



Student-Athlete Handbook  
2009-2010

## **Intercollegiate Athletics Mission Statement**

Intercollegiate athletics at the University of California, Santa Cruz will provide its student-athletes, campus, community, and alumni with a comprehensive, competitive and fulfilling program from which all feel pride, commitment and affiliation. We will represent the ideal model of intercollegiate athletics, in which athletic excellence is sought while fully supporting and adhering to the institutions academic mission. We will attract, retain and graduate the finest student-athletes who will in turn, become loyal, supportive and proud alumni.

We will fulfill our mission by accomplishing the following objectives:

- Strictly adhering to the by-laws of the NCAA Division III.
- Providing student-athletes, coaches, faculty and staff with a supportive environment in which goals can be set, supported and realized.
- Ensuring student-athletes' academic progress is monitored and never compromised.
- Providing equitable opportunities to participate and quality of service to both male and female athletes and programs.
- Hiring the best possible teachers/coaches and support staff.
- Providing the best possible facilities, equipment and supplies.
- Scheduling appropriately to provide challenging opponents and competitive balance.
- Recruiting the best student-athletes who will succeed in our academic and athletic environments.
- Preparing individuals and team to realize their full competitive potential.
- Communicating the mission, goals, and accomplishments of our program to the campus, community and alumni as frequently as possible.

## **Disclaimer**

The University of California, in accordance with applicable Federal and State law and University policy, does not discriminate on the basis of race, color, national origin, religion, sex, gender identity, pregnancy, physical or mental disability, medical condition (cancer related or genetic characteristics), ancestry, marital status, age, citizenship, sexual orientation, or service in the uniformed services as defined by the Uniformed Services Employment and Reemployment Rights Act of 1994. The University also prohibits sexual harassment. This nondiscrimination policy covers admission, access, treatment in University programs and activities and employment.

University policy also prohibits retaliation for bringing a complaint of discrimination or participating in a complaint process or investigation pursuant to this policy.

Please note that any policies, procedures, and rules are subject to change at any time. If there is a conflict between policies, procedures and rules, the UC Board of Regents policies will always prevail. The University and its Athletic Department has the right to change, modify, add or discard any policy, procedure and rules at any time.

## Table of Contents

<b>Intercollegiate Athletics Mission Statement</b>	2
<b>Disclaimer</b>	2
<b>Athletics Names &amp; Contacts</b>	5
<b>Association of DIII Independents</b>	6
<b>Useful UCSC Contact Numbers</b>	7
<b>Eligibility</b>	9
Practice	9
Competition	9
Transfer Students	9
<b>Disciplinary Action</b>	10
Grievance Review	10
<b>Code of Ethics</b>	11
Self-Reporting	11
Appearance	11
Home Games	11
Intramural & Club Sports	11
Sportsmanship	11
Hazing	11
Sexual Harassment	12
Gambling	12
<b>Social Networking Sites &amp; Blogging</b>	14
<b>Amateurism</b>	14
<b>Alcohol and Drug Use</b>	15
<b>Travel &amp; Away Games Regulations</b>	16
Missed Classes	16
Dress Code for Team Travel	16
Conduct While Away	16
Transportation-TO Games/Other Functions	16
Hotel Regulations	16
Ineligible Student-Athletes	16
<b>Equipment &amp; Uniforms</b>	17
Lockers	17
Uniform & Equipment	17
Laundry	17
Financial Holds	17
<b>Homes Game Tickets</b>	18
Prices	18
Season Tickets	18
<b>UCSC Web Mail</b>	18

<b>Student-Athlete Advisory Committee (SAAC)</b>	18
<b>Sport Medicine Policies &amp; Procedures</b>	19
Medical Consultants	19
Athletic Training Room & Rules Regulations	20
Athletic Training Room House of Operation	20
Sports Coverage	21
Criteria for Participation	21
<b>Athletic Awards</b>	22
<b>Frequently Asked Questions</b>	23

