

University of Notre Dame

STUDENT-ATHLETE HANDBOOK



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STATEMENT OF PRINCIPLES FOR INTERCOLLEGIATE ATHLETICS

University of Notre Dame

Throughout its long and proud history, the University of Notre Dame has embraced the philosophy that a well-rounded athletics program—including club, intramural and intercollegiate competition—comprises an integral part of Notre Dame’s educational mission. This philosophy reflects the importance of operating an intercollegiate athletics program that fully comports with the University’s aspirations as a Catholic institution. Notre Dame therefore dedicates itself to the pursuit of excellence in intercollegiate athletics within the framework of an academic community committed to the University’s educational and religious objectives. Notre Dame also commits itself to the unquestioned integrity of its athletics programs. All individuals involved, directly or indirectly, in the athletics enterprise must maintain and foster the values and goals associated with the University’s mission as a Catholic institution of higher education.

As a Catholic university, Notre Dame espouses Christian values and principles. These include the development of the human person—spirit as well as body—the pursuit of excellence in all endeavors, the nurturing of Christian character, and the call to personal integrity and responsibility. By providing a general description of the structures that support these endeavors, this document articulates the central values and expectations that guide Notre Dame’s participation in intercollegiate athletics.

PRESIDENTIAL CONTROL

Notre Dame adheres to the principle of presidential control over intercollegiate athletics. The director of athletics reports to the president, who exercises ultimate responsibility for the conduct of the University’s intercollegiate athletics program. The Faculty Board on Athletics serves as the principal advisory group to the president on educational issues related to intercollegiate athletics. The chair of the board also serves as the NCAA-mandated faculty athletics representative.

Basic Principles:

1. The Faculty Board on Athletics nurtures Notre Dame’s commitment to academic integrity within the athletics program, strives to ensure that the University’s athletics program operates in consonance with Notre Dame’s educational mission, and actively promotes the welfare and educational success of the University’s student-athletes. The board also functions as a formal liaison between the faculty and the athletics department.

In carrying out its charge, the board reviews policies, procedures and practices that affect the educational experience of student-athletes and advises the president of its findings and deliberations. The board systematically ascertains the views and concerns of student-athletes, reviews data on admissions of student-athletes and on their academic performance, progress towards a degree, and graduation rates. It assesses the effectiveness of institutional support for student-athletes. It sets guidelines for the approval of all student petitions for a fifth year of eligibility for athletics and votes on each such petition. It establishes guidelines for all intercollegiate athletics schedules and qualifications for captaincy of all University teams, and votes on all proposed schedules and captaincy nominations. The board also assesses and revises procedures for resolving prospective conflicts between final examinations and post-season championship events.

Finally, in its role as a liaison to the broader faculty, the board disseminates appropriate, non-confidential information and initiates discussions on educational issues regarding intercollegiate athletics and the related concerns of the faculty and administration.

2. The faculty athletics representative champions academic integrity, promotes the welfare of student-athletes, and helps ensure institutional control of intercollegiate athletics. More specifically, the representative works with the president and the director of athletics to maintain appropriate University oversight of intercollegiate athletics; assists the president and director of athletics in determining institutional positions on proposed NCAA and conference legislation; serves on search committees for senior athletics administrators and head coaches; oversees decisions regarding eligibility of student-athletes; remains visible and available to student-athletes; and actively participates in all investigations and reports of possible NCAA violations.

ACADEMICS

Notre Dame dedicates itself to providing to all of its students an outstanding education. The University commits itself to developing in its students those disciplined habits of mind, body and spirit that characterize educated, skilled and free human beings. Notre Dame calls its students to pursue the wisdom of our culture and religious heritage, and to experience the human family’s diversity and interdependence. To accomplish these objectives, the University provides to its students, on an equitable basis, ongoing opportunities to cultivate their moral, intellectual and physical well-being.

Basic Principles:

1. Any student hoping to succeed at the University needs a significant level of ability and preparation. Therefore, the Office of Undergraduate Admissions will accept into the University only those student-athletes who demonstrate, on the basis of the best available academic and character-based information, the capacity to complete a degree at Notre Dame.

2. Even for individuals manifestly well suited for Notre Dame, the adjustments to the rigors of academic and athletic life in a highly competitive university present difficulties. The University recognizes its responsibility to provide appropriate assistance to enable student-athletes to meet the demands of both academic and athletic competition. To this end, the University affords its student-athletes suitable academic counsel and support, primarily under the auspices of the Provost's Office. Other sources of support, both academic and personal, include the faculty, academic advisors, residence-hall staff, coaches, athletics administrators and the student development program.
3. The University strives to schedule practices and competitions so as to minimize conflicts with class periods and other academic assignments of student-athletes. In this regard, the rhythm of the academic year and the particular importance of final examinations warrant special attention. All playing schedules remain subject to the approval of the Faculty Board on Athletics.
4. Notre Dame expects its student-athletes to maintain the appropriate sequence and number of courses and the grade-point-average necessary to complete a degree within the usual time (normally four years), including summer classes when appropriate. Any exception to this policy remains subject to the approval of the Faculty Board on Athletics.

STUDENT LIFE

Like other students, student-athletes should have the opportunity to pursue fully the University's academic, cultural and spiritual resources. The University holds student-athletes not only to the same standard of conduct that applies to other students, but also to that higher level of behavior appropriate to their visibility.

Basic Principles:

1. Student-athletes must comply with all University rules and guidelines, including those set out both in the student handbook, *du Lac*, and in the Student-Athlete Handbook. The Office of Residence Life and Housing enforces the University-wide rules according to procedures applicable to all student disciplinary matters.
2. The University strives to integrate student-athletes into the student body so that all students may take full advantage of educational and other opportunities afforded by campus and hall life. Given the centrality of residential life to the University's mission, student-athletes normally live in residence halls; exceptions to this policy remain subject to the approval of the Faculty Board of Athletics. Moreover, Notre Dame provides no separate residence halls or sections of residence halls for student-athletes.
3. The University lists among its primary concerns the physical and mental health of all members of the Notre Dame community. Because of the dangers inherent in athletic competition, the prevention of injuries and the provision of medical care for student-athletes demand particular concern and deserve constant attention. The appropriate sports medicine and athletics-training personnel alone determine whether injury or illness precludes a student-athlete from practicing or competing.
4. Because of the harm illicit drug use causes and the pressure on student-athletes to use performance-enhancing drugs, drug-related education and counseling to student-athletes require particular emphasis. As a preventive measure, all student-athletes remain subject to regular, random, and unannounced drug testing according to the University's established drug-testing protocol. The University of Notre Dame drug-testing program functions independently from, but works in conjunction with, the NCAA mandated drug-testing program.
5. Notre Dame provides chaplains for athletics teams. Chaplains' duties include pastoral care and liturgical services for student-athletes, coaches and staff.

COACHING STAFFS

The University strives to maintain a staff of coaches who represent the best in athletic instruction, who possess the ability to motivate and inspire, and who take responsibility for the full development of the student-athletes within their charge as students, athletes and persons. Coaches, who after all are primarily teachers, share with members of the faculty and other University personnel the obligation to educate, train and otherwise assist in the formation of students entrusted to them. Furthermore, Notre Dame recognizes the important role each coach plays in the University's overall educational mission and makes this aspect an important part of both the coach's position description and periodic evaluation. Because of the public nature of their work, coaches represent Notre Dame in a highly visible manner. Their words and actions should therefore reflect the University's values and principles.

Basic Principles:

1. Notre Dame expects the personal and professional lives of its coaches to reflect the highest standards of behavior. Coaches' actions must demonstrate that athletic success may not jeopardize institutional or personal integrity or the welfare of student-athletes.
2. Notre Dame expects its coaches to appreciate the primacy of academic life at Notre Dame and to emphasize that primacy during the recruitment and education of student-athletes and their participation in intercollegiate athletics.

3. Notre Dame requires its coaches to adhere to the policies and procedures of the University, its conferences, and the NCAA. To that end, Notre Dame provides a comprehensive orientation to new coaches and suitable continuing education to other coaches. The University treats seriously all violations of University, conference or NCAA standards and reports such violations according to the applicable conference or NCAA procedures.

ADMINISTRATION OF THE DEPARTMENT OF ATHLETICS

The director of athletics and the other administrators in the Department of Athletics supervise all activities of the athletics program at the University. All aspects of the program must accord with the principles of justice and fairness. In addition, Notre Dame expects the personal and professional lives of its athletics administrators to reflect the highest standards of behavior. Athletics administrators also must adhere to the policies and procedures of the University, its conferences, and the NCAA. The University treats all violations of such policies and procedures seriously.

Basic Principles:


1. The University maintains full and direct control of the financial operations of the athletics department. The operating budget and the ongoing financial activities of the athletics department remain subject to the same approval process as all other units of the University.
2. Historically, Notre Dame's athletics program has generated funds sufficient to cover its expenses, as well as to provide funds for the University's general operating budget. The generation of revenue must always take into consideration Notre Dame's integrity and priorities.
3. The University commits itself to the principle of racial, ethnic and gender diversity in the composition of its coaching and administrative staffs. Notre Dame will make every reasonable effort to promote this commitment as positions are created or vacated.
4. Consistent with its overall academic mission and program, its financial resources, and the athletic interests of its student body, the University will provide a full and stable athletics program for both sexes. Notre Dame embraces the principle of gender equity, and will continue to monitor its intercollegiate programs in accord with this principle.
5. In considering conference affiliations, the University will assess the extent to which the other institutions involved share Notre Dame's educational philosophies and goals, as well as its commitment to integrity in intercollegiate athletics.

CONCLUSION

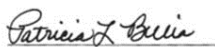
Notre Dame endeavors to maintain a highly competitive athletics program consistent with its tradition, heritage, and overall mission as a Catholic university. It will attempt to excel in intercollegiate athletics, but always in conformity with its primary role as an educator and moral guide. Notre Dame will conduct its intercollegiate athletics program so as to support the University's commitment to education, as well as the letter and spirit of the policies and procedures of the University, its conferences, and the NCAA.



Rev. John I. Jenkins, C.S.C.
President



Mr. John B. Swarbrick
Director of Athletics



Ms. Patricia L. Bellia
Chair, Faculty Board on Athletics
and NCAA Faculty Athletics Representative

NCAA CONTINUING ELIGIBILITY

To be eligible for practice or competition, NCAA rules require that a student-athlete be enrolled in a minimum full-time program of studies as defined by the institution. The student-athlete must be enrolled in at least 12 credit hours during each semester.

Furthermore, the NCAA requires that each student-athlete pass a minimum of 6 credits each semester to maintain eligibility the following semester. A student-athlete entering his/her sophomore year must successfully complete 24 credit hours the previous year. Student-athletes entering their third year must successfully complete at least 40 percent of the course requirements in their specific major and must present a cumulative minimum GPA that equals at least 90 percent of the GPA required for graduation. In addition, student-athletes must officially declare a major prior the start of their 5th semester. Student-athletes entering their fourth year must successfully complete at least 60 percent of the course requirements in his/her specific degree program and must present a cumulative minimum GPA that equals 95 percent of the GPA required for graduation. Student-athletes entering their fifth year must successfully complete at least 80 percent of the course requirements in their specific degree program and present a cumulative minimum GPA that equals at least 95 percent of the GPA required for graduation. In conjunction with the minimum credit hours set forth for each year, 18 credit hours must be earned during the regular academic year. Student-athletes are evaluated using these NCAA standards at the start of each academic year.

Note: These are minimum NCAA requirements. The Notre Dame curriculum requires pursuit of a degree at a more accelerated pace.

NOTRE DAME CONTINUING ELIGIBILITY

In addition to the minimum standards set forth by the NCAA, to remain eligible for intercollegiate athletics, students must meet the Notre Dame standard of academic good standing by earning the minimum semester grade-point-averages set forth in the University's Academic Code. Those minimum averages are currently:

First semester of freshman year	1.70
Second semester of freshman year	1.85
Sophomore year until graduation	2.00

The Notre Dame standard for eligibility is based on the student-athlete's grade-point-average from the previous semester. Eligibility for the fall semester is based on a combined grade-point-average from the spring semester and the summer session. Failure to maintain good standing will result in academic probation, which makes a student ineligible for intercollegiate athletics. Serving probation during two consecutive semesters or three semesters total during a student-athlete's career may result in dismissal from the University.

FIFTH YEAR OF ATHLETICS ELIGIBILITY (Amended February 2012)

The Department of Athletics seeks to support Notre Dame's mission to educate and develop the young men and women enrolled as students at the University. The establishment and maintenance of athletics programs that both serve as models of excellence and support the high academic aspirations of the University stand central to its educational objectives.

In pursuit of these goals, the University expects student-athletes to complete their academic program within the usual time (normally four years), including summer classes when appropriate. The NCAA permits a student-athlete four years of athletics eligibility within the five-year period beginning on the date of enrollment. The Faculty Board on Athletics exercises the responsibility for determining, on a case-by-case basis, whether a student-athlete may participate in athletics during a fifth year at Notre Dame. The Subcommittee on Academic Integrity is authorized by the Faculty Board on Athletics to approve routine applications for a fifth year of eligibility with the proviso that all board members will be notified of subcommittee meetings so that they are able to give their input on the applications. [NOTE: For purposes of these fifth-year-eligibility provisions, a student becomes a fifth-year student-athlete after completing eight full-time academic semesters at Notre Dame. An academic semester is defined as either a fall or a spring (15 week) semester, not including summer school. Full-time is defined as completing at least 12 credit hours for undergraduate students or 9 credit hours for graduate students, except for the final semester where the student-athlete may be enrolled in less than a minimum full-time program of studies, provided the student is carrying the courses necessary to complete the baccalaureate requirements.] The director of academic services for student-athletes coordinates the process of petitioning for a fifth year of eligibility.

The Faculty Board on Athletics reviews a petition by a student-athlete for a fifth year of eligibility only when:

1. The student-athlete has completed the form prescribed for a petition for a fifth year of eligibility. Absent extraordinary circumstances, a student-athlete seeking a fifth year of eligibility must file with the chair of the Faculty Board on Athletics a completed application no later than March 31 or, for a student-athlete in a spring sport, May 1 of the student-athlete's fourth year at Notre Dame. A coach and student-athlete may petition for a fifth year of eligibility at a time earlier than the fourth year of the student-athlete's enrollment at Notre Dame if the student-athlete meets NCAA guidelines for an additional year of eligibility because of injury or demonstrates compelling academic reasons. Coaches making such petitions must expect to provide fifth-year scholarship funding for that student-athlete at least at the level during the missed year of competition;
2. The student-athlete meets all eligibility requirements of the University and of the NCAA;
3. The student-athlete's head coach and the director of athletics support the petition;
4. The Office of Student Affairs has approved the petition;
5. The student-athlete has met with the appropriate faculty member or academic advisor to establish a suitable program of study for the fifth year. If a student is not enrolled in a degree program during the fifth year, the student's plan should provide the rationale for the set of courses selected. The plan could spell out, for example, how the courses fit a student's career interests, prepare the student for future graduate-level study, complement the student's undergraduate major, or otherwise satisfy some particular educational objective. Fifth-year students who are enrolled in a graduate program or who are unclassified graduate students must complete at least nine credit hours per semester, three of which must be at the 40000 level or above; in addition, the student's schedule must be in conformity with the Graduate School's Academic Code. Fifth-year students who are completing an undergraduate degree must complete a minimum of nine credit hours in their final semester. Absent extraordinary circumstances, a student-athlete may use no more than three credits of directed-readings, special-studies, or independent-study courses to meet the *minima* set out in this section, and any such courses must be fully described in the academic plan and approved by the relevant department chair or associate dean for undergraduate studies; and
6. The proposed academic plan has been approved:
 - for students completing undergraduate degrees, by the appropriate assistant or associate dean of the student's college and of any other college in which the student plans to take courses;
 - for students enrolled in graduate programs, by the appropriate graduate-program advisor or associate dean;
 - for unclassified graduate students, by the director of academic services for student athletes.

