SNC Fact Sheets and the SNC Concussion Protocol.
Sports Medicine Facility/Athletic Training Room (ATR)
Hours of Operation & Appointments

Sports Medicine facilities are located at the Mulva Family Fitness and Sports Center (MFFSC), Schneider Stadium and Cornerstone Community Center. Regular hours are posted outside each facility, and questions regarding hours should be directed to the Licensed Athletic Trainers (LAT’s). These medical facilities are not available unless an LAT is present, and must not be occupied or accessed unless it is staffed by medical personnel (cannot be opened by campus safety, coach, etc.).

Operating hours are determined by priority of medical coverage, which is based on conference rules and by the National Athletic Trainers’ Association’s (NATA) document: “Recommendations & Guidelines for Appropriate Medical Coverage of Intercollegiate Athletics.” Prioritized coverage is as follows: 1) home traditional season events, 2) traditional season practices of high and moderated risk sports as classified by the NATA, 3) Sports Medicine Facility/ATR for treatments/evaluations, 4) practices of low-risk sports as classified by the NATA.

Typical Fall Semester: MFFSC M-Th 12-8pm (8am-noon by appointment only); Schneider Stadium M-Th 2-7pm; Fridays – Sundays are dependent on athletic event coverage. Preseason, J-term and spring hours vary and will be posted.

Any student-athlete needing an injury evaluation or 1-on-1 rehab session must make an appointment with one of the LAT’s using SportsWare Online (www.swol123.net). This appointment can be made with whichever LAT’s schedule works best for the student-athlete; it does not need to be with the LAT responsible for their roster. This can be done using a smartphone or computer. Student-athletes are encouraged to bookmark the website on their smartphones for efficiency of use. Practice/game prep, daily treatments and independent rehab exercises do not require an appointment and can be completed during regular operating hours. Missed treatments or appointments, which are necessary for proper recovery, will be dealt with by the attending LAT and the student-athlete’s coach.

Treatment of Injuries

All treatments must be documented (logged) in SportsWare by the student-athlete using the iPads at the check-in station near the entrance of each Sports Medicine facility. Each treatment is recorded at the time of service (ie. must log treatments before AND after practice if getting treatments pre- and post- practice). Student-athletes need to report all injuries to the LAT, and should do so on the day of occurrence or as soon as possible thereafter. Injured players must also report to a LAT for follow-up evaluation and treatment, and are expected to follow the instructions as directed by the treating LAT in order to return to participation as quickly and safely as possible.
Team Physician Appointments

Appointments with a team physician can only be made through a Licensed Athletic Trainer. Each injury must be evaluated by one of the LAT’s first and if the LAT determines that further evaluation is needed, he/she will coordinate an on-site appointment for the student-athlete. No walk-in MD appointments are allowed, and coaches are not able to make referrals to team MD’s.

Practice Policies for Injured or Ill Players

If a student-athlete is injured to the extent that he/she cannot practice or will be available for limited participation, he/she will nevertheless be required to report to all practices on time and in the gear determined by the coach or AT. Injured players will be assigned to a rehabilitation program or treatment plan intended to speed up recovery time and maintain conditioning. Failure to complete assigned exercises will be reported to the appropriate coaching staff. It is the athlete’s responsibility to his/her team to get well as soon as possible.

Sports Medicine Equipment

There is a variety of expensive equipment within Sports Medicine Services, which is intended to be used appropriately for treating injured student-athletes. It is the property of Sports Medicine Services and not the coaching staff or the student-athletes. We ask that you respect our space and do not help yourself to any equipment without getting prior approval. This will help ensure the safety of the student-athletes, allowing us to document appropriately and record any potential issues that may arise with the equipment. Self-help equipment (foam rolls, roller sticks, hot-packs, ice, etc.) are available for the student-athletes to use in common areas (locker rooms, team room, hallway, fitness center, etc.) and should remain in those areas.
VII. Athletic Performance

St. Norbert College employs a full-time Strength and Performance Coach for the athletic department and the College Community. This position is not associated with any specific athletic team and does not have any coaching responsibilities to any team. The purpose of this position is to enhance the athletic performance of all Green Knight student-athletes through strength conditioning, speed development and nutritional information.