## Names and Contacts

<b>Cruz Athletic Directory</b>			
<b>Name</b>	<b>Title</b>	<b>Phone #</b>	<b>Email</b>
<b>Administration</b>			
Linda Spradley	Athletic Director	831-459-4524	spradley@ucsc.edu
Julie Roth	SWA/Sports Information Director	831-459-4962	jcroth@ucsc.edu
Primrose Pisares	Head Athletic Trainer	831-459-4793	primrose@ucsc.edu
Tim	Graduate Assistant Athletic Trainer	831-459-4793	*****
Gene Switkes	Faculty Academic Advisor	831-459-2000	gene@chemistry.ucsc.edu
Athletics Main Line		831-459-4962	
<b>Coaches</b>			
Adam Booth	Women's Cross Country Coach	831-459-5574	aboothe@ucsc.edu
Bob Hansen	Men's Tennis Coach	831-459-4694	bwhansen@ucsc.edu
Michael Runeare	Men's Soccer Coach	831-459-3211	mnsoccer@ucsc.edu
Erin Ness	Women's Tennis Coach	831-459-4537	eness@ucsc.edu
Gordon Johnson	Men's Basketball Coach	831-459-4532	gdjohn@ucsc.edu
Joan Pegoda	Spring Board Dive Coach	831-459-3372	jpegoda@aol.com
Jonah Carson	Men's Volleyball Coach	831-459-5983	mensvb@ucsc.edu
Kim Musch	Swim Coach	831-459-3372	kmusch@ucsc.edu
Josh Schelhorse	Women's Soccer Coach	831-459-3362	wmsoccer@ucsc.edu
Todd Kent	Women's Basketball Coach	831-459-1135	tlkent@ucsc.edu
Paulette Pera	Women's Golf Coach	831-335-9221	cruzgolf@earthlink.net
Selene Teitelbaum	Women's Volleyball Coach	831-459-5982	womensvb@ucsc.edu

<b>Office of Physical Education, Recreation and Sports (OPERS)</b>			
<b>Other Contacts</b>			
<b>Name</b>	<b>Title</b>	<b>Phone #</b>	<b>Email</b>
Ryan Andrews	Executive Director	831-459-4743	randrews@ucsc.edu
Rachel Neuman	Facilities & Operations Mgr	831-459-4370	rneuman@ucsc.edu
Kathryn Hutchings	Event & IM Coordinator	831-459-4159	khutch@ucsc.edu
Todd Hammonds	Facility Center Supervisor	831-459-4378	tmhammon@ucsc.edu
Skippy Givens	Intramurals and Club Sport Director	831-459-4220	kdgivens@ucsc.edu
Kim Musch	Aquatic Director	831-459-3372	kmusch@ucsc.edu
OPERS Front Desk (downstairs)		831-459-2323	



## **UC Santa Cruz is part of the “Association of Independents”**

Contact Information:

The Association of Division III Independents  
c/o Sports Association Management, Inc.  
2537 Madison Ave.  
Kansas City, MO 64108  
(Phone) (816) 474-7264  
(Fax) (816) 474-7329  
[www.d3independents.org](http://www.d3independents.org)

Ted Breidenthal, Independents Director  
816/474-7264  
[tbreidenthal@d3independents.org](mailto:tbreidenthal@d3independents.org)

## Useful Contacts Numbers

*When dialing from non-university telephones, add the 459- prefix to these extension numbers. When dialing from university telephones, precede these extension numbers with 9.*