As used here, "approved" means a determination that the student is eligible for and qualified to take the courses indicated in the plan.

In reviewing petitions for a fifth year of eligibility, the Faculty Board on Athletics may consider the extent to which:

1. approval of the application would serve the best interest of the student-athlete;
2. the student-athlete has committed to the academic program recommended by the academic advisor; and

In addition to all other University rules and regulations, the following conditions attach to the Faculty Board on Athletics' approval of any petition for a fifth year of eligibility:

1. The student-athlete, if not completing an undergraduate degree, must achieve a 2.0 semester grade-point-average at mid-semester to remain eligible for continued participation in athletics.
2. The student-athlete, if not completing an undergraduate degree, must finish the semester with a 2.0 semester grade-point-average to be eligible for participation in post-season competition.
3. Failure to maintain athletic eligibility through the required academic achievement may result in termination of the student-athlete's grant-in-aid at the conclusion of the semester during which the student-athlete lost athletic eligibility.

NCAA RULES AND REGULATIONS

Student-athletes are subject to the rules and regulations of the NCAA governing unsportsmanlike behavior, non-therapeutic drug use, gambling, and bribery, as well as other forms of conduct. Student-athletes are obligated to report the full extent of their knowledge regarding rules violations to the appropriate institutional authority.

ELIGIBILITY

The rules and regulations of the National Collegiate Athletic Association (NCAA), in addition to University regulations, apply to all student-athletes enrolled at the University. The Athletics Compliance Office—in conjunction with the athletics director and the Office of Academic Services for Student-Athletes—ensures adherence to all University and NCAA rules and regulations concerning student-athlete eligibility. A student-athlete's athletic eligibility can be affected by academic performance and progress, as well as by participation in outside or non-sanctioned competition/activities. Additionally, a student-athlete's participation in any violation of NCAA, conference, or University rules and regulations can affect the individual's eligibility to practice and/or compete in intercollegiate athletics.

EXTRA BENEFITS

An area of constant concern for student-athletes at Notre Dame is the topic of Extra Benefits. Because of the status and reputation associated with being an athlete at the University of Notre Dame, student-athletes, their family and friends often receive extra attention from faculty, staff, fans, and alumni. Despite the University's efforts to educate these individuals and groups about NCAA rules, student-athletes, their family and friends may be offered benefits (e.g., money, clothing, meals, discounts, gifts, and/or transportation) that are not regularly available to other students. A student-athlete should be aware that accepting an "extra benefit" is a violation of NCAA rules and could cause him/her to lose eligibility and/or athletically related financial aid. In addition, violating NCAA rules could have a profound impact on the reputation of the individuals and families involved, the Athletics Department, and the University as a whole. The following examples could be considered impermissible "extra benefits" under NCAA legislation:

- Use of a University (or staff member's) vehicle, unless related to practice or competition
- Receipt of a gift (of any value) from an alumnus or fan (to whom you are not otherwise related)
- Accepting a loan or line of credit from a coach, administrator, or fan
- Accepting event tickets, meals, or entertainment from a "representative of Notre Dame's athletic interest" (alumni, donor, or season ticket holder)
- Having a paper typed by someone within the Athletics Department (tutor, administrative assistant, administrator, or intern)
- Selling, trading or upgrading any awards or gear received due to participation in intercollegiate athletics

The above serve only as examples of possible "extra benefits." An extra benefit is any tangible item or service offered to a student-athlete, their family or friends that is not made available to the general public or all students at the University. Please consult the Athletics Compliance Office if you have any questions regarding the propriety of any particular action.

COMPLIMENTARY ADMISSIONS

Under NCAA regulations, a student-athlete is eligible to receive up to four complimentary admissions per regular-season home and away contests in the sport in which the student-athlete is a participant. These complimentary admissions, per the NCAA, may be provided to any individual designated by the particular student-athlete. However, the University maintains that it is inappropriate for a student-athlete to provide complimentary admissions to a sport agent or runner and will restrict such provision appropriately.

The complimentary admissions are provided via a "pass list" containing the names and relationships (immediate family [mother, father, sister, and brother], relative, or friend) of the guests to the student-athlete. Each guest of legal age must produce a form of picture identification and sign the "pass list" next to his/her name. Student-athletes should take great care to ensure that they have properly listed their guests for each particular contest, designating

family members first. Under no circumstances will individuals whose names do not appear on the “pass list” be admitted to a contest through the pass list. Guests should be advised to show up early at the pass gate, as this process takes extra time when there is a large crowd.

NCAA Bylaw 16.2.2 states that a student-athlete may not designate an individual to receive complimentary admission in exchange for any type of payment, service, or item of value. Receipt of anything of value (cash, service, or merchandise) in exchange for complimentary admissions is prohibited as an extra benefit not available to the general student body, which would render the student-athlete ineligible for participation in intercollegiate athletics.

Specific guidelines for submitting guests’ names for the complimentary “pass list” will be discussed before the beginning of the season by a member of the Ticket Office. Topics of discussion will include dates and times when names must be submitted, distribution procedures, sections for seating, and other pertinent NCAA regulations.

All Notre Dame student-athletes are provided with complimentary admissions (for themselves only) to most Notre Dame home athletic events. Procedures and availability vary by sport. The member of the Ticket Office who briefs you on your program’s complimentary admission procedures will answer questions regarding admission for Notre Dame student-athletes to other home athletic events. If this briefing is not provided, please contact any member of the Ticket Office to receive this information.

STUDENT FINANCIAL AID

The cost of a Notre Dame education is comparable to most selective private institutions. Two-thirds of the undergraduates receive some form of student financial assistance. Students who feel the need for help in meeting their college expenses are encouraged to apply for financial aid. As at many other institutions, the assistance programs offered by the Office of Financial Aid at Notre Dame are awarded on the basis of financial need.

Financial need is determined by the completion and review of the Free Application for Federal Student Aid (FAFSA) and PROFILE applications. Please note that the receipt of need-based financial aid may impact your eligibility for athletics grant-in-aid. For example, although one may qualify for Notre Dame need-based aid, if one receives an athletics grant-in-aid, one may not be permitted to keep both sources. Always report all sources of financial aid to the Office of Financial Aid and the Athletics Compliance Office.

ATHLETIC GRANT-IN-AID

One form of financial assistance that is not need-based is an athletic grant-in-aid. According to NCAA regulations, the number of athletic grants-in-aid that may be appropriated to each sport is limited. A full grant-in-aid, as defined by NCAA financial aid legislation, is equivalent to the individual student athlete’s cost of attendance. This amount includes tuition and fees, room and board, books and supplies, transportation and personal expenses. Coaches in equivalency sports will often divide a number of full grants-in-aid between several team members. An athletic grant-in-aid is subject to renewal. NCAA rules indicate that an athletic grant-in-aid may be reduced or canceled immediately during the period of the award for the following reasons:

- If the student-athlete is rendered ineligible for intercollegiate competition
- If the student-athlete intentionally provides fraudulent information on an admission application, letter of intent, financial aid agreement, or eligibility questionnaire
- If the student-athlete engages in serious misconduct warranting substantial disciplinary penalty
- If the student-athlete voluntarily withdraws from a team
- If the student-athlete violates any non-athletic condition specifically set forth in the athletics grant-in-aid agreement

Notre Dame can decline to renew athletics-related financial aid based on the above criteria or based on repeated or egregious violation of stated University, Department of Athletics, or team rules or policies.

Notifications of reduction, cancellation or non-renewal of an athletic grant-in-aid must be received by the student-athlete before July 1 of each year. Any time an athletic grant-in-aid is cancelled, reduced, or not renewed, the student-athlete will be notified of the right to appeal under the process set forth below.

Please note that an athletic grant-in-aid carries with it a work obligation not to exceed 20 hours per week. This work obligation shall be waived so long as the grant-in-aid recipient remains a member of good standing in the applicable

sport. In the event the student-athlete is not a member in good standing of his/her team, the work obligation will be administered as follows:

- a) For a student-athlete suffering a career ending injury, no work will be assigned unless requested by the student-athlete;
- b) For a student-athlete involuntarily cut from the team, the sport administrator will assist the student-athlete in finding a meaningful job experience either on campus or within the athletics department;
- c) For a student-athlete who is removed from the team due to departmental or team rules violations, the Athletics Department may assign a work obligation tailored to team or departmental needs; and
- d) For a student-athlete who is ineligible due to academic or disciplinary probation or who voluntarily leaves the team, scholarship aid may be terminated immediately.

In cases in which a work obligation is assigned and the student-athlete does not fulfill the work obligation, the scholarship aid may be terminated immediately.

ATHLETICS-RELATED FINANCIAL-AID POLICY AND HEARING PROCEDURES (amended February 2015)

Introduction

Notre Dame has traditionally respected and honored the impressive service and commitment of the student-athlete to the good of the broader university community. Consequently, Notre Dame has sought to protect the security and well-being of its student-athletes, including in matters pertaining to athletics-related financial aid. A student-athlete's athletic ability, performance, or contribution to the team; injury, illness, or physical or mental condition; or any other athletics reason is not an appropriate ground for the reduction, cancellation, or non-renewal of athletics-related financial aid.

Reduction, Cancellation, and Non-Renewal of Athletics Aid

An NCAA Division I institution may offer a student-athlete either a one-year or a multi-year athletics grant-in-aid agreement. At Notre Dame, it is within the coach's discretion to elect which form of agreement to offer a student-athlete. The bases for reduction, cancellation, or non-renewal of athletics-related financial aid are limited, and differ slightly depending on whether the student-athlete has a one-year grant-in-aid agreement or a multi-year grant-in-aid agreement. The bases for reduction, cancellation, and non-renewal are specified in the grant-in-aid agreements. Any expansion of the grounds for reduction, cancellation, or non-renewal of athletics-related financial aid in the grant-in-aid agreements is subject to review by the Faculty Athletics Representative (FAR) and, at his or her discretion, by the Faculty Board on Athletics.

The administration of the Department of Athletics has treated seriously those rare cases in which reductions, cancellations, or non-renewals of athletics-related financial aid have been proposed; such cases involve student-welfare issues that warrant careful deliberation, complete fairness, and appreciation of the decision's crucial effects on the student-athlete's ability and desire to remain and flourish at Notre Dame.

Right to a Hearing and Hearing Procedures

A student-athlete whose athletics-related financial aid is reduced, cancelled, or not renewed is informed in writing by the Director of Financial Aid that he or she, upon written request to the Faculty Athletics Representative (FAR), has an opportunity for a hearing. The written request for a hearing must be received by the FAR within fifteen (15) days of the University's written notification of the reduction, cancellation, or non-renewal of the student-athlete's athletics-related financial aid. Upon request for an appeals hearing, the FAR shall notify the student-athlete of his or her right to an Appeal Advisor.

On occasion, a student-athlete who does not have an athletics grant-in-aid agreement credibly alleges that he or she failed to receive athletics aid promised by a coach or other member of the Department of Athletics. Such a student-athlete is also entitled to a hearing under this Policy. A student-athlete who alleges that he/she failed to receive athletics aid promised by a coach or other member of the Department of Athletics must submit a written request for a hearing to the FAR within fifteen (15) days of becoming aware that he/she is not receiving the allegedly promised athletics aid. The FAR may accept an appeal request outside of the fifteen-day window if fairness to the student-athlete so requires. The FAR shall promptly determine whether the student-athlete's allegation is credible and, if so, shall notify the student-athlete of his or her opportunity for a hearing and right to an Appeal Advisor.

If the student-athlete notifies the FAR that he or she would like to utilize an Appeal Advisor, the FAR will choose

one from a standing pool of potential Appeal Advisors. The pool will consist of the current student representative on the Faculty Board on Athletics and past members of the Faculty Board on Athletics. The Appeal Advisor must contact the student-athlete within five (5) days of being assigned.

A hearing is conducted no later than thirty (30) days after the FAR receives the written request for a hearing. The FAR appoints two non-ex officio faculty members of the Faculty Board on Athletics and a graduate student as voting members of the hearing panel. An Associate Vice President for Student Affairs or his/her designee also serves as a voting member of the hearing panel. The Director of Financial Aid or his/her designee serves both as a voting member and as the chair of the hearing panel. The hearing panel shall have access to the Assistant or Associate Director of Athletics responsible for NCAA compliance, as a technical resource concerning NCAA, conference, and Department of Athletics rules and regulations for the voting members of the hearing panel, but this individual does not attend the hearing and is not a member of the hearing panel.

No later than seven (7) days prior to the hearing, the student-athlete and representative(s) of the Department of Athletics must provide to the chair of the hearing panel every document or other exhibit they plan to use at the hearing, and the names of any witnesses they intend to call and a description of the relevancy of such witnesses to the hearing. The hearing panel may refuse to hear the testimony of any witnesses not so disclosed or to consider any exhibits not so disclosed. The chair of the hearing panel promptly distributes to the other party copies of all materials submitted by each party.

At the hearing, the student-athlete appealing the decision and representative(s) of the Department of Athletics are given an opportunity to argue for or against the decision under appeal. The hearing is informal. No rules of evidence apply. Neither the student-athlete nor the representative(s) of the Department of Athletics may proceed through legal counsel at the hearing. They may, however, seek the advice of legal counsel or be represented by legal counsel outside the hearing. At the hearing, both parties are afforded a reasonable opportunity to present pertinent documentary evidence and to outline the relevance of planned witness testimony (live or written). The hearing panel may question any and all witnesses, examine documentary evidence, and summon other witnesses as it deems appropriate. The student-athlete may choose to be present for and respond to any and all witness or party testimony. If requested by the student-athlete, the Appeal Advisor may attend the hearing. The Appeal Advisor is generally available only as a resource for the student-athlete and not as a participant in questioning or testimony; in his/her discretion and at the student-athlete's request, the Chair may allow the Appeal Advisor to participate to clarify or supplement the student-athlete's presentation. Members of the Department of Athletics who were responsible for the decision under appeal may choose to appear together. Otherwise, no witness or party is present during the testimony of any other witness or party, and the hearings are open only to the hearing panel and to the parties or witnesses while they testify.

After the presentation of all the evidence and testimony, the members of the hearing panel deliberate in closed session. The hearing panel's deliberations remain confidential unless disclosure is required by law. The hearing panel decides whether the decision under appeal was reasonable and fair, and therefore not arbitrary. The hearing panel may accept, reject, or modify the decision of the Department of Athletics. It puts forward a single vote, positive or negative, regarding the appeal.