Please be aware of the three distinct seasons and when it is permissible to work directly with the SNC Strength & Conditioning Coach:

“In-Season” (Traditional Season)
Anytime, beginning with the permissible start date per sport and ending with the conclusion of participation (last competition or practice date) for that sport in the academic year.

“Out-of-Season” during academic year
Any direct work with the Strength & Performance Coach outside of the traditional season must be on a voluntary basis. No attendance may be taken nor any information provided back to the coaching staffs. It is up to the student-athletes to take advantage of these training opportunities during the off-season, it cannot be mandatory as during the traditional season. The Coach will make the student-athletes aware of the schedule for these training opportunities.

“Summer” (Outside of academic year)
It is a violation of NCAA regulations for any SNC student-athlete to work with the SNC Strength & Performance Coach outside of the academic year. The Strength & Performance Coach may design a voluntary individual workout program for Green Knight student-athletes to use during the summer period, but MAY NOT conduct the workouts.

Should the SNC Strength & Performance Coach be employed by an outside entity during the summer vacation period, it is not permissible for any SNC student-athlete to work with the Strength & Performance Coach, even if the student-athlete purchases a membership to train at the establishment. The Strength & Conditioning Coach remains an employee of St. Norbert College and therefore, it would be a violation of NCAA regulations to work with the Strength & Performance Coach out-of-season. SNC student-athletes MUST work under the direction of any other staff member employed at that establishment.
VIII. Drug Education

St. Norbert College Department of Athletics defers to regulations found within the Citizen regarding issues associated with alcohol, tobacco products and illicit drugs of abuse. In addition, team, conference (MWC/NCHA), and NCAA rules and regulations may apply as necessary.

Alcohol
Underage drinking (under the age of 21) is illegal according to Wisconsin State Law. St. Norbert College supports this law by implementing the alcohol policies as outlined in the Citizen. In addition, guidelines regarding alcohol are established on a team-by-team basis and approved by the Director of Athletics.

Recruiting Activities
When serving as a student host to prospective student-athletes at SNC, it is not permissible to serve or use alcohol. Any violations will be handled through the college policies and procedures section of the Citizen.

Alcohol at Athletic Venues
For those of legal drinking age, the use of alcohol is restricted to parking areas only at all SNC athletic venues.

Tobacco
Per NCAA Bylaw 11.1.5, “The use of tobacco products is prohibited by all gaming personnel (e.g. coaches, trainers, managers, and game officials) in all sports during practice and competition.”

Illegal Drugs
St. Norbert College does not condone the use of marijuana, narcotics, club drugs or other prescription drugs not taken under the supervision of a doctor. The 1st offense will automatically place a student on disciplinary probation by the college for one year and a $50 fine and drug assessment. The 2nd offense will result in disciplinary probation for duration of enrollment at the College, $150 fine for two follow-up sessions with Counseling Center for review of recent drug assessment. The 2nd offense may also lead to restriction from participation in extracurricular activities, which include but are not limited to: social organizations, student organizations, athletics, ROTC, etc., along with a parent notification letter. Dismissal from St. Norbert College may be considered at any time if violations are deemed to warrant it.

NCAA Drug-Testing
As a requisite for eligibility, student-athletes provide consent for participation in NCAA drug-testing.
At the start of each academic year, student-athletes will be provided with protocol for NCAA drug-testing. Included on the next page is the most up-to-date list of NCAA barred substances.

Should a student-athlete test positive during any NCAA drug test he/she will be suspended for 365 days from the date of the positive test and lose one year of eligibility, except for a positive test for a “street drug” which will result in a 50% withholding from the season. In addition, the student-athlete will be immediately suspended per the SNC Student-Athlete Code of Conduct. The student judicial process will determine if and when they are returned to practice and competition.

*Supplementation*

In regard to supplementation, please be aware of the following warning:

“All nutritional/dietary supplements carry some risk of containing an NCAA banned substance because they are not well regulated and may be contaminated. Failure to check out any supplement with your sports medicine staff prior to use may result in a failed appeal for a positive drug test. Student-athletes are responsible for anything they ingest”.

In other words – Buyer Beware! What’s on the label is not necessarily what’s in the bottle. Ignorance will not be an excuse for a positive test!

If you are thinking about taking a supplement, you may make a free, confidential call to the Resource Exchange Center (REC) at 877-202-0769 Passcode: NCAA3 or check out the REC website at www.drugfreesport.com/rec.