<b>Admissions</b>	
General Information	4008
Evaluations and Processing	2131
Transfer Credit	2131
Restrictive Programs: Second Bachelor's Degree, Limited Status, High School Honors	2131
Articulation	2131
<b>Bay Tree Bookstore</b>	4544
<b>Career Center</b>	4420
<b>Cashier's Office</b>	2278
<b>Chancellor's Office</b>	2058
<b>City on a Hill Press</b>	4350
<b>Colleges</b>	
College Eight	2361
College Nine	5034
College Ten	5034
Cowell College	2253
Cown College	2665
Kresge College	2071
Merrill College	2144
Oakes College	2588
Porter College	2273
Stevenson College	4930
<b>Copy Center</b>	4104
<b>Counseling and Psychological Service</b>	2628
<b>Educational Opportunity Programs</b>	2296
<b>Emergencies</b>	911
<b>Enrollment Helpline</b>	4412
<b>Financial Aid Office</b>	2963
<b>Fire Department</b>	3437
<b>Graduate Studies Office</b>	4108
<b>Health Center</b>	2211
<b>Housing</b>	
Campus Housing Office	2394
Family Student Housing	2549
Student Community Rental Program	4435
<b>ID Card Information</b>	2990
<b>KZSC Radio</b>	
Office	2811
Request Line	4036

<b>Lost and Found</b>	2231
<b>Parking Office</b>	4543
<b>Office of Physical Education, Recreation and Sports (OPERS)</b>	2531
<b>Police</b>	2231
<b>Post Office</b>	2765
<b>Printing Services</b>	2925
<b>Rape Prevention Education</b>	2721
<b>Registrar's Office (General Information)</b>	4412
<b>Services for Transfer and Re-entry Students (STARS)</b>	2552
<b>Sexual Harassment Officer/Title IX Officer</b>	2462
<b>Student Affairs Office</b>	4446
<b>Student Business Services</b>	2107
<b>Student Organization Advising and Resources (SOAR)</b>	
Office	2934
Student Union	3167
<b>Summer Session Office</b>	2524
<b>Veteran's Services</b>	2709
<b>Women's Center</b>	2072

## **Eligibility**

These are the guidelines set forth by the NCAA, Athletic Department, and UC Santa Cruz for you to be academically eligible.

### Practice

To be eligible for practice, student-athletes must abide by the following requirements:

- Be a regularly matriculated full-time undergraduate or graduate student.
- Have not completed ten semesters of full-time enrollment
- Be cleared for practice by the sports medicine staff
- Complete the “NCAA Student-Athlete Statement” and “Drug Testing Consent Form”, and “Registrar Form”.
- Complete all the Medical Eligibility Paperwork (Please see “Criteria for participation”).

### Competition

To be eligible to compete, the student-athlete must abide by the following six requirements:

1. Good Academic Standing - Your cumulative grade point average and UC Santa Cruz grade point average is a 2.0 or higher.
2. Full-time enrollment – student must be enrolled in a minimum of 12 credits per quarter. An exception will be made for athletes who are in their last term of their baccalaureate or graduate degree. The athlete must get a signed letter from their Academic Advisor and have it approved by the Faculty Academic Advisor prior to competing with less than 12 units.
3. Maintain satisfactory progress towards degree.
4. 4 Year Rule- Student-Athletes have 4 years, or 15 quarters to compete in 4 seasons of competition.
5. Be cleared by the Athletic Training Staff
6. Be cleared by the Faculty Academic Advisor

### Transfer Students

To be eligible to practice and compete, the transfer student-athlete must:

- Have the former school certify that the student athlete was registered and enrolled at that school with a fulltime load and attending classes; or
- The Athletic Director from the student athlete’s former school certified that you participated with the regular practice squad.
- Left in “good standing” from previous institution and would be eligible to compete at that institution if seasons of competition were remaining

## **Disciplinary Action**

Student-Athletes may be suspended from practice or competition by their coach or Athletic Director for the following reasons:

- Not completing the Student-Athlete Medical Paperwork prior to the first day of official practice/tryouts.
- Breaking team curfews
- Tardiness
- Missing practices or competition
- Attitudinal/Behavioral problems
- Failing to attend/seek treatment by the Sports Medicine Staff
- Entering the East Facilities (OPERS) without a Student ID card with the current sticker or a wellness pass.
- Breaking Drug Policy
- Violation of any UCSC Student Policy

The suspended student has the right to appeal the suspension to the Athletic Director (Please read Grievance Review located below).