Within ten (10) days after the hearing, the chair of the hearing panel transmits a written copy of its decision to the student-athlete and to the Department of Athletics. The decision of the hearing panel is final and may not be appealed. In a case in which the FAR and the chair of the hearing panel determine that fairness requires expediting an appeal, the FAR, the chair of the hearing panel, and the Assistant or Associate Director of Athletics responsible for NCAA compliance may agree to adjust the procedures set forth above as necessary (and only as necessary) to complete the hearing without prejudice to the parties and in conformity with NCAA rules.

Nothing in these policies and procedures prohibits or prevents the student-athlete and the Department of Athletics from resolving their dispute by mutual agreement at any time. If such an agreement is reached, the student-athlete or the Department of Athletics promptly notifies the hearing panel, in writing, and the pending review is dismissed.

A student-athlete who unsuccessfully appeals the reduction, cancellation, or non-renewal of athletics-related financial aid is encouraged to contact the Office of Financial Aid for assistance. The Office of Financial Aid shall use standards applicable to all students in determining the student-athlete's eligibility for federal, institutional, or other financial aid.

ADDITIONAL FINANCIAL AID

Various kinds of financial aid opportunities are available for students, both from within the University and from outside sources. The Office of Financial Aid can help outline what federal and University aid programs may be available and can suggest possible outside sources of education funding. Receipt of any outside scholarships (sources other than University of Notre Dame funds) must be reported by the student-athlete immediately to the Office of Financial Aid and the Athletics Compliance Office. Once a student-athlete is enrolled at Notre Dame, all outside scholarship checks must be sent directly to the Financial Aid Office and may not be sent directly to the student-athlete.

FEDERAL PELL GRANT

The Federal Pell Grant program is made available by the federal government with cooperation between the University and the U.S. Department of Education. Eligibility is determined with the filing of the Free Application for Federal Student Aid (FAFSA). An applicant must be a U.S. citizen or permanent resident. A student-athlete may receive a full Pell Grant in combination with other sources of financial aid that are awarded.

STUDENT-ATHLETE OPPORTUNITY FUND

The NCAA Student-Athlete Opportunity Fund is intended to provide direct benefits to student-athletes or their families as determined by conference offices. As a guiding principle, the fund shall be used to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics, enrollment in an academic curriculum or that recognize academic achievement. Accordingly, receipt of Student-Athlete Opportunity Fund monies shall not be included in determining the permissible amount of financial aid that a member institution may award to a student-athlete. Further, inasmuch as the fund is design to provide direct benefits to student-athletes, the fund is not intended to be used to replace existing budget items. All student-athletes, including international, are eligible to receive SAOF benefits, regardless of whether they are grant-in-aid recipients, have demonstrated need or have either exhausted eligibility or no longer participate due to medical reasons.

Pell eligible student-athletes (and those who are not Pell eligible but are identified by their coach as having significant need) are eligible for a \$600 allotment to be used for the purchase of clothing items. At the beginning of the year, the Compliance Office instructs eligible student-athletes to come to the office to pick up a card valued at \$300. The student-athlete will be provided an additional \$300 in the spring semester provided he/she follows all purchasing guidelines with the first installment.

EMPLOYMENT FOR STUDENT-ATHLETES

- Student-athletes who would like to work during the academic year must complete the appropriate Earnings Report Form and file it with the Athletics Compliance Office when prompted. It is not necessary to report bona fide campus employment.
- Summer employment information will be requested during July via an online form.
- Student-athletes must be compensated at a rate that does not exceed the fair market rate at the time and place of the work performed. Student-athletes may never be compensated at a rate higher than the market based on their notoriety as a student-athlete. Additionally, student-athletes may be paid only for work that they actually perform.
- A student-athlete may receive legitimate employment earnings (including summer camp earnings) without any restriction on the amount of compensation received, even while attending summer school as a recipient of financial aid. Further, such employment earnings are not considered in determining the amount of athletically related financial aid that a student-athlete may receive for the summer term.
- A student-athlete who works an institutional or privately owned camp or clinic must perform duties that are of a general supervisory character in addition to any coaching or officiating. Salary for a camp or clinic must not exceed the going rate for counselors of like ability and camp or clinic experience, and student-athletes may not be paid on the basis of the value of reputation or athletic skills.
- Student-athletes may not receive compensation for only lecturing at a summer camp or clinic (making an appearance).
- Student-Athletes may receive actual travel expenses (lodging, meals, transportation) to work camp/clinic provided such expenses are provided to all camp staff.
- Notre Dame football student-athletes may not be employed by the Notre Dame summer football camp. A football student-athlete may be employed at a football camp at another institution, provided not more than one returning member of the previous year's Notre Dame Football squad is employed at the camp.

- Per NCAA Bylaws, a student-athlete with remaining eligibility is not permitted to conduct his/her own sports camp or clinic.

FEE-FOR-LESSON

Student-Athletes are permitted to conduct lessons on a fee-for-lesson basis provided the following criteria are met:

- Institutional facilities are not used;
- Playing lessons shall not be permitted (e.g., the lesson must include instruction);
- The institution obtains and keeps on file documentation of the recipient of the lesson(s) and the fee for the lesson(s) provided during any time of the year;
- The compensation is paid by the lesson recipient (or recipient's family) and not another individual or entity;
- Instruction to each individual is comparable to the instruction that would be provided during a private lesson when instruction involves more than one individual at a time; and
- The student-athlete does not use his or her name, picture or appearance to promote or advertise the availability of fee-for-lesson sessions.
- Student-athletes must contact the Compliance Office prior to conducting any fee-for lesson instruction.

RECRUITMENT OF PROSPECTIVE STUDENT-ATHLETES

Contact - Student-athletes may have off-campus contact with a prospective student-athlete as long as it is not at the direction of a coaching staff member. This includes prospects who have signed National Letters of Intent to attend Notre Dame.

Telephone Contacts—Student-athletes may receive telephone calls made at the expense of a prospective student-athlete after July 1 following the completion of the prospective student-athlete's junior year in high school. An enrolled student-athlete may receive telephone calls made at the expense of a prospective student-athlete prior to July 1 following the completion of the prospective student-athlete's junior year in high school, provided there is no direct or indirect involvement by athletics department staff.

Written Contacts—Student-athletes may engage in written correspondence with a prospect. This correspondence must be at the student-athlete's own expense and may not be at the direction of, or arranged by, an Athletics Department staff member.

Student-athletes are prohibited from commenting publically regarding the recruitment status of a prospective student-athlete prior to the signing of a National Letter of Intent. This includes, but is not limited to commenting on the prospect's (or anyone else's) Twitter or Facebook page. It is also impermissible to publicize a prospect's recruiting trip.

HOSTING A PROSPECTIVE STUDENT-ATHLETE

When a prospective student-athlete visits the University on an official visit, a current Notre Dame student-athlete may be asked to serve as the host for the prospect. The NCAA has established specific guidelines governing a prospect's official visit. All coaches and student-athletes must strictly adhere to these guidelines. Failure to do so may result in loss of eligibility for the prospective student-athlete as well as the currently enrolled student host.

The University may provide the host of a prospective student-athlete with the following during the prospect's 48-hour (maximum) visit. Only one host per prospect may be provided with the following:

- A maximum of \$40 per day to cover the actual cost of entertaining the prospect (and prospect's parents, legal guardians, or spouse) and the student host. These funds are to cover entertainment expenses other than meals and admission to on-campus athletics events. Under no circumstances shall hosts pay for or engage in unethical or inappropriate entertainment (e.g., strip clubs, casinos, etc.) or spend the funds on unauthorized expenses (e.g., souvenirs).
- An additional \$20 per day may be provided for each additional prospect a student-athlete hosts.
- Complimentary meals. The student-athlete host may receive meals while "hosting" the prospect. Only one student-athlete may serve as host, per meal (i.e., multiple student-athletes may not receive the same complimentary meal [lunch, dinner] for "hosting" the same prospect).
- Complimentary admission to campus athletic events provided that the admission is utilized to accompany the prospect to the event during the visit (entrance must be through the prescribed pass gate).

OUTSIDE COMPETITION

During the academic year (start of practice or first day of classes, whichever occurs first, to the last day of final exams or last day of competition, whichever occurs last), student-athletes are prohibited from participating on an outside (non-Notre Dame) varsity team in non-collegiate competition. Participation on an outside team during the academic year will result in loss of eligibility for the remainder of that academic year and the following year.

There are a number of exceptions to this prohibition (Olympic Games, National Team tryouts, etc.). If you believe that your circumstance may be one of these exceptions, please consult with a member of the Athletics Compliance Office. Do not participate in any competition (other than Notre Dame intercollegiate competition) without consulting with the Compliance Office in advance. Your eligibility is at stake!

SUMMER LEAGUES

Student-athletes should speak with the compliance office prior to participation in any official state games, or to participate in any official tryouts and/or and competitions involving national teams, the Pan American Games, or the Olympic Games. Current student-athletes and recruited prospective student-athletes who are in the Notre Dame area during summer cannot participate jointly in recreational activities at the direction of, organized by, or observed by a Notre Dame coaching staff member (with sport-specific exceptions). Men's and Women's basketball student-athletes may participate in only one NCAA-approved summer league between June 15 and August 31. Prior written approval must be received from the athletics director to compete in an NCAA-approved summer basketball league. Failure to receive written approval could affect the student-athlete's eligibility. Please see a member of the Athletics Compliance Office for further information and/or to complete the appropriate prior approval forms.

USE OF AGENTS

Under NCAA bylaws, a student-athlete will be ineligible for participation in intercollegiate athletics if he/she enters into any agreement (oral or written) to be represented by an agent for the purpose of marketing athletic ability or reputation in a sport, even if the agreement is for future representation. Further, an agent contract not specifically limited in writing to a sport or particular sports shall be deemed applicable to all sports, and the individual shall be ineligible in all sports.

USE OF LAWYERS

Securing advice from a lawyer concerning a proposed professional sports contract shall not be considered contracting for representation by an agent unless the lawyer also represents the student-athlete in negotiating such a contract. A lawyer may not be present during discussions of a contract offer with a professional sports organization or have any direct contact (in person, by telephone, or by mail, etc.) with a professional sports organization on behalf of the individual. A lawyer's presence during such discussions is considered representation by an agent. Please seek advice from the Compliance Office before retaining a lawyer.

DRUGS AND ALCOHOL

Every student-athlete must annually sign a form in which he/she consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the consent form before participation shall result in ineligibility for practice and competition. The University conducts its own drug testing program. This handbook contains a section entitled, "Drug Education and Testing Program," which describes the Athletics Department drug-testing program, including information pertaining to what constitutes a positive drug test and subsequent consequences.

NCAA BANNED-DRUG LIST

An updated list of NCAA banned substances is provided to each student-athlete when they complete their Drug Testing Consent Form and is also posted on ncaa.org.

GAMBLING AND BRIBERY

The NCAA prohibits student-athletes and Athletics Department staff members from knowingly participating in any of the following activities in any sport (intercollegiate, amateur, professional) for which the NCAA sponsors a championship:

- Providing information to individuals involved in organized gambling activities concerning athletics competition;
- Soliciting a bet on any team;
- Accepting a bet on any team;
- Soliciting or accepting a bet on any competition for any item (e.g., cash, shirt, dinner) that has a tangible value; or
- Accepting a bet on any gambling activity involving athletics through a bookmaker, parlay card, or any other method employed by organized gambling.

In addition to awareness of the gambling and bribery threat to the integrity of intercollegiate sports, student-athletes are responsible for the following:

- Reporting any offers of gifts, money, or favors in exchange for supplying team information or for attempting to alter the outcome of any contest;
- Maintaining a clear understanding of what constitutes gambling and bribery activities and reporting any suspected infractions; and
- Contacting the coach or other Athletics Department personnel (i.e., Athletics Compliance Office) when questions concerning appropriate release of team information arise.

Student-athletes must be aware that participation in gambling or bribery activities can result in disciplinary actions by the University and the NCAA, as well as local, state, and/or federal prosecution of the involved individual(s). If a student-athlete is found to be in violation of University or Athletics Department policy, the possible sanctions may include:

- Probation;
- Dismissal from the squad;
- Cancellation or gradation of the grant-in-aid; and
- Dismissal from the University.

TRANSFER POLICIES

The following NCAA and Department of Athletics rules apply in the event a student-athlete wishes to transfer to another institution:

1. A student-athlete, the student-athlete's parents/legal guardians, the student-athlete's high school/non-scholastic coach, or any other individual acting on behalf of the student-athlete may not communicate with another institution about transfer opportunities without first receiving written permission from the Athletic Compliance Office.
2. Written permission to communicate with another institution about transfer opportunities will not be granted by the Athletic Compliance Office without approval from the Director of Athletics after consultation with the student-athlete's head coach.
3. Any request from a student-athlete for permission to communicate with another institution about transfer opportunities will be reviewed on a case-by-case basis. Permission to communicate can be denied for, among others, the following reasons: there is evidence of tampering involving another institution, the student-athlete desires to transfer to another conference institution (e.g., Atlantic Coast Conference), the student-athlete desires to transfer to a rival institution, the student-athlete desires to transfer to an institution that appears on the team's future competition schedule, or the student-athlete is not in good academic standing.
4. If permission to communicate with another institution about transfer opportunities is granted, the student-athlete must provide the Athletic Compliance Office with a list of institutions (in writing) with whom he or she wishes to communicate. Occasionally, blanket permission letters will be issued by the Athletics Compliance Office.
5. A student-athlete who is granted permission to communicate with another institution about transfer opportunities and subsequently transfers from the University of Notre Dame is subject to the NCAA one-year residency requirement. Exceptions to this one-year residency requirement (i.e., one-time transfer exception) may be granted at the discretion of the Department of Athletics, except in the sports of baseball, football, men's and women's basketball, and ice hockey. Please note that the Atlantic Coast Conference has its own policies regarding intra-conference transfers which supersede NCAA rules and regulations.
 - Student-athletes in all other sports may transfer, directly or indirectly, from one ACC institution to another ACC institution. A student-athlete who transfers directly from one ACC institution to another ACC

institution and who was recruited by the initial institution, for whom the athletics department interceded in the admissions process, or who received any athletically related financial aid during the academic year immediately prior to the transfer is required to serve a year in residency at the second Conference institution. During the year in residency [two full semesters or three full quarters] the student-athlete will lose a year of eligibility, will not be permitted to receive athletically related financial aid, but, shall be eligible to practice.

- Graduation Exception: A student-athlete who receives a baccalaureate degree at one member institution and who has been admitted into a graduate degree program at another member institution may transfer to another member institution without being subject to the intra-conference transfer rule. NCAA transfer regulations would apply.
 - Special Notes
 - o A student-athlete who signs a National Letter of Intent with an ACC institution, and is subsequently granted a complete release to said NLI or is granted a release by the NLI Steering Committee, is subject to the above-mentioned transfer policy for the sport in which they signed the NLI.
 - o A student-athlete that signs a National Letter of Intent with an ACC institution and does not satisfy the one-year attendance requirement or the junior college graduation requirement is subject to the above-mentioned transfer policy for the sport in which they signed the NLI.
 - o As noted in each section, the above-mentioned policy is applicable to all student-athletes who have ever enrolled full-time at an ACC institution (e.g., four-two-four transfers, four-four-four transfers).
 - o If a student-athlete is granted an SLR waiver by the NCAA in conjunction with a transfer scenario, the SLR waiver would override the ACC policy.
 - o Institutions are not allowed to enter into separate arrangements that would in any way alter the terms and conditions of the above-stated policy (e.g., allowing a student-athlete to transfer but to not compete against the institution that they transferred from).
 - o In sports other than football and men's and women's basketball, non-recruited student-athletes that have never received athletically related financial aid are not subject to terms and conditions of the above-stated policy.
6. If permission to communicate with another institution about transfer opportunities is not granted by the Department of Athletics, the student-athlete will be provided an opportunity for a hearing. The hearing will be conducted by designated representatives of the Faculty Board on Athletics. Hearing decisions rendered by the Faculty Board are final. Contact the Compliance Office for additional information.