Counseling/Treatment Options

If for any reason a student-athlete finds himself/herself suspended because of a violation involving drugs or alcohol, one of the follow-up procedures that will be provided is counseling or treatment options. Counseling and treatment may be provided at St. Norbert College or a licensed professional in the community. There would be no cost to the student for sessions at SNC, however, the student would be responsible for any off-campus counseling and treatment fees. The number one concern is your physical, mental, and emotional wellbeing. Athletic competition is clearly of a secondary nature.
NCAA Division I Bylaw 12 and NCAA Divisions II and III Bylaw 14 require that schools provide drug education to all student-athletes. The athletics director or athletics director's designee shall disseminate the list of banned-drug classes to all student-athletes and educate them about products that might contain banned drugs. All student-athletes are to be notified the list may change during the academic year and that updates may be found on the NCAA website (ncaa.org); and informed of the appropriate athletics department procedures for disseminating updates to the list. It is the student-athlete's responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following drug classes:
1. Stimulants.
2. Anabolic agents.
3. Alcohol and beta blockers (banned for rifle only).
4. Diuretics and masking agents.
5. Narcotics.
7. Peptide hormones, growth factors, related substances and mimetics.
8. Hormone and metabolic modulators.

Note: Any substance chemically/pharmacologically related to all classes listed above and with no current approval by any governmental regulatory health authority for human therapeutic use (e.g., drugs under pre-clinical or clinical development or discontinued, designer drugs, substances approved only for veterinary use) is also banned. The institution and the student-athlete shall be held accountable for all drugs within the banned-drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at ncaa.org/drugtesting. There is no complete list of banned substances.

Substances and Methods Subject to Restrictions:
2. Local anesthetics (permitted under some conditions).
3. Manipulation of urine samples.
4. Beta-2 agonists (permitted only by inhalation with prescription).
5. Tampering of urine samples.

NCAA Nutritional/Dietary Supplements:
Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.

1. Nutritional/dietary supplements, including vitamins and minerals, are not well-regulated and may cause a positive drug test.
2. Student-athletes have tested positive and lost their eligibility using nutritional/dietary supplements.
3. Any product containing a nutritional/dietary supplement ingredient is taken at your own risk.

Athletics department staff should provide guidance to student-athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXIS™ for authoritative review of label ingredients in medications and nutritional/dietary supplements. Contact the Drug Free Sport AXIS at 877-202-0769 or dfsaxis.com (password ncaa1, ncaa2 or ncaa3).
# THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.

Do not rely on this list to rule out any label ingredient.