### Grievance Review

Student-Athletes may appeal their suspension by:

- The student-athlete must request a personnel meeting with their Coach, within three working days of the incident sanction. The student-athlete may request to have Assistant Coaches and/or Captain present at the meeting.
- The Coach will reply to the student-athlete, via email 24 hours after the athlete has asked for a meeting.
- The Coach will document the sanction, and the status of the student-athlete.
- The student-athlete will request a grievance review 24 hours after the receipt of the Coaches written decision.
- A review committee, consisting of the Athletic Director, second Athletics Administrator, and Administrator outside of Athletics will hear both parties within three business days.
- The review committee will make recommendations in writing within 24 hours, and that decision will be final.

## **Code of Ethics**

All student-athletes are required to abide by all rules and regulations of their team, The Athletic Department, the University, The NCAA, as well as federal, state and city laws. Student-athletes ALWAYS represent UC Santa Cruz, and must exhibit sportsmanship, be honest, and demonstrate responsible behaviors in and out of uniform.

### Self-Reporting

It is the student-athlete responsibility to report any type of misconduct to their Coach, Athletic Director, or other athletic Administrator. Reporting the misconduct within 24 hours may help reduce the suspension.

### Appearance

Please be aware that as a Student-Athlete you are highly visible on and off campus, especially when traveling with your team (please see Dress Code for Team Travel). Please dress appropriately and remember that you are representative of UC Santa Cruz.

### Home Games

While supporting other athletes, do not come to the games intoxicated, or bring alcohol or other banned substances to the games. Do not say/shout anything that is a personal attack and/or derogatory to another player. No swimsuits are allowed as a spectator. If you break the rules, you will be asked to leave, and have consequences set forth by the Athletic Director.

### Intramural & Club Sports

Student-Athletes may not participate in any club/intramural sports or similar club/Intramural activity that they compete in intercollegiatly. Please contact Skippy Givens, Director of Intramural and club Sports, if you have questions

### Sportsmanship

Cruz Athletes are responsible for following all rules and regulations put forth by UC Santa Cruz, the Athletic Department, and their sports team. Athletes are required to behave in a sportsmanship-like manner at all times, in and out of uniform, in the classroom, and while traveling.

### Hazing

Student-Athletes will no longer be eligible to participate in intercollegiate athletics and face severe sanctions if there is:

- Hazing
- Any type of initiation/pre-initiation into a campus organization.
- Activity that may cause or is likely to cause bodily danger, physical harm, personal degradation or disgrace through physical or mental harm to oneself or another.
- Examples include, but not limited to: Being forced to ingest certain substances (food, alcohol/drugs), beating/paddling, nudity, abnormal dressing, verbal harassment or abductions/kidnaps.

Even if a student-athlete says okay, it is still not acceptable due to the peer pressure and desire to belong to the group. When considering an activity and determine whether or not it is hazing, by asking yourself:

- Is alcohol involved?
- Will active/current members of the group refuse to participate with the new members and do exactly what they're being asked to do?
- Does the activity risk emotional or physical abuse?
- Is there risk of injury or a question of safety?
- Do you have any reservation describing the activity to your parents, to a professor or University official?
- Would you object to the activity being photographed for the school newspaper or filmed by the local TV news crew?

If the answer to any of these questions is "yes," the activity is probably hazing.

(Adapted from Death By Hazing Sigma Alpha Epsilon. 1988, [www.stophazing.org](http://www.stophazing.org))

### Sexual Harassment

UC Santa Cruz has defined Sexual Harassment as:

Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature when:

Submission to such conduct is made either explicitly or implicitly a term or condition of instruction, employment, or participation in any University activity;

Submission to or rejection of such conduct by an individual is used as a basis for evaluation in making academic or personnel decisions affecting an individual; or

Such conduct has the purpose or effect of unreasonably interfering with an individual's performance or creating an intimidating, hostile, or offensive university environment (What is Sexual Harassment? 2009, [www2.ucsc.edu/title9-sh/whatish.htm](http://www2.ucsc.edu/title9-sh/whatish.htm)).