TRANSFER-RELEASE HEARING PROCEDURES

If a student-athlete's request for permission to communicate with another institution about transfer opportunities is denied by the Director of Athletics, or if a student-athlete is eligible for a one-time transfer exception and the student-athlete's request for a one-time transfer exception is denied by the Director of Athletics, the student-athlete is informed, in writing, that he or she, upon written request to the Faculty Athletics Representative (FAR), has an opportunity for a hearing. The written request for a hearing must be received by the FAR within ten (10) business days of the University's written denial of the student-athlete's request.

A hearing is conducted no later than twelve (12) business days after the FAR receives the written request for a hearing. The FAR appoints three non-*ex officio* members of the Faculty Board on Athletics as voting members of the hearing panel. The FAR designates one of these three voting members of the hearing panel as its chair. The chair of the hearing panel schedules the hearing. The sole non-voting member of the hearing panel is the Assistant or Associate Director of Athletics responsible for NCAA compliance, who serves as a resource concerning NCAA, conference, and Department of Athletics rules and regulations for the voting members of the hearing panel.

The student-athlete and representative(s) of the Department of Athletics provide to the chair of the hearing panel every document or other exhibit to be used at the hearing, and the names of any witnesses they intend to call, no later than three (3) business days prior to the hearing. The chair of the hearing panel promptly distributes to the other party copies of all materials submitted by each party. The hearing panel may refuse to hear the testimony of any witnesses not so disclosed or to consider any exhibits not so disclosed.

At the hearing, the student-athlete appealing the decision and representative(s) of the Department of Athletics are given an opportunity to argue for or against the decision under appeal. The hearing shall be informal. No rules of evidence apply. Neither the student-athlete nor the representative(s) of the Department of Athletics are permitted to proceed through legal counsel at the hearing. They may, however, seek the advice of legal counsel or be represented

by legal counsel outside the hearing. At the hearing, both parties are afforded a reasonable opportunity for the presentation of relevant witnesses and pertinent documentary evidence. The hearing panel has the right to question any and all witnesses, to examine documentary evidence and to summon other witnesses as it deems necessary. No witness or party is present during the testimony of any other witness or party. The hearings are open only to the hearing panel and the parties or witnesses while they are testifying.

After all the evidence and testimony are presented, the panel deliberates in closed session. Its deliberations are and remain confidential unless disclosure is required by law. The panel's role is to decide whether or not NCAA, conference, and University rules and regulations regarding the decision under appeal have been applied to the student-athlete's case in a reasonable and fair manner. The hearing panel may accept, reject or modify the decision of the Department of Athletics. It puts forward a single vote regarding the appeal, positive or negative. Within two (2) business days after the hearing concludes, the chair of the hearing panel transmits a written copy of its decision to the student-athlete and the Department of Athletics. The decision of the hearing panel is final and non-appealable.

When necessary to complete the appeal within the prescribed time limits, the FAR may, in consultation with the Assistant or Associate Director of Athletics responsible for NCAA compliance, adjust the procedures set forth above as necessary (and only as necessary) to complete the hearing without prejudice to the parties and in conformity with NCAA rules. The FAR shall report any such adjustment to the Faculty Board on Athletics.

Nothing in these policies and procedures prohibits or prevents the student-athlete and the Department of Athletics from resolving their dispute by mutual agreement at any time. If such an agreement is reached, the student-athlete or the Department of Athletics promptly so notifies the hearing panel, in writing, and the pending review is dismissed.

Athletics Compliance Office
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Notre Dame, IN 46556
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HAZING POLICY

Hazing or initiation activities have received a great deal of negative publicity during the past several years particularly as it relates to athletic teams. It is imperative that all athletic department staff, varsity student-athletes, cheerleaders, student managers, student athletic trainers and all other students involved with the University's athletics department are familiar with the University's policy regarding initiation and hazing activities. (Refer to *du Lac: A Guide to Student Life*, available online at <http://dulac.nd.edu>). Specifically, the University policy reads:

"The only appropriate manner in which to assimilate members into the Notre Dame community is to welcome them. Hazing and initiation-related rites, ceremonies, exercises or activities of any kind that jeopardize the self-esteem and safety of students affect the University as a whole and are, therefore, strictly prohibited. Hazing and/or initiation refers to any behavior on or off campus that singles out members of this community or members of a student organization, group, club, athletic team or residence facility in a manner that is unwelcoming. Hazing and/or initiation includes, but is not limited to, acts that demean, deride or humiliate members or that place the personal safety of students or others in jeopardy. It shall also be a violation of this policy for any student to force or require, as a condition of association with a group or organization, the consumption or use of alcohol, drugs or any other substance. That members may state that they willingly participated in any such activity will not negate characterization of the event as initiation or hazing nor relieve those planning, sponsoring or participating in the event of responsibility. If students from any residence facility, student organization, group, club or athletic team violate this rule, the residence facility, student organization, group, club or athletic team may also be subject to collective outcomes."

It should be noted that any violations of this policy involving athletic teams or organizations (e.g., student managers, student athletic trainers) will be dealt with by the University and could have serious student disciplinary consequences. Further, should an athletic team be involved in any initiation or hazing activities, there will be additional severe Athletic Department consequences, which may include suspension of practice and competition activities and may also have employment consequences for staff members.

If staff members or students involved with athletic department activities have any questions about the University initiation and hazing policy, they should contact the Office of Community Standards.

ATLANTIC COAST CONFERENCE SPORTSMANLIKE POLICY

With regard to the implementation of the provisions of Article I (Sportsmanlike Policy) of the Bylaws dealing with the Sportsmanlike Policy, the duties of the member institution, the Commissioner, coaches, student-athletes, band members, cheerleaders, mascots and officials include, but are not limited to, principles embodied in the following statements.

Section I-1. Duties of Member Institutions.

Every reasonable effort shall be made by competing institutions to emphasize the importance of good sportsmanship at all athletic events. However, in the event crowd control procedures must be initiated, this responsibility rests with each host institution, or with the tournament or meet director at off-campus championship events. The athletics directors or their designated representatives shall be available at the site of the competition to assist in controlling the crowd.

Only participants, coaches, officials, and authorized personnel shall be allowed in the competition area before, during and at the conclusion of competition.

No alcoholic beverages shall be sold to the public at the site of a Conference championship.

Section I-2. Duties of the Commissioner.

Whenever the Commissioner concludes after a reasonable investigation that there has been a violation of the unsportsmanlike conduct regulation, the Commissioner shall impose such penalty deemed appropriate by first giving notice to the individual and the institution. The Commissioner will provide the institution the time and opportunity that the Commissioner considers reasonable to take action and may adopt that action as Conference action if he or she deems appropriate.

In the event the individual or institution believes that the Commissioner's penalty is inappropriate or excessive in nature, an appeal may be initiated with the Executive Committee by filing a notice with the Conference President. The appeal must be filed within 48 hours of receipt of notification of the penalty imposed by the Commissioner.

a. CARRYING PENALTY OVER TO NEXT SEASON. Whenever a penalty or suspension is imposed, such penalty to the individual may be carried over into the next season of competition at the discretion of the Commissioner.

b. DEFINITION OF SUSPENSION. As used in this regulation, "suspension" in the case of a player, means that the player cannot participate in the designated number of contests but may practice; in the case of a coach, "suspension" means that the coach cannot be present in the playing area for the designated number of contests but may conduct practice sessions; in the case of a band member, cheerleader or mascot, "suspension" means that the individual cannot be present in the playing area for the designated number of contests.

c. FINES. At the discretion of the Commissioner fines can be issued up to \$25,000 per occurrence, with such fines being put into the Weaver-James-Corrigan Postgraduate Scholarship account. (*Adopted: January 2010*)

Section I-3. Duties of Coaches, Student-Athletes, Band Members, Cheerleaders and Mascots.

a. PUBLIC CRITICISM OF OFFICIALS. Public criticism of officials or public comments evaluating the officiating of particular contests is not in the best interest of intercollegiate athletics. Athletics personnel, players, band members, cheerleaders and mascots are prohibited, therefore, from commenting while acting in official capacity on officiating other than directly to the Conference Office. Head coaches are responsible for the comments of assistants and other athletic staff members associated with their teams.

Any coach, who violates the prohibitions of public criticism of officials, as stated above, will be suspended from a future scheduled contest. Specifically, the coach will be allowed at the site of the contest up to an hour before the contest begins, after which he/she must vacate the playing area. This applies to all sports and includes all conference as well as non-conference contests.

b. COACH AND PLAYER DECORUM. While the Conference believes that one of the problems confronting intercollegiate athletics is the lack of adherence and enforcement of rules of decorum, it is cognizant that the majority of coaches, players, band members, cheerleaders, mascots, officials and administrators make a real effort to ensure contests will be conducted and played in a sportsmanlike manner.

Coaches and administrators have the responsibility to set the tone for responsible behavior on the part of their teams and followers. It is an infraction of the rules for coaches, squad members, team attendants, band members, cheerleaders or mascots to conduct themselves in an unsportsmanlike manner.

Acts violating coach and player decorum rules shall include, but not be limited to, the following and may subject violators to reprimand or suspension from additional contests as the Commissioner deems appropriate. (Note: Person, for the purposes of this section, means coaches, squad members, team attendants, band members, cheerleaders or mascots.):

1. Any person who strikes or physically abuses an official, opposing coach, player or spectator;
2. Any person who intentionally incites participants or spectators to violent or abusive action;
3. Any person who uses profanity, vulgarity, taunts, ridicules or makes obscene gestures;
4. Any person who publicly criticizes any game official, conference personnel, a member institution or institutional personnel;
5. Any person who engages in negative recruiting by making statements which are unduly derogatory of another institution or its personnel to a prospective student-athlete, parents, high school coach, or other person interested in the prospective student-athlete;
6. Any person who enters the competing area for an unsportsmanlike purpose;
7. Any other act of unsportsmanlike conduct not specifically prescribed.

Section I-4. Duties of Contest Officials.

The Conference feels strongly that officials must have the courage to enforce the rules set forth by the Conference and covered in Section I-3-b (Coach and Player Decorum) of the Sports Operation Code. When officials enforce the decorum rules, they will be supported by the member institutions of the Conference and the Conference Office. Failure to enforce rules may subject officials to reprimand or suspension by the Conference Office.

Section I-5. Conclusion.

A copy of Article I (Sportsmanlike Policy) of the Sports Operation Code is to be given by the athletics director at each member institution to each head coach, assistant coach, band director, and cheerleading and mascot coordinator at the beginning of each academic year. A copy shall also be given to each student-athlete, band member, cheerleader and mascot at the squad meeting held at the beginning of each year. Acceptance of this document, pursuant to NCAA rules governing the student-athlete statement, will constitute agreement to conform to its requirements.

ALCOHOL POLICY STANDARDS

The Notre Dame Athletics Department has adopted the following standards governing the conduct of Notre Dame student-athletes with respect to alcohol. These standards were developed to help ensure compliance with the University's Alcohol Policy and Indiana state law.

- Student-athletes and student workers in the Athletics Department shall not serve or provide alcohol to an underage recruit or student.
- Head coaches may adopt more restrictive rules relative to alcohol use for their respective teams. In such an event, student-athletes on the team shall also comply with those rules.
- Students in violation of provisions of the University's Alcohol Policy as set forth in "du Lac" will be subject to University disciplinary action through the Office of Community Standards. In addition, failure to adhere to the above guidelines by student-athletes or student workers may also result in appropriate action by the Athletics Department or the coaching staff, including cancellation, reduction or non-renewal of a student-athlete grant-in-aid (if applicable).

All standards noted above are in addition to the policies set forth in "du Lac". The Alcohol Possession and Use policies in "du Lac" are noted below:

1. All students are required to comply with applicable laws and University regulations regarding the possession or consumption of alcoholic beverages.
 - a. Any person under 21 years of age is underage in the State of Indiana and may not lawfully possess or consume alcoholic beverages. Students may be referred to the University Conduct Process for underage consumption, possession or transportation of alcoholic beverages, possession of false identification which misrepresents their age or identity, or for providing alcoholic beverages to any person who is underage.
 - b. Consumption or possession of alcoholic beverages in open containers is prohibited in the corridors and common areas, such as lounges or lobbies, of University residence facilities.
 - c. Within undergraduate residence halls, the possession or consumption of alcoholic beverages that contain in excess of fourteen percent (14%) alcohol by volume is prohibited. This regulation applies to all students and their guests, regardless of age.
 - d. Kegs are not permitted in any University residence hall, residence facility or anywhere else on University property.
 - e. Students of legal age may possess or transport in public areas of campus or in common areas of University residence halls an amount of alcohol, in closed containers and in suitable packaging, consistent with the concept of responsible and moderate consumption.
 - f. When otherwise permitted by University practice or policy (e.g., home football Saturdays) students of legal age may host and participate in tailgate gatherings at which alcohol is present. Hosts of tailgate gatherings will be held responsible for compliance with University regulations and Indiana law.
 - g. Students of legal drinking age may possess and consume alcoholic beverages at approved University events and/or when served at a campus facility licensed to provide alcoholic beverages.
 - h. Except as provided in f. and g. above, students may not possess or consume alcoholic beverages within athletic facilities, in any non-residence building on campus, on University grounds, campus quadrangles or parking lots.
2. Intoxication by any student, regardless of age, whether in public or in private, is prohibited. Symptoms of intoxication include slurred speech, impaired motor coordination and balance, loss of good judgment, or nausea. Severe intoxication may involve the inability to walk or stand, loss of consciousness, or vomiting.
3. The abusive drinking of alcoholic beverages is prohibited. The following behaviors are among those that may be considered violations of this regulation:
 - a. Participating in drinking games, consuming shots of alcohol, drinking to the point of physical illness, “shotgunning” alcohol, or the possession or use of any instrument of alcohol abuse (e.g. “beer bongs”).
 - b. Consumption of alcohol directly from containers intended for multiple servings (e.g., quart bottles, 40 oz. bottles, 750 ml wine bottles, etc.).
 - c. Possession or consumption of alcoholic punch, gelatin shots or grain alcohol.
 - d. Consumption of alcohol while using prescription or over-the-counter medication where such use is contraindicated.
4. Print, electronic, and broadcast media funded in full or in part by the University, or by University solicited funds, or bearing the University’s name, may not contain advertisements promoting alcohol or events that have alcohol as their primary focus. Also, the advertising of alcoholic beverages is prohibited within University residence facilities.
5. No graduate or undergraduate student, student organization or University housing facility may use University, student organization or University housing facility funds for the purchase of alcohol.