<table>
<thead>
<tr>
<th>Drug Classes</th>
<th>Some Examples of Substances in Each Class</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Stimulants</strong></td>
<td></td>
</tr>
<tr>
<td>Amphetamine (Adderall)</td>
<td>Methylhexanamine (DMAA; Forthane)</td>
</tr>
<tr>
<td>Caffeine (Guarana)</td>
<td>Methylenidate (Ritalin)</td>
</tr>
<tr>
<td>Cocaine</td>
<td>Mephedrone (bath salts)</td>
</tr>
<tr>
<td>Dimethylbutylamine (DMBA; AMP)</td>
<td>Modafinil</td>
</tr>
<tr>
<td>Dimethylhexylamine (DMHA; Octodrine)</td>
<td>Octopamine</td>
</tr>
<tr>
<td>Ephedrine</td>
<td>Phenethylamines (PEAs)</td>
</tr>
<tr>
<td>Ephedrinol</td>
<td>Phenetermine</td>
</tr>
<tr>
<td>Herdenine</td>
<td>Synephrine (bitter orange)</td>
</tr>
<tr>
<td>Methanphetamine</td>
<td></td>
</tr>
<tr>
<td><strong>Exceptions:</strong> Phenylephrine and Pseudoephedrine are not banned.</td>
<td></td>
</tr>
<tr>
<td><strong>Anabolic Agents</strong></td>
<td></td>
</tr>
<tr>
<td>Androstenedione</td>
<td>Methasterone</td>
</tr>
<tr>
<td>Boldenone</td>
<td>Norandrosterone</td>
</tr>
<tr>
<td>Clenbuterol</td>
<td>Sarms [Ligandrol (LGD-4033); Ostarine; RAD140; S-23]</td>
</tr>
<tr>
<td>DHCMT (Oral Turinabol)</td>
<td>Oxandrolone</td>
</tr>
<tr>
<td>DHEA (7-Keto)</td>
<td>Stanozolol</td>
</tr>
<tr>
<td>Drostanolone</td>
<td>Stenbolone</td>
</tr>
<tr>
<td>Epitrenbolone</td>
<td>Testosterone</td>
</tr>
<tr>
<td>Etocholanolone</td>
<td>Trembolone</td>
</tr>
<tr>
<td>Methandienone</td>
<td></td>
</tr>
<tr>
<td><strong>Alcohol and Beta Blockers</strong></td>
<td></td>
</tr>
<tr>
<td>(banned for rifle only)</td>
<td></td>
</tr>
<tr>
<td>Alcohol</td>
<td>Alcohol</td>
</tr>
<tr>
<td>Atenolol</td>
<td>Pendolol</td>
</tr>
<tr>
<td>Metoprolol</td>
<td>Propranolol</td>
</tr>
<tr>
<td>Nadolol</td>
<td>Timolol</td>
</tr>
<tr>
<td><strong>Diuretics and Masking Agents</strong></td>
<td></td>
</tr>
<tr>
<td>Bumetanide</td>
<td>Probenecid</td>
</tr>
<tr>
<td>Chloretiazide</td>
<td>Spironolactone (canrenone)</td>
</tr>
<tr>
<td>Furosemide</td>
<td>Triamterene</td>
</tr>
<tr>
<td>Hydrochlorothiazide</td>
<td>Trichlormethiazide</td>
</tr>
<tr>
<td><strong>Exceptions:</strong> Finasteride is not banned.</td>
<td></td>
</tr>
<tr>
<td><strong>Narcotics</strong></td>
<td></td>
</tr>
<tr>
<td>Buprenorphine</td>
<td>Morphine</td>
</tr>
<tr>
<td>Dextromoramide</td>
<td>Niconorphine</td>
</tr>
<tr>
<td>Diamorphine (heroin)</td>
<td>Oxycodone</td>
</tr>
<tr>
<td>Fentanyl, and its derivatives</td>
<td>Oxymorphone</td>
</tr>
<tr>
<td>Hydromorphone</td>
<td>Pentazocine</td>
</tr>
<tr>
<td>Methadone</td>
<td>Phenadine</td>
</tr>
<tr>
<td><strong>Cannabinoids</strong></td>
<td></td>
</tr>
<tr>
<td>Marijuana</td>
<td>Synthetic cannabinoids (Spice; K2; JWH-018; JWH-073)</td>
</tr>
<tr>
<td>Tetrahydrocannabinol (THC)</td>
<td></td>
</tr>
<tr>
<td><strong>Peptide Hormones, growth factors, related substances and mimetics</strong></td>
<td></td>
</tr>
<tr>
<td>Growth hormone (hGH)</td>
<td>IGF-1 (colostrum, deer antler velvet)</td>
</tr>
<tr>
<td>Human Chorionic Gonadotropin (hCG)</td>
<td>Butamoren (MK-677)</td>
</tr>
<tr>
<td>Erythropoietin (EPO)</td>
<td></td>
</tr>
<tr>
<td><strong>Exceptions: Insulin, Synthroid and Fortes are not banned.</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Hormone and Metabolic Modulators</strong></td>
<td></td>
</tr>
<tr>
<td>Aromatase Inhibitors [Anastrozole (Arimidex); ATD (androstatrienedione); Formestane; Letrozole]</td>
<td></td>
</tr>
<tr>
<td>Clomiphene (Clomid)</td>
<td></td>
</tr>
<tr>
<td>Fulvestrant</td>
<td></td>
</tr>
<tr>
<td>GW1516 (Cardarine; Endurobol)</td>
<td></td>
</tr>
<tr>
<td>SERMS [Raloxifene (Evista); Tamoxifen (Nolvadex)]</td>
<td></td>
</tr>
<tr>
<td><strong>Beta-2 Agonists</strong></td>
<td></td>
</tr>
<tr>
<td>Bambuterol</td>
<td>Norcocaurine</td>
</tr>
<tr>
<td>Formoterol</td>
<td>Salmeterol</td>
</tr>
<tr>
<td>Higenamine</td>
<td></td>
</tr>
</tbody>
</table>

Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned.