All sexual harassment issues and concerns are under the purview of UCSC Sexual Harassment Policy, which can be found at <http://www2.ucsc.edu/title9-sh/>. To report an incident of sexual harassment or for more information please contact Rita Walker at 831-459-2462 or email at [rew@ucsc.edu](mailto:rew@ucsc.edu).

### Gambling

Any student-athlete caught gambling will no longer be eligible to play and have consequences set forth by the NCAA and the Athletic Director. Athletes are not eligible to compete if the Athlete has knowingly:

Provided information to individuals involved in organized gambling activities concerning intercollegiate athletics competition, solicit a bet on any intercollegiate or professional athletics, accept a bet on any team representing the institution or participate in any gambling activities that involved intercollegiate athletics through a bookmaker, a parlay card or any other method employed by organized gambling (NCAA Bylaw 10.3).

Gambling is a violation of the NCAA and the State. If any know gambling is taking place, please notify the Athletic Director.

## **Social Networking Sites and Blogging**

UC Santa Cruz supports and encourages individual's expression of the first amendment rights of free speech. UCSC Athletic Department wants student-athletes to realize they are representatives of the University and athletic department. Social Networking sites include, but not limited to Myspace.com, Facebook.com, or twitter.com. Please keep in mind when joining and posting on these sites:

- Anything that you post online (text, photos, or comments) is accessible to anyone on the planet.
- Please use caution about the information you post on your website (phone numbers, address or plans). You could be opening yourself to predators, such as stalkers or thieves.
- Anything posted online that may embarrass or show the Athletic Department in a negative way will be asked to be taken down. Further, the content posted may result in additional discipline or even dismissal from intercollegiate athletics. Discipline or even dismissal from intercollegiate athletics will be taken if comments, pictures, or texts are not removed.

## **Amateurism**

Any student-athlete caught participating after full-time collegiate enrollment will no longer be eligible to participate if: the student-athlete has taken pay, or promise of pay for competing a certain sport; agreed either orally or in writing to compete in professional athletics in a certain sport; played on any professional athletics team (as defined by the NCAA); or used your athletics skills for pay in a certain sport (NCAA Bylaws 12.1.1).

Student-Athlete will not be eligible if the Student-Athlete has ever accepted money, transportation, or other benefits from an agent or agreed to have an agent market you or your reputation (NCAA Bylaws 12.3.1).

Student-Athletes will not be eligible if the Student-Athlete accepted pay for promoting a commercial product or service that uses their name or picture when promoting the product or service (NCAA Bylaw 12.5.1.3).

## Alcohol and Drug Use

The SAAC has set up rules and procedures for drug and alcohol. This policy applies to on/off campus. Breaches of policy are considered any use of alcohol or drugs that is brought to the attention of the University Administration.

A. Breaches of policy are to be counted against an athlete for 365 days beginning on the first offense. Adhering to policy begin the first day of practice or first day of the academic year, which ever comes first. The violation of the Drug and Alcohol policy may result in the following, listed below.

B. Offense Severity

1<sup>st</sup> Offense (**Off campus**): 1 Weeks suspension, 10 hours community service within month of offense (if not completed within one month, considered 2<sup>nd</sup> offense).

1<sup>st</sup> Offense (**On Campus**): 1 Weeks suspension, 20 hours community service within month of offense, and notification of resident college.

2<sup>nd</sup> Offense (**Off Campus**): 3 Weeks suspension, 15 hours community service to be completed within one month of offense,

2<sup>nd</sup> Offense (**On Campus**): 3 Week suspension, 30 hours community service to be completed within one month of offense, and notification of resident college.

3<sup>rd</sup> Offense (**On/Off Campus**): Suspension for Season, and notification of resident college.