Drug Testing Information

A. NCAA Drug Testing Program

The NCAA distributes a list of banned substances on an annual basis. A copy of the current banned substances list is available on the Notre Dame Athletics website: <http://www3.nd.edu/~ncaacomp/drugtesting.shtml>. The classes of banned drugs include stimulants, anabolic agents, diuretics and other masking agents, street drugs, peptide hormones and analogues, anti-estrogens, and beta-2 agonists, and any drugs chemically related to these classes.

All student-athletes are subject to drug testing under the NCAA Year-Round Testing Program (under which the NCAA might test a student-athlete during the academic year, as well as, wherever they are living during the summer) and the NCAA Championship Testing Program. The NCAA tests for all banned substances, including performance enhancing drugs and street drugs. The NCAA generally utilizes observed urine tests.

In sum, under NCAA testing, sanctions for positive tests are serious; a positive test for a performance enhancing drug will result in a one-year ban from intercollegiate athletics competition and a positive test for a street drug will result in a 6-month ban from intercollegiate athletics competition.

B. Notre Dame Drug Testing Program for Student-Athletes

The following is a summary of the Notre Dame Drug Testing Program for Student-Athletes (“the Program”). A copy of the complete, current Program is available on the Notre Dame Athletics website: <http://www3.nd.edu/~ncaacomp/drugtesting.shtml>.

1. **Prohibition.** All student-athletes at the University of Notre Dame are prohibited from using any drug belonging to any of the classes of drugs banned by the NCAA, unless a medical exception is granted pursuant to this policy for such use. The classes of banned drugs include stimulants, anabolic agents, diuretics and other masking agents, street drugs, peptide hormones and analogues, anti-estrogens, beta-2 agonists, and any drugs chemically related to these classes. For more information, see section IV.A of the Program document.
2. **Medical Exceptions.** Some banned drugs have legitimate medical uses. Accordingly, a University physician can grant a medical exception for use of a banned drug based on his or her conclusion that a student-athlete’s documented medical history demonstrates the medical necessity for such use. Exceptions may be granted only for substances included in, or chemically related to, the following classes of banned drugs: stimulants, anabolic agents, diuretics and other masking agents, peptide hormones and analogues, anti-estrogens, and beta-2 agonists. A student-athlete may seek a medical exception for use of a substance within a class of banned drugs by submitting a request for the exception to the athletic trainer or University physician assigned to the student-athlete’s team. For more information, see section IV.B of the Program document.
3. **Categories of Testing and Methods of Testing.** All student-athletes are subject to four types of testing: random, pre-participation physical, team and for-cause. In addition, following a positive finding or a safe harbor disclosure, a student-athlete shall be subject to periodic announced and unannounced testing for the duration of the applicable probationary period. The University may conduct drug testing using any medically recognized and scientifically reliable method of testing, including but not limited to urine, hair, and oral fluid testing. For more information, see sections V.B and C of the Program document.
4. **Safe Harbor.** On one occasion during the student-athlete’s eligibility for intercollegiate athletics at Notre Dame, a student-athlete who has used a street drug may seek safe harbor under the Program by disclosing his or her use of the street drug to the athletic trainer or University physician assigned to the student-athlete’s team. The safe harbor does not apply to the NCAA drug testing program. A student-athlete who invokes the safe harbor will be “baseline tested,” placed on probation, and referred for drug counseling assessment and treatment. For more information, see section IV.D of the Program document.
5. **Failure to Appear.** A failure to appear for or refusal to submit to a required drug test, a failure to cooperate with the test, a failure to provide an adequate specimen, the manipulation of or tampering with a test sample, or an attempt to sabotage the collection process or to materially affect the results will be deemed a positive finding for performance-enhancing drugs. For more information, see sections V.D and VI.B(4e) of the Program document.

6. **Schedule of Sanctions.** For more information, see Section VI of the Program document.

	First Positive	Second Positive	Third Positive	Fourth Positive
Use of Performance-Enhancing Drugs	<ul style="list-style-type: none"> • one-year ban from intercollegiate competition • no practice or conditioning until a negative re-test confirms that the substance has left the student-athlete's system • probation (periodic announced and unannounced testing) for duration of athletics eligibility 	<ul style="list-style-type: none"> • permanent loss of athletics eligibility at the University of Notre Dame 	<ul style="list-style-type: none"> • N/A 	<ul style="list-style-type: none"> • N/A
Use of Street Drugs Other than Marijuana	<ul style="list-style-type: none"> • ban from intercollegiate competition for 33 percent of the championship segment in the student-athlete's sport • probation (periodic announced and unannounced testing) for one year 	<ul style="list-style-type: none"> • one-year ban from intercollegiate competition • probation (periodic announced and unannounced testing) for duration of athletics eligibility 	<ul style="list-style-type: none"> • permanent loss of athletics eligibility at the University of Notre Dame 	<ul style="list-style-type: none"> • N/A
Use of Marijuana	<ul style="list-style-type: none"> • probation (periodic announced and unannounced testing) for six months 	<ul style="list-style-type: none"> • ban from intercollegiate competition for 33 percent of the championship segment in the student-athlete's sport • probation (periodic announced and unannounced testing) for one year 	<ul style="list-style-type: none"> • one-year ban from intercollegiate competition • probation (periodic announced and unannounced testing) for duration of athletics eligibility 	<ul style="list-style-type: none"> • permanent loss of athletics eligibility at the University of Notre Dame

7. **Request for Mitigating Circumstances Review.** If a student-athlete can demonstrate that (a) a positive finding in testing under the Program resulted from use of a banned drug prior to the student-athlete's initial enrollment at Notre Dame; or (b) a first positive finding in testing under the Program for a performance-enhancing drug resulted from unintentional use of the drug, the student-athlete should present credible evidence to such effect to the Drug Testing Coordinator to seek relief under the Program. For more information, see section VI.B of the Program document.

8. **Right to Appeal.** Within five business days of receiving a written confirmation of a positive finding, a student-athlete, through a written submission to the Chair of the Appeals Board, may appeal a positive finding or sanction under the Program on one of the following grounds: (1) a procedural irregularity or defect materially affected the outcome of the test on which the positive finding was based; (2) a positive finding was otherwise in error, as demonstrated by compelling evidence; (3) an exercise of discretionary authority expressly conferred under this Program was arbitrary and capricious; or (4) a determination under paragraph VI.B.4.d concerning use prior to a student-athlete's initial enrollment or unintentional use of a performance-enhancing drug was in error, as demonstrated by compelling evidence. For more information, see section VII of the Program document.

C. Random Drug Testing Process

Under the Program, student-athletes will generally have less than 24 hours to report for their random drug test. Failure to appear for a random test is a POSITIVE FINDING. Each selected student-athlete will receive a text message telling them to check his/her email. The email will come from JumpForward and will tell each selected

student-athlete where and when to report and how to reschedule if necessary. For random testing, the University will collect a urine specimen, an oral fluid specimen, or a combination thereof. A same-gender collector will directly observe urine specimen collection.

D. A Special Note About Supplements

Notre Dame adheres to the message about supplements adopted by the NCAA:

- Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff
- Dietary supplements are not well regulated and may cause a positive drug test result
- Student-athletes have tested positive and lost their eligibility using dietary supplements
- Many dietary supplements are contaminated with banned drugs not listed on the label
- Any product containing a dietary supplement ingredient is taken at your own risk

There is no complete list of banned substances recognized by the University of Notre Dame. Do not rely on any list or a supplement label to rule out any accurate supplement ingredient(s). Check with your athletics department staff (your nutritionist, athletic trainer or strength coach) prior to using any supplement. Failure to inquire with athletics department staff prior to supplement use could result in a positive drug test and/or a failed review or appeal of a positive drug test.

DIETARY SUPPLEMENTS & ERGOGENIC AIDS

Ergogenic Aids: Any substance or treatment that either directly improves physiological variables associated with exercise performance or removes subjective restraints that may limit physiologic capacity

Supplements: “The term ‘dietary supplement’ means a product (other than tobacco) **intended to supplement the diet** that bears or contains one or more of the following dietary ingredients: a **vitamin**; a **mineral**; an **herb** or other **botanical**; an **amino acid**; a dietary substance for use by man to supplement the diet by increasing the total dietary intake; a concentrate metabolite, constituent, extract, or combination of any ingredient described above; is intended for the ingestion in the form of a capsule, powder, soft gel, or gel cap; or is labeled as a dietary supplement.” - DSHEA 1994

Pharmacological Agents:

- Over the Counter Drugs: Caffeine, Nicotine, Amphetamines, Melatonin....etc;
- “Recreational” Drugs: Alcohol, Marijuana, Cocaine.....etc;
- Prescription Drugs: Anabolic Steroids, Benzodiazepines, Beta-Adrenergic Agents.....etc;

Banned Substances: Supplements get placed on the ‘banned’ substance list when a supplement meets two of the following three criteria:

- It enhances performance
 - It poses an actual/potential health risk
 - It violates the spirit of the sport
- *USADA (United States Anti-Doping Association)

Anabolic Steroid: Expands the definition of anabolic steroids to include **any drug or hormonal substance**, chemically and pharmacologically **related to testosterone** (other than estrogens, progestins, corticosteroids, and dehydroepiandrosterone. This includes androstenediol and androstenedione.

*Anabolic Steroid Control Act of 2004

CAUTION

Supplements are NOT regulated by the FDA (Food and Drug Administration). Companies can put whatever they want into a bottle and sell it to the consumer. This means that products may be falsely labeled and are at risk for cross-contamination

- In FOOD all ingredients in a product must be listed... In SUPPLEMENTS, they do not
- Be cautious of amounts of ingredient. Do not take if it says ... “*”, “##”, “x”, “-”, or any other non-numerical symbol.
- Companies may produce products that DO NOT contain banned substance(s) as well as product(s) that **DO** contain banned substance. **This puts all products made by that manufacturer at risk for cross-contamination**

Three Categories of Supplementation

Supplements or Fueling Foods taken by athletes can generally be divided into three categories

Food Supplement (Regulated & safe)

Chocolate Milk
Bagels & Spreads
Fruits
Nuts
Shakes- ie: Gatorade Shakes
Bars – ie: Powerbar, Clif Bar
Peanut butter & jelly sandwiches

Dietary Supplements (Somewhat regulated)

Vitamins & Minerals
- Iron
- Vitamin D
- Multi-Vitamin
- Electrolytes
- Vitamin C

“Enhancers” Supplements: (Not regulated & not always safe)

Based off of “claims” to boost or enhance the body.

- Fat burners
- Pre-workouts
- Boosters, energy/ stamina
- Others found in Health Food Stores/online (no prescription)

→The first two types, **FOOD** and **DIETARY** supplements are generally permissible and may be encouraged by the Sports Performance team to consume in efforts to aid in recovery, build micronutrient status, or simply supply calories or “energy” around strenuous workout days.

The NCAA has certain rules the Sports Nutrition team must abide by when selecting performance FOODS and must use careful selectivity when choosing appropriate and reputable brands of DIETARY supplements when supplying or recommending them to athletes.

→The **“ENHANCERS”** are not encouraged as they are high risk substances for all collegiate and professional athletes. When athletes join the NCAA they are now a part of strict drug testing policies and tightly regulated banned substance control programs. If an athlete chooses to take a product that is impermissible and he/she test positive they are at risk of losing eligibility. The drug testing policy is outlined in your handbook.

There is **NO REGULATION** on “Enhancement” supplements even if they seem harmless (like a protein powder). This means there is **NO ASSURANCE** that the contents of the bottles, packages, or powders are legitimate. In addition some of the **DIETARY** supplements must be taken with consideration because they too are not reviewed by the federal government unless connected with a pharmaceutical company; in which they may be prescribed as a medication and require a script.

Be advised that in compliance with NCAA regulations, Notre Dame has identified specific resource personnel for questions and concerns regarding any supplements.

NOTRE DAME'S POLICY → NO SUPPLEMENT SHOULD BE CONSUMED WITHOUT BEING EVALUATED BY THE SPORTS NUTRITION or SPORTS MEDICINE STAFF.

NCAA BANNED SUBSTANCE CATEGORIES:

Below is not a complete list; please visit the NCAA at <http://www.ncaa.org/health-and-safety/policy/2013-14-ncaa-banned-drugs> OR Drug Free Sport www.drugfreesport.com (sign in: Division 1, passcode: NCAA1. Free & Confidential anonymous inquiries)

- **Stimulants:** amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, “bath salts” (mephedrone) etc.
 - Exceptions: phenylephrine and pseudoephedrine are not banned.
- **Anabolic Agents** (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione): boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.
- **Alcohol and Beta Blockers** (banned for rifle only)
- **Diuretics and Other Masking Agents:** bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
- **Street Drugs:** heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)
- **Peptide Hormones and Analogues:** growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.
- **Anti-estrogens:** anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.
- **Beta-2 Agonists:** bambuterol; formoterol; salbutamol; salmeterol; etc.
- **Drugs and Procedures Subject to Restrictions:**
 - Blood Doping
 - Local Anesthetics (under some conditions)
 - Manipulation of Urine Samples
 - Beta-2 Agonists permitted only by prescription and inhalation
 - Caffeine if concentrations in urine exceed 15 micrograms/ml

**You have resources available to help you evaluate any dietary/nutritional product.
Dietary and performance enhancing supplements are taken at your OWN RISK!**

Before considering or taking any supplements, contact your sports nutrition or sports medicine staff. We understand there may be a time and place for supplements but want to ensure our athletes are taking supplements that are safe and beneficial.

EATING DISORDER PROTOCOL

I. PHILOSOPHY AND GOALS:

- A. The Department of Athletics at the University of Notre Dame advocates the development of healthy and responsible lifestyles for student-athletes, with the goal of long-term enrichment and enhancement of their lives. Behaviors that threaten a healthy lifestyle include disordered eating. Please refer to the “Definitions of Eating Disorders” section of this protocol for definitions of various eating disorders and a list of behavioral and physical signs of eating disorders.
- B. The effects of disordered eating can range from mild to severe, depending on the extent of the disorder and the length of time the individual has engaged in such behaviors.
 1. Medically, disordered eating can have short-term and long-term health consequences ranging from an increased risk of sport-related injury, to death. There is a potential for serious consequences in every system of the body.