It is your responsibility to check with the appropriate or designated athletics staff before using any substance. Many nutritional/dietary supplements are contaminated with banned substances not listed on the label.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS at 877-202-0769 or dfaxis.com (password ncaa1, ncaa2 or ncaa3).
ATHLETIC DEPARTMENT POLICIES & PROCEDURES

I. Academic Rules and Regulations

Practice
In order to be eligible for practice, a student-athlete must be enrolled in a full-time course of studies leading to a baccalaureate degree. Full-time enrollment at SNC is the equivalent of 3 full courses.

The only time a student-athlete can be enrolled less than a full-time load is the final semester prior to graduation and the student-athlete needs less than 3 courses to complete his/her degree.

Competition
In order to be eligible for competition, the student-athlete must be enrolled in a full-time load of classes and be in good academic standing. Good academic standing at SNC is a cumulative grade point average of 2.00 or higher.

Class Attendance
The policy on absences from class will be determined by each teacher in his/her own classes. It is recommended that student-athletes attend class regularly. It stands to reason a student who attends class may receive the “benefit of the doubt” when necessary over a student not regularly attending.

Class Absence Letters
At the beginning of each sport season, student athletes are responsible for providing their instructor with a letter requesting permission to be excused from class due to athletic competition/travel. The letter is provided and signed by the Director of Athletics and is a request to be excused, not a notification. It is the prerogative of the instructor to grant the permission. For those instances where a conflict exists, please seek resolution with the following, in order: 1) Your coach, 2) The Athletic Director, 3) The Faculty Athletic Representative.

Outside Examination (per the College Catalog)
Examination scheduled outside regular class hours are to be avoided by instructors, except when a longer period of time is required or when comparable results are needed from different sections of the same course. Instructors are required to give students advance notice and must allow students to take a make-up examination if he/she can not be present for an examination outside normal class hours. Evening examinations should not be given before 7:00 pm.
Participation in intercollegiate athletics at St. Norbert College is a privilege and not a right. Student-athletes and coaches bear the responsibility of representing the mission and core values of St. Norbert College through athletic participation. As such, it is important that as a student-athlete you understand the conditions of responsibility you accept as a member of an athletic team.

All student-athletes accept the responsibility for complying with the policies and procedures outlined in The Citizen (located at https://www.snc.edu/judicialaffairs/docs/login/thecitizen.pdf). These regulations govern the entire St. Norbert College student community. The student conduct section contains institutional policies and procedures, behavioral policies and a complete description of the student conduct process. Violation of these regulations will result in action by the campus conduct process. Furthermore, all student-athletes shall conform to the rules of his or her sport established by the coach and approved by the athletic director and additionally follow all bylaws and rules established by the NCAA.

The following process will be employed in the event that a student-athlete is accused of violating St. Norbert College student conduct policies specified in The Citizen or relevant NCAA rules or regulation applicable to student-athlete behavior.

1. Mission and Student Affairs and the Office of Judicial Affairs will inform the Department of Athletics of any violations of The Citizen and/or local, state, or federal law regarding action by a student-athlete. The Department will be made aware of any sanction that limits a student-athlete’s ability to participate in practice or contests and the Department of Athletics will be responsible for enforcing the sanction for all student-athletes.

2. In compliance with NCAA rules, the Department of Athletics will immediately suspend from practice and competitions, any student-athlete who has been found in violation of gambling rules or has failed a drug test for a banned substance.
III. Equipment

Athletic Department Equipment Issue and Return

The College has purchased the necessary equipment needed to practice and compete via budget dollars allocated to each sport. The equipment that is issued to you is your responsibility while in your possession. The individual sport coach and equipment manager are responsible for monitoring the treatment and life cycle of your equipment. Equipment issued to you will be recorded on an “equipment issue” card. You will sign the card indicating acceptance of the equipment. Mistreatment and neglect of the equipment will not be tolerated. Student athletes shall be billed for lost, stolen, or mistreated equipment.

Uniform Policy

The athletic department will make every available effort to ensure that each sport receives a uniform rotation every four years. Each student athlete can expect to play in a new uniform at least once in his/her four year career.