C. Grounds for Suspension from Season/Expulsion from UC Santa Cruz Intercollegiate Athletics.

a. Suspension for Season:

- 1) Drinking alcohol while on a trip away from UCSC
- 2) DUI
- 3) Felony Offense
- 4) 3 offenses with in 365 days

b. Expulsion from UC Santa Cruz Intercollegiate Athletics:

- 1) 2 “Season Suspensions” Offense
- 2) Expulsion if drugs taken on road

## **Travel and Away Games Regulations**

### Missed Classes

It is the Student-Athletes responsibility to inform their professors at the beginning of the quarter the dates of the classes to be missed due to team travel, including home contest conflict. It is the student-athletes responsibility to make up all course work and test/exams missed.

### Dress Code for Team Travel

The dress code for travel is set by the Head Coach of each team, and must be followed at all times while on the trip. If there is no dress code in place, please dress in a manner that reflects well as a representative of UC Santa Cruz.

### Conduct While Away

As a student-athlete, you are a representative of UC Santa Cruz at all times. Misconduct may lead to suspension or removal from the team. Drug /Alcohol use is strictly forbidden.

### Transportation-To Games/Other Functions

All student-athletes must travel with the team (i.e. vans, private cars, plane), unless the coach and athletic director have been notified. If personal cars are to be used, a Student-Athletes Diver Authorization form must be completed and given to the Athletic Director prior to the trip. Recreation vans are in constant use by athletics, as well as other on campus organizations. It is mandatory that each team/individual remove all their belongings and trash from the vans.

### Hotel Regulations

Student-Athletes shall not order room service or make long distance calls from your hotel room. If you have a prearranged calling card, you may do so from the hotel. All charges accrued in the hotel (movie/game rentals, use of laundry service) must be paid for by the athlete upon check out from the hotel. Missing or damaged items will be billed to the room occupants.

### Ineligible Student-Athletes

Student-Athletes who are declared ineligible may not travel as a representative of the Athletic Department. The ineligible student-athlete is not allowed to have their travel and food expenses paid for.

## **Equipment and Uniforms**

### Lockers

Student-Athletes have the ability to check out a locker at either the East or West Field House. Please talk to your coach about the opportunity for a locker. The student-athlete is responsible for clearing out the locker at the end of the season. Any charges accrued because of the locker will be billed to the student, not the team.

### Uniform and Equipment

Student-athletes will be provided with an appropriate uniform for their sport (except for the Swim & Dive team). The uniforms are only to be worn while participating in UC Santa Cruz athletic events. The coach, or someone on the sports staff, will record uniforms given to the athletes. The student-athlete is responsible to turn in all items issued to them, unless told differently. Normal wear and tear is expected, but any lost or abnormally abused uniforms will be charged to the student.

### Laundry

Talk to your coach about whether or not these services are available for your practice gear and uniforms. If any of our practice clothes or jerseys are lost or stolen, you most likely will be charged for replacement of these items.

### Financial Holds

Any uniforms or equipment that are not turned in to the coach by the end of the season will result in a hold placed on your Students Records. This hold will prevent students from receiving a semester grade report, official transcripts, registering for classes and receiving their baccalaureate diploma until the equipment has been paid for or returned.

## **Home Game Tickets**

### Prices

Tickets will be sold at all home games. UCSC Students, faculty and staff (with ID cards) will get into all games free. The rates for ticket sales are:

General Admission: \$5.00

Seniors (Over 55) and Military with ID & Alumni with Current Alumni Card: \$2.00

Non-UCSC Students with ID: \$1.00

Children 12 and under are Free

### Season Tickets

The Athletic Department does not have complimentary tickets. For most athletic teams, we will be selling season tickets at a discounted price. Please check out the Season Tickets on the goslugs website at <http://www.goslugs.com/info/seasonotix.html>

## **UCSC Web Mail**

All UCSC Students have been given a web mail address (@ucsc.edu). It is mandatory that you check this email weekly. Most Athletic Department correspondence will be emailed to your UCSC account. If you have problems accessing your account, please go to <https://cruzmail.ucsc.edu/>

## **Student-Athlete Advisory Committee (SAAC)**

The purpose of the Student Athlete Advisory Committee (SAAC) is to serve as a liaison between the student-athlete at UCSC and the Athletic Department, as well as a governing body representing the body of student athlete's at UCSC. The committee also assists those athletic department administrators in establishing policy, securing funds, and promoting unity through the department. The SAAC is made up of all 12 teams at UCSC, with two athletes with 2 years experience in UCSC athletics preferred. Each sport coach determines the selection at which the members are chosen. Selection criteria include demonstrates leadership abilities and a dedication to progress of the athletic department. The SAAC meetings are held monthly through the academic year.