2. Psychologically, individuals with an eating disorder have an increased risk of depression and suicide. Eating disorders are often associated with low self-esteem, obsessive thinking, and feelings of isolation.
- C. Recovery from eating disorders can be a difficult process that takes time. In general, the greater the duration and frequency of disordered eating, the longer it will take for recovery to occur.
- D. This protocol is designed to help identify, diagnose and provide treatment plans for student-athletes struggling with eating disorders, and to make available medical, nutritional, and/or psychological services to student-athletes while respecting their privacy. The treatment of eating disorders is supervised by the Multidisciplinary Eating Disorders Team (MEDT), comprised of staff from the University Counseling Center, Health Services, and the Athletics Department:

Eating Disorder Specialist: University Counseling Center (UCC)

Registered Dietician: (UCC)

Counselor of Record (UCC)

Designated Physician: University Health Services (UHS)

Designated nurse: (UHS)

Sports Nutritionist/Registered Dietician: Athletics Department

II. REFERRAL, TREATMENT, AND NOTIFICATION PROTOCOL FOR STUDENT-ATHLETES WITH EATING DISORDERS

A. Self Referral

1. A student-athlete may contact the UCC or the UHS at any time for an assessment of disordered eating and a possible eating disorder.
2. If the UCC concludes that in addition to counseling, the student-athlete who self refers needs nutritional or medical treatment, it may consult the MEDT. In order for the UCC counselor to share information with the MEDT, the student-athlete needs to sign a specific UCC release of information form.
3. If the UHS concludes that the student-athlete who self refers needs nutritional or psychological counseling, it may consult the MEDT. In order for the UHS to share information with the MEDT, the student-athlete needs to sign a release of information form.
4. If the student-athlete who self-refers to the UCC or UHS is assessed to have an eating disorder, is referred to the MEDT, and cooperates with treatment recommendations, the MEDT reviews the situation.
 - a. If, upon using previously agreed upon medical criteria, the MEDT determines that the student-athlete may participate without restriction in sports programs, no third party (including the Athletics Department) is notified.
 - b. If the MEDT concurs that the student-athlete's medical condition (using previously agreed upon medical criteria) is such that athletic team participation needs to be limited, the designated physician, by virtue of the UHS release of information signed by all student-athletes, notifies the assigned team physician regarding the current medical evaluation and status of the student-athlete. They will agree about the student-athlete's team-participation limits. Following this discussion, the designated physician will inform the student-athlete and the appropriate athletics department personnel of the participation limitations.

Additionally, the designated physician and assigned team physician will determine when the student-athlete may return to play without limitations.
5. If the student-athlete who self-refers to the UCC or UHS, is assessed to have an eating disorder, is referred to the MEDT and does not consent to share information with the MEDT, or is referred to the MEDT and then does not cooperate with treatment recommendations, the MEDT reviews the situation. If the student-athlete's medical condition is such that athletic team participation needs to be limited, the designated physician, by virtue of the UHS release of information signed by all student-athletes, notifies the assigned team physician regarding the current medical evaluation and status of the student-athlete. They will agree

about the student-athlete's team-participation limits. Following this discussion, the designated physician will inform the student-athlete and the appropriate athletics department personnel (as permitted under a release of information or otherwise allowed by law) of the participation limitations. Additionally, the designated physician and assigned team physician will determine when the student-athlete may return to full or limited participation.

B. Referral through the Athletics Department

1. If an athletics department staff member witnesses or has serious concerns about a student-athlete displaying signs or symptoms of an eating disorder (see Behavioral and Physical Signs of an Eating Disorder), then he or she should approach the student-athlete and notify the Sports Nutritionist or notify the Sports Nutritionist, if uncomfortable in approaching the student-athlete. The Sports Nutritionist shall then consult with members of the MEDT in assessing the student-athlete's condition.
2. If the MEDT concurs that the student-athlete's medical condition (using previously agreed upon medical criteria) is such that athletic team participation needs to be limited, the designated physician, by virtue of the UHS release of information signed by all student-athletes, notifies the assigned team physician regarding the current medical evaluation and status of the student-athlete. They will agree about the student-athlete's team-participation limits. Following this discussion, the designated physician will inform the student-athlete and the appropriate athletics department personnel (as permitted under a release of information or otherwise allowed by law) of the participation limitations. Additionally, the designated physician and assigned team physician will determine when the student-athlete may return to full or limited participation.
3. If a teammate witnesses a student-athlete engaging in disordered eating behaviors, the teammate is encouraged to inform the Sports Nutritionist, the athletics trainer or the sport administrator.
4. At the request of an Athletics Department staff member and with a valid release form signed by the student-athlete permitting it, a representative from the MEDT will periodically provide a treatment progress report to the Athletics Department staff member, even when there are no implications for participation limits.

C. Off-Campus Treatment of an Eating Disorder and Return to Play

1. If a student-athlete is receiving treatment off-campus for an eating disorder, the MEDT determines whether or not the student-athlete team participation is limited. If the MEDT determines that the student-athlete's medical condition is such that athletic participation needs to be limited, the steps outlined in II: B2 are followed.
2. If a student-athlete leaves the University during the academic year for an eating disorder treatment-program or because of an eating disorder, the MEDT determines team participation upon the student-athlete's return to the University. The steps outlined in II: B2 are followed.
3. If a student-athlete leaves the University for an eating-disorder treatment-program or because of an eating disorder and wishes to return to team participation during the summer, the MEDT determines team participation when it is able to convene. The steps outlined in II: B2 are followed.

III. DEFINITIONS OF EATING DISORDERS

The following definitions are based on the criteria in the Diagnostic and Statistical Manual of Mental Disorders-Fourth Edition (DSM-IV):

1. Anorexia Nervosa

- A. Refusal to maintain body weight at or above a minimally normal weight for age and height (e.g., weight loss leading to maintenance of body weight less than 85% of that expected; or failure to make expected weight gain during period of growth, leading to body weight less than 85% of that expected).
- B. Intense fear of gaining weight or becoming fat, even though underweight.
- C. Disturbance in the way in which one's body weight or shape is experienced, undue influence of body weight or shape on self-evaluation, or denial of the seriousness of the current low body weight.
- D. In postmenarcheal females, amenorrhea, (i.e., the absence of at least three consecutive menstrual cycles).

2. Bulimia Nervosa

A. Recurrent episodes of binge eating. An episode of binge eating is characterized by both of the following:

- 1) Eating, in a discrete period of time (e.g., within any 2-hour period), an amount of food that is definitely larger than most people would eat during a similar period of time and under similar circumstances.
- 2) A sense of lack of control over eating during the episode (e.g., a feeling that one cannot stop eating or control what or how much one is eating).

B. Recurrent inappropriate compensatory behavior in order to prevent weight gain, such as self induced vomiting; misuse of laxatives, diuretics, enemas, or other medications; fasting; or excessive exercise.

C. The binge eating and inappropriate compensatory behaviors both occur, on average, at least twice a week for 3 months.

D. Self-evaluation is unduly influenced by body shape and weight.

E. The disturbance does not occur exclusively during episodes of Anorexia Nervosa.

3. Eating Disorder Not Otherwise Specified (NOS)

This category is for disorders of eating that do not meet the criteria for any specific Eating Disorder. Examples include:

A. For females, all of the criteria for Anorexia Nervosa are met except that the individual has regular menses.

B. All of the criteria for Anorexia Nervosa are met except that, despite significant weight loss, the individual's current weight is in the normal range.

C. All of the criteria for Bulimia Nervosa are met except that the binge eating and inappropriate compensatory mechanisms occur at a frequency of less than twice a week or for a duration of less than 3 months.

D. The regular use of inappropriate compensatory behavior by an individual of normal body weight after eating small amounts of food (e.g., self-induced vomiting after the consumption of two cookies).

ADDENDUM:

The Eating Disorder Protocol is currently under review. The revised protocol will be available soon. For further information, please contact University Counseling Center (UCC) at 574-631-7336.

ATHLETIC TRAINING / SPORTS MEDICINE

The University of Notre Dame Athletic Training Sports Medicine Department strives to provide the highest level of preventative, medical and rehabilitative services possible to the student-athletes at Notre Dame. The department is comprised of University and other team physicians, certified athletic trainers, physical therapists and student athletic trainers. The lead physician of sports medicine is Dr. James Moriarity MD and the head athletic trainer/physical therapist and director of athletic training and rehabilitation is Jim Russ. The athletic training sports medicine Department is responsible and accountable for the athletic medical care of all varsity student athletes including conducting physical exams, clearance for participation in practice and games, the diagnosis and treatment of injury and illness incurred from participation in sports and provides medical oversight for strength and conditioning activities within the department. Team physicians and team athletic trainers are the highest medical authority for activities conducted on university athletic fields and have full authority over decisions related to return to play after injury, surgery, and illness.

Two general and inclusive athletic training treatment facilities are available to varsity athletes: the Loftus facility is open for all athletes every morning and reserved for football, tennis and baseball in the afternoons. The Joyce Center facility is open to any athlete weekday mornings (hours listed below). Hours of operation are posted and may change with the progression of the school year. Athletes are served on a first come, first serve basis and appointments are made with staff members as needed. Services provided in the athletic training facilities include evaluation, rehabilitation, physical therapy, x-ray and physician services. Approved chiropractic care is available in the athletic department and an athlete must schedule appointments by working through their athletic trainer. In general, the team athletic trainer is considered to be the “GO TO” person for all the medical needs of the athlete.

TEAM PHYSICIANS

University based primary care team physicians are James Moriarity, Kevin McAward, Becky Moskwinski, and Kathy Cox-Cohoon. Community-based orthopedic team physicians are Robert Clemency, Michael Yergler, Christopher Balint, Brian Ratigan, James Sieradzki and Henry Kim. The athletic training sports medicine department utilizes the specialty services of many other physicians in the community, and has extensive networking with many sports medicine specialists throughout the United States. All team physicians have board specialty certification.

Athletes may request to see physicians by communicating with their sport athletic trainer. Athletes with illness are encouraged to utilize the physician services at the University Health Center at St. Liam Hall on campus where a variety of services are available and complete records of a student’s health history are available. Release of any medical information to outside agencies requires permission of the student-athlete.

ATHLETIC TRAINING SPORTS MEDICINE DEPARTMENT SERVICES

All athletic injuries and illnesses are to be reported immediately to a member of the athletic training sports medicine staff for evaluation, care, and referral. The sports medicine staff assesses the immediate needs and gives authorization to receive medical care from one of the following:

- University or orthopedic team physicians
- An outside physician
- Team chiropractor
- Any other health care provider

It is the student-athlete’s responsibility to report to the athletic trainers with information from the appointment and for follow-up care.

No one else is allowed to authorize any type of care or referral.

ATHLETIC TRAINING SPORTS MEDICINE DEPARTMENT REGULATIONS AND POLICIES

The athletic training sports medicine department facilities are reserved for the exclusive use of the student-athletes participating in intercollegiate sports programs. Specialized areas within the facilities are designed for rehabilitation, hydrotherapy, and general physical therapy with additional space reserved for pre-game and practice preparation and staff offices.

The athletic trainer provides all prescribed rehabilitation and therapy treatments and coordinates the medical services that are available to student-athletes. Policies concerning these facilities are as follows:

- Student-athletes are not allowed in the athletic training sports medicine facilities without appropriate authorization and supervision.
- All therapeutic modalities must be operated or administered by athletic training staff.
- Injured student-athletes who are unable to attend practice (or otherwise limited from full participation) are required to report for prescribed rehabilitative treatments during morning hours as scheduled.
- Student-athletes are to follow all rules and recommendations while under the direction of the athletic training staff.
- All prescribed medication is dispensed by and under the authority of the designated team physician.

CHIROPRACTIC AND MASSAGE SERVICES

Jerry Hofferth D.C. is the team chiropractor. He has been assisting Notre Dame student-athletes since 2005. He is available on a regularly scheduled basis and an athlete must schedule through their athletic trainer for this approved care. Massage is provided and managed by Jerry and his staff through a coordinated effort with the sports medicine staff with notice and input from a team's head coach.

ATHLETIC TRAINING SPORTS MEDICINE DEPARTMENT SCHEDULE

Athletic trainers are assigned to attend practices and competitions by the head athletic trainer/physical therapist and director of athletic training and rehabilitation with priority coverage given to "in-season", "high-risk" sports (football, lacrosse, hockey, etc.). The sports medicine athletic training staff is available for all 26 intercollegiate sports programs on a 24-hour, on-call emergency basis.

HOURS OF OPERATION:

Monday–Friday 7:30 am - 7 pm (Loftus facility); 7:30 am - 10:30 am and 1 to 7 pm (Joyce facility)

Saturday 8:30 am - 12:30 pm (Joyce facility)

Sunday by appointment only

Hours are posted and may change during the second semester.

DENTAL CARE

The athletic department assumes the financial responsibility for dental care that is a direct result of an athletic injury sustained in formal practice or competition. Student-athletes must have been wearing approved protective mouthpiece (if recommended for that sport) at the time of the injury to be eligible for dental coverage. Student-athletes are to report immediately all dental injuries to a member of the athletic training staff.

EYE CARE

Visual acuity is checked during the student-athlete's physical examination. Student-athletes who require visual correction for participation in their sport are furnished contact lenses or glasses. Corrective eyewear that is lost or damaged during practice or competition is replaced at the athletic department's expense.

MEDICAL RECORDS

To provide continuity of care, the athletic training sports medicine staff, promptly records all medical care given to student-athletes. Information contained in the medical record includes examinations, treatment of illnesses and injuries, medical referrals, follow-up care, and authorizations for resuming athletic activities. In addition, an annual health status questionnaire is completed by the student-athlete and reviewed by the medical staff and included in the medical record. Required health status information includes previous medical history, all injuries sustained (athletic or not) including details and any rehabilitation programs. These medical records are reviewed and maintained in the athletic training centers to ensure that they are available, current and complete. The University physicians maintain records of student-athletes visits to the St. Liam.

RETURN TO ACTIVITY POLICY

Authorization to return to practice or play after all injuries or illness comes solely from the Notre Dame team physicians. Outside health care providers' recommendations must be endorsed by Notre Dame team physicians. Notification from the Notre Dame team physicians comes through the athletic trainers to the appropriate coaches and administrators.

MEDICAL EXAMS

All freshman, transfer students, and tryout candidates must have a history and physical on file before commencing any activity in or on a Notre Dame athletic facility or field. There are no exceptions to this rule. Physicals are provided by the athletic training sports medicine department for all entering freshman and transfer students either during the summer session or the first week of the fall semester. Try out candidates must utilize their personal physician as a provider of the physical by utilizing the pre-participation history and physical exam form which is available online at <http://uhs.nd.edu>.

Returning varsity athletes must complete a returning health questionnaire and participate in an abbreviated physical conducted yearly at the beginning of the fall semester. For specific times and locations of the physical exams, the athlete is advised to contact their sport athletic trainer.

Physical examinations are comprehensive and require completion of vaccination history, past medical and family history. Please bear in mind that some specific vaccinations are required by state and federal law, other vaccinations are highly recommended, and still others are specific for certain ages and types of exposure. Therefore, there is no single guideline that applies to every student. As is true for all university students, financial responsibility for vaccinations is the students and their family.

SECOND MEDICAL OPINIONS

It is the expectation of the athletic training sports medicine department that student athletes utilize the services of the physicians on staff. However, it is also recognized the value of a second opinion in some cases. The staff can help the athlete secure a second opinion and coordinate sharing of records to facilitate needed ongoing communication between the team physician and outside consultant. Additionally, the University of Notre Dame can assume the role of secondary insurance provider for non-surgical costs incurred from consulting physician provided prior approval is given and the following conditions are met:

- The athlete has received a first documented opinion by the athletic training sports medicine staff,
- A request for a second opinion is made to the athletic training sports medicine staff prior to any visits to an outside consultant,
- Any diagnostic testing or procedures such as an MRI, CTscan, arthrogram, etc is pre-approved by the Notre Dame athletic training sports medicine staff prior to the test for approval of need and payment.
- Outside records and recommendations of consultants are made available to the staff.

If there is substantial discrepancy between the opinions of the Notre Dame' staff and the consulting physician, a third opinion may be requested at University expense, from a mutually agreeable recognized sports medicine physician.