Team Gear

Should student-athletes fund-raise or pay for any practice or competition gear, it must first be approved by the head coach and then the Athletic Director. A few guiding principles will be considered:

a. The Athletic Department possesses official marks, logos, and typography for Green Knight Athletics.

b. School colors are Forest Green and Old Gold. They are the only approved colors.

c. Black is not part of our school colors. It may only be used as an accent color unless approved by the Athletic Director.

d. The uniforms/gear should match.
IV. Miscellaneous

1. Travel

Travel to and from athletic contests will be by charter coaches, the college van or rented vehicles. Due to liability reasons only student-athletes, coaching staff members, trainers and other approved members of the traveling party may travel in vehicles. If the situation occurs when a student-athlete is needed to drive an approved college vehicle, only those student-athletes approved via a defensive driving course may serve in this role.

Student-athletes are expected to depart with the team both on the way to the site and on the way home. Exceptions to this policy may occur when a student-athlete wishes to travel with their parents or legal guardians. Prior permission must be obtained and a signed SNC “student-athlete travel release” form must be in the hands of the coach before this approval is granted. This form is available through the athletic department website under the “student-athlete” link.

When traveling for practice or competition student-athletes should dress and act accordingly. Remember, you represent St. Norbert College and your actions reflect not only yourself, but your teammates, coaches and St. Norbert College in general.

2. Written Evaluations of Program

At the completion of their senior season, Green Knight student-athletes will be provided an opportunity to evaluate their athletic experience at St. Norbert College. The evaluation will be prepared in summary format and the head coach of each sport will be provided a copy and the Athletic Director will retain a copy on file. These program evaluations will be a part of the annual review process for head coaches.

3. Community Service

Each athletic team is expected to conduct a community service project on an annual basis. This project will be documented by the student-athlete advisory representative on a form provided by the Athletic Director.

It is understood that many student-athletes are active in community service projects. This requirement is not intended as a burden for those already participating but rather, as an opportunity for those who do not already practice. Hopefully, these projects might instill life-long service within our student-athletes.

These recorded team service projects will be forwarded to the Office of Leadership, Service, and Involvement (LSI) to be included in total SNC service hours.
4. Awards

Participation Awards

Awards are issued at the completion of a season in each sport. Duplicate awards are given to multiple sport athletes for each different sport. The name of sport will obviously be changed accordingly for each duplicate award.

Participation Awards are as follows:

1st Year Award is a certificate.

2nd Year Award is a plaque with the St. Norbert college Green Knight logo imprinted, accompanied by a nameplate.

3rd Year Award is a green and gold wool blanket, embroidered with the athlete’s name and picture of their sport.

4th Year Award is a an athletic graduation sash.

An athlete who leaves his or her sport by quitting, becoming academically ineligible or by being dismissed from the team for disciplinary reasons, will not be issued an award.

Awards are earned in a chronological and cumulative order regardless of year in school or when the student-athlete joins a team.

Exceptions to any of the above, or extenuating circumstances due to reasons of medical hardship or the like, may be dealt with at the discretion of the Director of Athletics.

SNC Male and Female Athlete of the Year

SNC annually recognizes a male and female Green Knight Student-Athlete Of The Year for the senior class. Recipients for this award must possess a cumulative GPA of 3.2 or higher and attained outstanding athletic achievement.
5. **Student-Athlete Advisory Committee**

**Mission Statement**

The purpose of the Student-Athlete Advisory Committee is to provide student-athletes with the opportunity to communicate more effectively with St. Norbert College administration, coaches, and staff regarding athletic programs.

**Goals**

- To become better educated as to how SNC department of athletics operates institutionally as well as how it operates within the MWC/NCHA and the NCAA.

- To become more knowledgeable about SNC, MWC/NCHA and NCAA rules, regulations and their respective legislative processes.

- To communicate information *to* team members from the SAAC, and *from* team members to the SAAC.

- To share ideas in order to enhance SNC athletic department policies.

- To encourage unity amongst SNC student-athletes and athletic programs.