## **Sports Medicine Policies and Procedures**

### Medical Consultants

UCSC Sports Medicine utilizes physicians on campus and off campus for injuries that require medical referrals. In the event that these physicians do not accept the student-athlete's insurance, we will find a suitable option.

UCSC Student Health Center  
James MacDonald, M.D.

Santa Cruz Medical Clinic, Inc.  
James Spiegel, M.D., F.A.C.S.  
Thomas Welle, D.O.  
Scott Merlo, PA-C

Kaiser Permanente Santa Teresa Medical Center Orthopedics

### Local Hospitals and Urgent Care Clinics

Dominican Hospital  
1555 Soquel Dr.  
Santa Cruz, CA 95065-1705  
(831) 462-7700 General Information  
(831) 462- 7710 Emergency Room

Urgent Care Westside Office  
Santa Cruz Medical Clinic  
1203 Mission St.  
Santa Cruz, CA 95060-3528  
(831) 458-6310

Doctors on Duty  
615 Ocean St.  
Santa Cruz, CA 95060-4005  
(831) 425-7991

Urgent Care Main Office  
Santa Cruz Medical Clinic  
2025 Soquel Ave.  
Santa Cruz, CA 95062  
(831) 458-3377

Watsonville Community Hospital  
75 Neilson St.  
Watsonville, CA 95076-2468  
(831)724-4741 General

Kaiser Permanente  
Santa Teresa Medical Center  
250 Hospital Parkway  
San Jose, CA 95119-1103  
(408) 972-3000 General Information

Athletics Training Room Rules & Regulations

1. Please treat all Athletic Training Staff with respect.
2. Please, no cussing or inappropriate language or subject matter.
3. The Athletic Training Room is a co-educational facility, please dress accordingly (bathing suit bottoms or shorts/tops/sports bras MUST be worn in the whirlpool).
4. Clean after yourself.
5. Treatment will not be administered until examined by an AT Staff member.
6. Physicians visits in the ATR must be coordinated by an AT Staff member. Drop-in is not allowed unless permitted by the physician on a case-by-case basis.
7. Please allow suitable time for treatment, the athletic training room is not an excuse for tardiness.
8. No self-treatment except for wrist/blister taping.
9. No shoes on treatment tables.
10. Please keep bags, etc. out of the treatment areas.
11. Please do not take equipment of any kind out of the training room unless given permission.
12. No cell phone/pager use is allowed.
13. No tobacco products.
14. No cleats.
15. If shoes are dirty, please clean them before entering.
16. As a courtesy to the AT Staff, please shower/clean before treatment if dirty.
17. Computer/phone/office area is for AT Staff use only unless given permission.

Athletic Training Room Hours of Operation

Typical hours are as follows (there will be times when coverage for East and West is from one side of campus):

*Pre-Fall Quarter*

East and West ATR - according to practice schedules

*Fall Quarter*

East ATR - Morning soccer practice then closed mid-morning to one. Re-open at 1/2pm for afternoon sport coverage

West ATR - Open as per Volleyball (Women's early Fall, Men's late Fall) practice, then in the afternoon according to Men's and Women's Basketball practices when they begin

---

*Winter Quarter*

East ATR - 11:30am - 5/6pm

West ATR - According to Basketball and Volleyball practice

---

*Spring Quarter*

East ATR - 11:30am - 5/6pm

West ATR - According to Men's Volleyball practice

---

*Summer Quarter*

East and West ATR - Closed

---

*Holidays/Breaks*

Both East and West will be closed unless there are practices or games.