PHYSICAL THERAPY AND REHABILITATIVE CARE

All physical therapy and rehabilitative care for injuries incurred during practice or play will take place in a Notre Dame sports medicine facility under the direction of the athletic training sports medicine staff. Rehabilitation protocols from physicians not affiliated with the University will be accepted and followed provided the protocols are not outside accepted standards of care and the expertise of staff.

EMERGENCY CARE

Life threatening emergencies require immediate activation of the 911 system. From a campus landline phone, a 911 call will be directed to the Notre Dame Security for disposition. From a cell phone please dial 574-631-5555.

MEDICAL EXPENSES AND INSURANCE COVERAGE

The athletic department is a secondary insurance provider for illness and injury directly "caused" by practice or

play. Athletics is not a secondary provider for illness or injuries not caused by practice or play. Secondary provider means that athletics will pay for approved medical costs that the athlete's own insurance does not completely cover, such as deductibles, or a fixed percentage of the cost of a procedure or hospital stay. Approval from the head athletic trainer/physical therapist and director of athletic training and rehabilitation for Notre Dame to be the secondary provider must be obtained prior to care.

It is important for athletes and their families to be familiar with the limitations and exclusions in their insurance policies. Some insurance policies limit coverage and services to specific locations and physician providers, and will not cover any services away from home. Other policies will permit payment away from home but only after appropriate pre-authorization is obtained. Most of our area providers such as MRI centers, x-ray facilities and hospitals are familiar with these rules and can help student athletes obtain authorization.

As mentioned previously, it is the expectation of the athletic department that athletes utilize the services provided by team physicians and rehabilitation services in our athletic training sports medicine facilities. If as a result of injury sustained in practice or play, a surgical procedure is recommended by the team physician, the athletic department will bear the cost of any and all secondary costs regardless of policy exclusions for surgery performed under the direction of the team physician. Likewise, if the team physician refers the athlete to an outside consultant, the university will bear the cost of any and all secondary costs for this approved care. Approval is a necessity. However, if it is the wish of the athlete and family that a surgeon of their own choosing performs the surgery at a different location, secondary insurance by the athletic department is not provided.

Pharmacy costs constitute a separate category. The athletic department will absorb the cost of medications prescribed for student athletes injured or suffering illness from practice or play. The athletic department will not cover pharmacy costs for pre-existing medical, some psychological, or sports related conditions, illness or injury occurring out of season, or for conditions not caused by practice or play.

For athletes with no insurance, it is strongly encouraged the student athlete purchase the student health Insurance sponsored by the University (available at St Liam). Be aware that this policy does not cover injuries sustained during varsity athletic activities, but it provides very good coverage for all other medical conditions for the student. For those individuals qualifying, the student opportunity fund may help in the financial cost of the policy.

Athletes are required to provide insurance information at the beginning of every school year and anytime insurance status or coverage changes. The athletic department staff will assist the athlete in insurance filing if all the needed insurance information is submitted. As mentioned previously, there is no fee for physical therapy and approved physician services that are provided in the athletic training sports medicine facilities or for physician services at St. Liam.

Examples of items not covered by the athletic department secondary provider coverage are:

- Costs of medications for conditions present before entering Notre Dame.
- Costs of any type of vaccination.
- Medications for conditions unrelated to practice such as acne, hypertension, urinary tract infections, etc.
- Injuries sustained in an accident (non-sport caused, auto, bike, etc.).
- Surgery for appendicitis, gall bladder, sinus disease, wisdom teeth.
- Injuries from a dorm or off-campus altercation.
- Any over the counter medications or items.
- Any injury occurring from athletic participation or training after the athlete's final varsity game (eligibility is over).
- Lab test for mononucleosis during the academic year when the athlete is not officially practicing or playing.

ENDING OF MEDICAL COVERAGE

The athletic departments' role as secondary provider for athletes ceases with the conclusion of the athlete's last official NCAA competition. Any use of Notre Dame athletic facilities after eligibility has ended is at the discretion of the head athletic trainer/physical therapist and director of athletic training and rehabilitation and the directors of strength and conditioning.

STRENGTH AND CONDITIONING

At the University of Notre Dame, varsity student-athletes are provided state-of-the-art strength training facilities. These facilities feature a variety of free weights, Olympic lifting platforms and power racks, dumbbells, plate-loaded strength training equipment, and auxiliary training implements. The facilities also contain conditioning equipment that may be used as part of each student-athlete's workout.

WEIGHT ROOM POLICIES

The Director of Strength and Conditioning develops and administers strength and conditioning programs for all varsity sports. Each varsity team will have a specific strength staff member that will implement the strength and conditioning program on a day-to-day basis. A strength and conditioning staff member will always be present, supervising and administering the program for the respective teams. No student-athlete will be permitted to train unsupervised.

Varsity weight room rules have been developed to ensure the safety of all student-athletes and the proper care of all equipment. They also have been developed to promote a productive training environment and to instill great pride in the University of Notre Dame student-athlete. The Director of Strength and Conditioning or a member of the strength staff is responsible for administering the following rules:

- Proper attire is required at all times. (Proper attire is defined as a varsity issued T-shirt, sweatshirt, shorts, sweat pants, training shoes, etc.) Tank tops or cut-off shirts are prohibited.
- No hats, headbands, bandanas, skull caps, sandals, gloves, or jeans are to be worn while training.
- All training apparel is to be that of the University of Notre Dame. No other college or professional logos are to be worn while training.
- Cell phone use in weight room is prohibited.
- No horseplay or socializing will be tolerated.
- Food, drink, and all tobacco products are prohibited.
- Office space and stereo control are off limits to all student-athletes.
- The facilities are to be kept clean and orderly at all times. All equipment must be returned to its rightful place and the barbells stripped of plates.
- Each student-athlete shall be responsible for disinfecting and wiping down conditioning equipment after use.
- Strength and conditioning is an extension of the practice field. All student-athletes should give their maximum effort during a workout.
- Spotters and training partners are required for all exercises. Use safety collars on all free weight barbell exercises.

Disciplinary measures are handled jointly by the Director of Strength and Conditioning and the Head sport coach and may result from inappropriate behavior, endangerment of fellow student-athletes, or repeated failure to comply with the rules and regulations of the strength and conditioning staff.

SPORTS NUTRITION

The nutrient timing and composition of an athlete's diet can enhance both physical and mental performance. Optimal nutrition is an integral part of being a successful student athlete at Notre Dame. Within the Department of Athletics, Notre Dame has three full-time sports dietitians. This team of registered dietitians works exclusively with student-athletes to enhance performance through nutrition based intervention.

NUTRITION RESOURCES

Individualized Nutrition

Nutrition Counseling
Custom Meal Plans
Body Composition Testing
Injury Recovery Nutrition
Weight Management

Education

Nutrition Counseling
Team Presentations
Grocery Store Tours
Cooking Demonstrations
Handouts
Supplement Checks and Education

Food Service

Training Table Meals
Competition Fueling
Recovery Nutrition
Travel Meals
Daily Snacks

Eat Like a Champion Today

BREAKFAST →

Consuming breakfast within 30 to 45 minutes of waking up prevents the use of muscle and stored energy from fueling your day (you want to build your lean mass, not take from it).

MEAL FREQUENCY →

Eating consistently throughout the day promotes lean muscle growth, sustained energy and quicker recovery.

3 Meals + Snacks + Workout Recovery Nutrition = Eating 5-8 times each day

HYDRATION →

Fluid losses as little as 2% of your body weight can impair performance.

Consistently hydrating allows you to perform at your highest potential.

EAT LEAN TO BE LEAN →

Eating lean protein sources speeds up muscle building and recovery. Protein sources (ex. Chicken vs. Red Meat) and cooking methods (Grilling vs. Frying) matter when building a strong and successful athlete.

ADD COLOR →

Fruits & Vegetables rich in color provide nutrients that promote recovery of sore muscles, help prevent damage and improve your success in and out of competition.

SLEEP →

The body recovers and repairs while you are sleeping. Getting at least 8 hours of sleep each night allows you to work at your highest potential each day.

CONTACTS

Sports Nutrition Offices are located in the Guglielmino Athletics Complex and the Loftus Sports Center

Dwight Allison, MS, RD, LD, CSSD
Director of Sports Nutrition
Office: 574-631-1228
Email: dallison@nd.edu

Anna Turner, MS, RDN, CSSD, CISSN
Associate Sports Dietician
Office: 574-631-3005
Email: aturner9@nd.edu

Kari Oliver, MS, RDN
Associate Sports Dietician
Office: 574-631-0857
Email: koliver2@nd.edu

EQUIPMENT/APPAREL

The University provides the best athletic equipment and apparel available for its student-athletes and it should be worn for practice and competition. If equipment is lost, misplaced, or stolen, student-athletes may be financially responsible for replacement although exact replacements may not be immediately available. All equipment is the property of the University and may not be retained by student-athletes indefinitely unless permitted by NCAA rules and specifically designated by the Head Coach and Sport Administrator.

With the approval of the Head Coach, student-athletes are permitted to check out equipment for use during the summer months. Also with approval from the Head Coach, student-athletes may purchase used equipment and apparel (with value remaining) provided they pay the fair market value or the value is included in their annual participation award limit.

Failure to follow established department policy could constitute NCAA violations. Violations of this nature would result in athletic eligibility ramifications.

PARTICIPATION IN OUTSIDE ACTIVITIES

In an effort to enhance the student-athlete's overall college experience at Notre Dame, the University encourages its student-athletes to participate in a number of activities outside the University (e.g., community service), especially those that represent the student and Notre Dame in a positive light. However, the University must approve in advance both your participation (per NCAA rules) and any use of its name or other trademarks in connection with any such activity (per University policy). The University reserves the right to prohibit the use of its name or other marks (including those on athletics department issued uniforms and apparel) in connection with any activity at any time. Thus, before agreeing to participate in photography sessions, all-star games, award recognition dinners, or other such activities promoted or sponsored by publications, associations, or other groups or individuals, please contact the Compliance Office.

TEAM TRAVEL

Head coaches in each respective sport are responsible for setting standards and policy (dress, conduct, curfew, activities, etc.) for team conduct during trips. Generally, all team members must travel to and from the away event with their teammates and must stay with the team at assigned lodgings. Before departure, a student-athlete should reconfirm missed classes with the appropriate professors. It is the student-athlete's responsibility to arrange to make up missed course work.

Please take into account that the Athletics Department pays only for transportation, room, and board during team travel. In compliance with NCAA rules and regulations, room service, laundry, phone calls, pay television and movies, etc., are incidental charges that must be paid for by the student-athlete. These charges must be settled at the time of hotel check-out to avoid NCAA compliance issues and athletic eligibility ramifications.

SELECTION OF TEAM CAPTAINS

Throughout the year, slates of candidates for team captaincies come before the Faculty Board on Athletics for approval. Team captains must demonstrate high standards of conduct and strong leadership. Candidates for team captaincies must be in good academic standing. The board has authorized its chair to approve on its behalf any nomination falling clearly within board guidelines. In the event that the board disapproves a candidate, it then determines if the position should remain vacant, be occupied temporarily by the coach's choice(s), or be filled through another election.

VARSITY MONOGRAMS

Recommendations for Monograms are forwarded to the athletics director or his/her designee for approval. A Monogram may be awarded to a student-athlete who meets specific standards as outlined by the athletics department. In addition to athletic performance, the following factors are also taken into consideration: academic

standing, adherence to University regulations, observance of training rules, and proper conduct. To receive an award, the student-athlete must be of amateur standing and eligible for athletic participation per NCAA guidelines.

Awards are made upon the recommendation of the head coach of a sport. Monogram recipients must be in good academic standing and cleared by the Office of Student Affairs. The athletics director or his/her designee grants final approval of the award.

Awards are restricted by NCAA regulations to items that can be personalized with the institution's insignia or letter. Awards are ordered as follows:

First award: Dark blue athletic letter jacket with chenille Monogram emblem

Second award: Stadium blanket with chenille Monogram emblem

Third award: Ring bearing the varsity Monogram emblem

Fourth award: Watch bearing the varsity Monogram emblem

Fifth award (two-sport athletes): Framed chenille Monogram plaque

Each student-athlete who has achieved a Monogram award also is awarded a special Monogram scroll upon graduation. Funding for all Monogram gifts comes directly from the Monogram Club, which is an organization comprised of student-athlete alumni who were previously endowed with a varsity Monogram.

Award distribution: Monogram winners shall order their awards at the varsity equipment room at the Joyce Center immediately after completion of their recent season of competition. Any Monogram award not claimed within one year of undergraduate graduation or the last date of competition, must be purchased by the individual. The first-year letter jackets are distributed at a Monogram Club sponsored ceremony, which occurs semi-annually. All other awards may be picked up in the Monogram Club office.

ATHLETICS COMMUNICATIONS

Notre Dame student-athletes benefit from tremendous national and local media exposure (web, social media, television, radio and print). Notre Dame has an outstanding reputation for positive media rapport over the years. Therefore, it is important to understand the value of positive media relations and how best to deal with the media. A Notre Dame student-athlete should have an image that is consistent with the values of the University. In general, when speaking with a member of the media, be confident, courteous, and prompt.

All interviews with members of the media are arranged through the Athletics Communications Office. Student-athletes are prohibited from conducting interviews that have not been arranged by members of the staff. If problems arise with making appointments, call the Athletics Communications Office at 631-7516. This office is responsible for all publicity materials released to the media, including pictures and biographical material. Athletics Communications staff members are willing to work with student-athletes so that they will feel more comfortable in dealing with the media.

STUDENT-ATHLETE ADVISORY COUNCIL

The Student-Athlete Advisory Council (SAAC) is made up of representatives from each of the 26 varsity sports and cheerleading. The council meets once a month to coordinate community service opportunities, social activities, educational presentations, and to discuss issues forwarded to it by student-athletes. This advisory group serves as a voice for the student-athlete population.

Recent SAAC initiatives include a student-athlete Habitat For Humanity build, the *IrishOn3* program (which encourages and rewards student-athletes for supporting each other at Fighting Irish sporting events), and the creation of distinctive graduation stoles for all graduating student-athletes to recognize their accomplishments and contributions to Notre Dame Athletics.

NOTRE DAME CHRISTIAN ATHLETES (NDCA)

MISSION STATEMENT

NDCA seeks to provide Notre Dame Athletes with a welcome place of refuge to inspire spiritual growth and community through a relationship with Jesus Christ.

Organization Information

- With our members coming from various church backgrounds and experience, we form an interdenominational group that acknowledges multiple perspectives while being committed to the central truth of the Gospel of Jesus Christ as proclaimed in Scripture.
- The Notre Dame Christian Athletes group meets on Tuesday Nights at 8pm. All athletes are welcome to participate in the weekly fellowship and annual retreat.

Advisor

Johnathan Franklin (Student Welfare & Development)
jfrankl4@nd.edu; (574) 631-1216

NOTRE DAME ATHLETICS CONTACT INFORMATION

ATHLETICS DEPARTMENT PERSONNEL

For a complete list of Notre Dame Athletics department personnel, please visit the Athletics website:
<http://www.und.com/school-bio/staff-directory-07.html>

COACHING STAFFS

For a complete list of Notre Dame Athletics department personnel, please visit the Athletics website:
<http://www.und.com/school-bio/coach-directory-07.html#mail>

ACADEMIC SERVICES FOR STUDENT-ATHLETES

OBJECTIVES

The office of Academic Services for Student-Athletes (ASSA), under the auspices of the Provost's office, exists to enhance the quality of the student-athlete experience and to promote individual ownership of academic, athletic, personal, and social responsibilities. Using a variety of resources, ASSA supports all student-athletes, challenging each to maximize his or her academic potential.