**Membership**

- One representative from each sport

- The length of the representatives term is determined by the sport

**Meetings**

- Every other week or on an as-needed basis determined by the Advisor to SAAC

**SAAC Advisor**

- Abby Gildernick    403-3921    abby.gildernick@snc.edu
### 2020-2021 SAAC Representatives – St. Norbert College

<table>
<thead>
<tr>
<th>Sport</th>
<th>Name</th>
<th>Class</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Jack Ponx</td>
<td>2022</td>
</tr>
<tr>
<td>Men’s Basketball</td>
<td>Jacob Bolwerk</td>
<td>2022</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>Ava Moldenhauer</td>
<td>2022</td>
</tr>
<tr>
<td>Cheerleading</td>
<td>Maddie Reynolds</td>
<td>2022</td>
</tr>
<tr>
<td>Men’s XC</td>
<td>Peyton Janto</td>
<td>2022</td>
</tr>
<tr>
<td>Men’s Track &amp; Field</td>
<td>Oren Kestell</td>
<td>2022</td>
</tr>
<tr>
<td>Women’s XC</td>
<td>Elisabeth Klumpany</td>
<td>2021</td>
</tr>
<tr>
<td>Women’s Track &amp; Field</td>
<td>Alex Bruley</td>
<td>2022</td>
</tr>
<tr>
<td>Dance</td>
<td>Cecelia Jewson</td>
<td>2021</td>
</tr>
<tr>
<td>Football</td>
<td>Freddy Poorman</td>
<td>2021</td>
</tr>
<tr>
<td>Men’s Golf</td>
<td>Phillip Heidkamp</td>
<td>2023</td>
</tr>
<tr>
<td>Women’s Golf</td>
<td>Jennifer Kubowski</td>
<td>2023</td>
</tr>
<tr>
<td>Men’s Hockey</td>
<td>Luke Davison</td>
<td>2021</td>
</tr>
<tr>
<td>Women’s Hockey</td>
<td>Libby Barbato</td>
<td>2021</td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Jacob Hause</td>
<td>2023</td>
</tr>
<tr>
<td>Women’s Soccer</td>
<td>Anja Jacobsen**</td>
<td>2022</td>
</tr>
<tr>
<td>Men’s Swimming</td>
<td>Peder McGrath</td>
<td>2022</td>
</tr>
<tr>
<td>Women’s Swimming</td>
<td>Sophia Thompson</td>
<td>2023</td>
</tr>
<tr>
<td>Softball</td>
<td>Carmen Yost</td>
<td>2022</td>
</tr>
<tr>
<td>Men’s Tennis</td>
<td>Andrew Gehring**</td>
<td>2021</td>
</tr>
<tr>
<td>Women’s Tennis</td>
<td>Lauren Paulson</td>
<td>2021</td>
</tr>
<tr>
<td>Men’s Volleyball</td>
<td>Josh Hauke</td>
<td>2023</td>
</tr>
<tr>
<td>Women’s Volleyball</td>
<td>Haley Bartz</td>
<td>2021</td>
</tr>
</tbody>
</table>

** Co-Chairs
6. **Outdoor Athletic Facilities**

Donald J. Schneider Stadium – contains a synthetic playing surface and all-weather running track.

Baseball/Softball Complex – contains synthetic infield playing surfaces and natural grass outfields on both diamonds.

>> At NO TIME may chewing tobacco or sunflower seeds be chewed in either of these facilities.

>> Only water and athletic trainer approved liquids are permitted on the playing surfaces.

>> Appropriate footwear is expected when utilizing any of the surfaces in either facility.

The better we all take care of the outdoor facilities the more enjoyable they will be for everyone and the longer they will last. Thanks for your cooperation with these requests.

7. **Parking**

**Student-Athlete Parking While Traveling**

**During the semester:**

Students that do not have a current year parking permit displayed on their car or that have a BLUE commuter permit displayed on the car must park in the College Ave lot P12 when leaving a car on campus due to traveling for an away game(s).

Students with a GREEN permit can remain parked in one of the student lot they normally use.

**During breaks:**

All students must park in one of the “break storage lots” that college has identified. Typically the storage lot is the 4th street lot P16 however other lots may also be available depending on the time of year.

Students will get an email notice from the parking office that indicates which lot(s) will be used for break storage while they are away from campus. This information is posted on-line as well.

Any vehicle towed due to being left in a lot other than where directed will be towed at the owner’s expense.

**link to the campus map:**
[http://www.snc.edu/parking/docs/parkingmap.pdf](http://www.snc.edu/parking/docs/parkingmap.pdf)