Sport Coverage

*Practice*

Based on team practices and ATR staffing schedules, every attempt will be made to provide practice coverage. Priority is given to sports that traditionally have a greater risk of injury. **If the AT Staff is NOT notified of practice changed by the Coach (at least 1 week in advance), please be advised that they may not be covered. Time is needed to accommodate for these changes. Sunday practices may or may not be covered based on availability of the ATR staff.**

*Game*

AT Staff will be available 1 ½ -2 1/2 hours before competition.

*Travel*

The AT Staff does not travel during the regular season. There are a few exceptions:

1) Contests within a reasonable distance if staff is available, 2) post-season (if expressed by the coach)

*Club Sports*

At this time, we cannot accommodate Club Sports treatment or coverage.

*Intramural Sports*

Intramural Sports are not covered by the UCSC Athletic Training Staff.

### *Off-Season Sports*

Coverage is not given to off-season competitions. However, the ATR is still available to student-athletes with valid sports physicals. Coverage is not given to off season practice and competition as a rule.

### Criteria for Participation

The student-athlete must have the following in order to participate in Intercollegiate Athletics and be treated medically by the AT Staff at UC Santa Cruz. Student-athletes will not be able to practice or compete if any of these forms/requirements are not completed/incomplete.

#### Pre-participation Physical Examination

All student-athletes are required to have a pre-participation Physical Exam performed by an appropriate healthcare provider EVERY YEAR PRIOR TO THE FIRST PRACTICE. **Physicals performed by a chiropractor will not be accepted.**

Proof of Insurance

Insurance Information Form

Copy of Insurance Card(s)

Emergency Contact Form

Medical Information Release Form

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

### Criteria For Participation

The student-athlete must have the following in order to participate in Intercollegiate Athletics and be treated medically by the AT Staff at UC Santa Cruz. Student-athletes will not be able to practice or compete if any of these forms/requirements are not completed/incomplete.

#### Pre-participation Physical Examination:

- All student-athletes are required to have a pre-participation Physical Exam performed by an appropriate healthcare provider EVERY YEAR PRIOR TO THE FIRST PRACTICE. **Physicals performed by a chiropractor will not be accepted.**
- Proof of Health Insurance
- Insurance Information Form
- Copy of Insurance Card(s)
- Emergency Contact Form
- Medical Information Release Form (HIPAA)
- Waiver of Liability, Assumption of Risk, and Indemnity Agreement

## **Athletic Awards**

The awards listed below are given out to Student-Athlete at the end of the year, and at the Annual Golf Scramble. The awards and criteria are below.

### ***UC Santa Cruz Annual Golf Scramble Athlete Award***

An award presented to a female Student-Athlete with outstanding academic standing, dedication to community service, leadership on and off the court/field, and great academic success. The candidates are first nominated by their coaches and then selected by the Golf Committee.

### ***Highest Cumulative Male and Female Team GPA***

An Award presented at the end of the year to the male and female team with the highest Cumulative grade point average.

### ***Highest Cumulative Male and Female GPA***

An Award presented at the end of the year to the male and female Student-Athlete with the highest Cumulative grade point average.

### ***Scholar Student-Athlete Award***

An Award presented to student-athletes with an overall GPA of 3.5 or higher.

## **Frequently Asked Questions**

### **1. If I want to explore the opportunity to transfer to other Universities to play intercollegatly, what do I need to know?**

Please contact the UC Santa Cruz Athletic Director prior to contacting the University of interest.

### **2. Since it is an eligibility requirement that I be enrolled in 12 or more units, if I drop to 9, and then 1 day later add 3 credits back, does this effect my practice and/or competition ability?**

YES! During that full 24 hours you are enrolled in less than 12 units, you are ineligible to compete and/or practice. Therefore, add your three units before dropping the three units you no longer want. ALWAYS maintain 12 units.

### **3. Can I play more than one intercollegiate sport?**

Yes. However, that is a decision between you and each sport Coach.

*If you find any mistakes, or have any questions, please email Julie at [jcroth@ucsc.edu](mailto:jcroth@ucsc.edu)*