From the initial athletics recruiting stage through graduation from Notre Dame, the office provides counseling, guidance, and tutoring to student-athletes.

The University of Notre Dame makes a sincere commitment to the education and graduation of all student-athletes. To fulfill this promise, Academic Services for Student-Athletes aims to:

- ensure academic integrity;
- support and challenge each student-athlete as they work to maximize their academic potential;
- help student-athletes maintain a balance between academics, athletics, and healthy social lives;
- ensure a successful transition during the student-athlete's first academic year;
- collaborate with each student-athlete in order to establish appropriate academic interventions;
- assist student-athletes as they set academic goals;
- facilitate communication between student-athletes, appropriate Deans/advising offices, and faculty on campus;
- encourage student-athletes to actively seek out and engage with University resources;
- ensure that student-athletes understand their major requirements and progress towards degree; and
- ensure compliance with all rules, regulations, and procedures of the University and the NCAA.

ACADEMIC MONITORING

During each semester ASSA counselors routinely solicit timely feedback from the professors of student-athletes regarding academic progress in their classes. This feedback is discussed with the student-athletes and coaches and appropriate adjustments and interventions are made as needed. ASSA counselors encourage student-athletes to engage in regular communication with faculty throughout each semester.

FIRST YEAR TRANSITION PROGRAMS AND TUTORING

ASSA has established a transition program that aims to ensure each first-year student-athlete begins their academic career in a structured environment that will provide appropriate support for their individual academic needs. By focusing on the importance of a consistent academic approach, ASSA hopes the experience will reinforce a set of habits (punctuality, organization, time management and the capacity to focus) that will help individuals successfully balance the demands inherent to being a student-athlete at Notre Dame. Tutoring services provide flexible and comprehensive content tutoring and are available to both scholarship and non-scholarship student-athletes free of charge throughout their undergraduate experience. A supplement to class time and faculty assistance, tutoring is an opportunity for student-athletes to more fully master class content. It is the responsibility of the student-athlete to be prompt and not miss sessions, as well as to be prepared (e.g., bring necessary materials; read and attempt homework prior to the session).

TEAM ORIENTATIONS

Each varsity team is assigned an academic counselor. Academic counselors from the office conduct an orientation with their designated teams at the start of each academic year. The purpose of this program is to acquaint students with the University and the demands of being a student-athlete. Students are introduced to Notre Dame academic policies and are provided information regarding classroom protocol and academic expectations. Student-athletes are reminded about the University's Academic Code of Honor and the importance of personal academic integrity.

ACADEMIC RECOGNITION

The University of Notre Dame both strives for and recognizes academic excellence. At the end of each academic year, the Athletics Department hosts the O.S.C.A.R.S. for student-athletes. A segment of that evening is dedicated to honoring students with 4.0 semester GPAs, the top senior student-athlete, and the team with the highest semester GPA.

FIRST YEAR OF STUDIES

The First Year of Studies provides an array of services and has sole responsibility for the advising and academic transactions of all first-year students, including registration and the adding/dropping of courses. Its faculty works closely with staff members in Academic Services for Student-Athletes. Both offices assist students in making the adjustment to college and in developing the study skills necessary to achieve success. A first-year student-athlete is assigned an advisor in the First Year of Studies and a counselor in Academic Services. Following the first year, student-athletes work with their designated counselors from Academic Services for Student-Athletes, as well as advisors assigned through their college or major (English, biology, etc.). The First Year of Studies is located on the second floor of Coleman-Morse Center. To receive information or assistance from this college, call 631-7421.

ACADEMIC INFORMATION

REGISTRATION

First-year students complete a Course Selection form during June to start the registration process for fall semester classes. For the subsequent semesters, students use an on-line registration system popularly known as DART. The First Year of Studies advisors will introduce all students to this system in early November. The student-athlete is responsible for looking up classes and assembling a workable schedule that meets University and NCAA requirements. Academic advisors and counselors assist students with this assignment.

ACADEMIC HONESTY

The academic community at Notre Dame relies upon a high standard of integrity. One of the most important aspects of academic integrity concerns the just measure of each student's academic accomplishments. Academic honesty is demanded of all students, and the Honor Code is a working part of the student's life in and out of the classroom at Notre Dame.

Students must be aware that giving or receiving unauthorized aid on an examination, assignment, paper, or lab report is not the only kind of violation. Any kind of dishonesty related to academics is a violation. Other examples of academic dishonesty—apart from giving or receiving unauthorized aid precisely as defined by the teacher in each course—include, but are not limited to listing false reasons for taking a make-up examination, resubmitting work as an original piece, and falsifying data. Failure to take responsible action is also a violation. Unintentional plagiarism is as punishable as intentional plagiarism.

For questions concerning what is or is not an academic Honor Code violation, please contact the appropriate professor or academic counselor.

CLASS ATTENDANCE

Student-athletes are expected to attend class on a regular and punctual basis. Notre Dame's policy concerning absence from class accords to the student's professor the discretion to accept the excuse and permit make-up work. Course instructors establish specific attendance policies that must be adhered to by student-athletes. The three exceptions to the policy are personal illness, death in the immediate family, and duties performed for the University.

Arrangements for taking any examination or completing work assignments affected by team travel are the student-athlete's responsibility. Instructors are aware of the problems involved in scheduling athletic competitions and usually are willing to provide some flexibility if the student-athlete requests consideration in advance.

The Athletics Department operates according to the excused class miss policy when scheduling intercollegiate competition. Student-athletes are not to miss more than three Monday-Wednesday-Friday classes or three Tuesday-Thursday classes for regular-season play in any one semester. This policy governs all Notre Dame Varsity sports. A limited number of exceptions to the policy exist:

- An individual player who qualifies for invitational events or continued play at a competition may be approved for additional absences on a case-by-case basis by the vice president of Student Affairs and the director of Academic Services; and
- Postseason conference and NCAA tournaments are not included in the three-miss rule. For each event, four days in advance of travel, the team manager notifies the Academic Services Office of the student-athletes on the travel squad. A list of traveling student-athletes, the courses they will miss, and the faculty who teach them is sent to Student Affairs for approval and distribution to the faculty.

TEXTBOOKS

NCAA Bylaw 15.2.3 states that an institution may provide a student-athlete financial aid that covers the actual cost of course-related textbooks.

For student-athletes receiving textbooks as a portion of their athletic grant-in-aid, the textbook scholarship policies and procedures are as follows:

- Subject to a list of the student-athletes on textbook scholarship provided by the compliance office, class schedules for those student-athletes provided by the academic services staff, and the master required textbook list for all classes, the university bookstore pulls and boxes required course-related books for the appropriate student-athletes.
- The boxed books are available in the Joyce Center during the first week of class. After the first week, the boxes will be returned to the bookstore. Compliance will provide student-athletes with appropriate instructions for pick-up via email.
- Any missing (e.g., backordered) textbooks will be listed on a packing slip. Keep this as it is your tenure to receive required textbooks once they arrive at the bookstore.
- For dropped and added courses, the student-athlete completes a form that must be signed by an academic services staff member before being presented at the bookstore for additional books. Dropped course textbooks are returned to the bookstore prior to the release of any added course textbooks.
- Textbooks and/or course supplies may not be acquired through the scholarship textbook procedure for friends, peers, or family members. Such violations can lead to an immediate loss of eligibility.

REQUIRED COURSE SUPPLIES AND FEES

NCAA Bylaw 16.3.1.1 states that an institution may provide a student-athlete course supplies (e.g., calculators, art supplies, computer disks, subscriptions), provided such course supplies are **required** of all students in the course and are specified in the course syllabus or in writing from the professor.

A student-athlete who would like to be reimbursed for his or her required course supplies must receive the approval of his or her academic counselor or the Compliance Office.

- Certain course supplies (e.g., calculators and reusable materials) remain the property of the Department of Athletics and all supplies must be accounted for and returned in a timely fashion, unless otherwise noted.
- Course fee deadlines (e.g., art fees, music fees) are the initial responsibility of the student. Requests for payment or reimbursement should be made as early in the semester as possible. Students are responsible for notifying professors that payment will be made by the athletic department and must submit a payment request (via email or in person) to Compliance (including a copy of the course syllabus detailing the required fee).

For special arrangements or questions concerning the textbook procedures, please contact Compliance at (574) 631-9647.

SUMMER SESSION

A student-athlete interested in attending Notre Dame's summer session should contact their counselor in Academic Services for Student Athletes. Academic Services will evaluate the student-athlete's academic need to attend summer school in accordance with NCAA eligibility standards. All summer grant-in-aid is subject to the approval of the head coach. In the event the University chooses to approve scholarship assistance, NCAA rules mandate that a student-athlete may receive a summer scholarship equivalent to the same percentage as the student-athlete's scholarship during the previous academic year (for those currently on grant-in-aid) or, for a first-time grant-in-aid recipient during the following academic year, at that percentage that will be awarded. Summer grant-in-aid may only be awarded for Notre Dame's summer term.

If a student is on academic probation at the end of the spring semester, the individual may achieve good standing by attending summer school provided that the combined average of grades for the spring and summer sessions meet eligibility requirements. However, attending the summer session is considered a privilege and not a right.

COMPUTER LABS

The Office of Information Technologies provides public-access computer labs that are open to all Notre Dame faculty, staff and students. All computer labs have multiple workstations and printing capabilities. Software and hardware available in the labs are determined by the needs of student and faculty coursework. Please contact our Learning Technologies team at 574-631-8778 with any questions concerning the OIT computer labs.

Academic Year Hours * Closed at 8:00pm on Friday of Home Football Weekends ** Closed ALL DAY Saturday of Home Football Weekends

Lab Name	Day of Operation	Open	Close
Bond Hall (Architecture)	Monday-Thursday	9:00am	1:00am
	Friday	9:00am	5:00pm
	Saturday	CLOSED	CLOSED
	Sunday	12:00pm	1:00am
Coleman-Morse Room 107	Monday-Thursday	7:00am	2:00am
	Friday	7:00am	12:00am*
	Saturday	12:00pm	5:00pm**
	Sunday	12:00pm	2:00am
DeBartolo Hall Room 133 (unavailable during Summer 2015; workstations will re-open by August 25th)	Monday-Thursday	12:00am	12:00am
	Friday	12:00am	5:00pm
	Saturday	12:00pm	8:00pm**
	Sunday	12:00pm	12:00am
DeBartolo Hall Kiosks - 1st Floor	Monday-Sunday	OPEN	OPEN
Hesburgh Library Main Floor	Monday-Friday	7:30am	2:00am
	Saturday	9:00am	2:00am
	Sunday	10:00am	2:00am
Jordan Science Hall 3rd Floor South Landing	Monday-Friday	7:00am	10:00pm
	Saturday	CLOSED	CLOSED
	Sunday	10:00am	10:00pm
LaFortune Student Center Room 016	Monday-Sunday	OPEN	OPEN**

LIBRARIES

The Hesburgh Libraries is a diverse system featuring a main library and eight branch specialty libraries located throughout the Notre Dame campus. In an effort to further its core mission of “connecting people to knowledge,” the Libraries offer a vast array of expertise, services, resources and spaces to ensure the academic success of the Notre Dame community. Whether through the expertise of subject librarians and specialty services or the access to various sources of knowledge, we continuously evolve to meet the ever-changing needs of ND students in the 21st century.

Through the Notre Dame website, users have immediate access to the Hesburgh Libraries catalog, an array of electronic periodical indexes and full-text documents, and professionally developed subject guides to local and Internet-based resources. From their computers, users may request individualized reference assistance, place interlibrary loan requests, suggest titles for purchase, and recall or renew charged materials. An electronic reserves module is available, as is an arts and letters document delivery service.

We often hear students say, “If only I had known sooner how much help I could get from the Libraries...my job as a student would have been much easier!” Reference and Subject Librarians offer research assistance in all academic disciplines and are available face-to-face, by email, phone and chat. Check out our website at library.nd.edu for a list of subject specialists, resource guides and special programs to help focus your efforts and develop your research skills. For example, *Pot of Gold*, an interactive web-based tutorial, is an important resource that helps students learn to efficiently locate, retrieve, evaluate and use new information. This is just one of our many programs that build information and digital literacy, essential lifelong skills for all students in every area of scholarship.

More information about the services, spaces and collections at the Hesburgh Libraries visit library.nd.edu.

HOUSING POLICY FOR GRANT-IN-AID STUDENT ATHLETES AT NOTRE DAME

Prior to 1997, grant-in-aid student-athletes were required to reside on campus throughout their undergraduate careers. From 1997 to the present, grant-in-aid student-athletes could petition in their junior year for the right to move off campus senior year, provided they met several academic and disciplinary criteria. Based on its review of current policy, the Faculty Board on Athletics wishes to both ensure the continued participation of grant-in-aid student-athletes in the rich traditions of residential life at Notre Dame and give senior grant-in-aid student-athletes greater freedom in choosing whether to live on or off campus. Currently, a majority of Notre Dame seniors reside off campus, and not surprisingly, senior grant-in-aid student-athletes also express interest in moving off campus. Their reasons for wishing to live off campus mirror those of other seniors. Some seek more space and privacy than dorm living offers, others want to live with or near their friends, and still others hope to build a bridge between their lives as undergraduates and their post-graduate identities.

In light of these considerations, the housing policy for grant-in-aid student-athletes at Notre Dame is as follows:

1. Grant-in-aid student-athletes must live on campus for a minimum of the first six (6) semesters of their undergraduate studies. Summer sessions do not contribute to the six-semester minimum. Furthermore, student-athletes attending summer sessions are expected to live on campus prior to the sixth semester. Married grant-in-aid student-athletes are exempted from this policy.
2. The Faculty Board on Athletics may waive the six-semester minimum in the following circumstances:
 - (a) Documented medical condition. A grant-in-aid student-athlete with a physical or mental condition that is affected by living on-campus may submit to the Chair of the Faculty Board on Athletics a request to move off-campus. Such request must be accompanied by appropriate medical documentation.
 - (b) Early enrollment. A grant-in-aid student-athlete who enrolls in January may submit to the Chair of the Faculty Board on Athletics a request to move off-campus following the first five (5) semesters of his or her undergraduate studies. Such request must demonstrate appropriate progress toward degree.
 - (c) Other circumstances the Faculty Board on Athletics deems appropriate, consistent with the mission of the University and the best interests of the individual student-athlete.
3. During the year prior to becoming eligible to live off-campus, grant-in-aid student-athletes who are not on disciplinary probation with the Office of Community Standards may apply through the Compliance Office in the Department of Athletics for permission to live off campus.

4. Prior to granting permission, the Assistant or Associate Director of Athletics responsible for Compliance will take the following steps:
 - a) Consult with the Office of Community Standards to verify that the grant-in-aid student-athlete is not on disciplinary probation; and
 - b) Seek approval from the head coach of each applicant's team. The head coach will consider the student's behavioral history as a member of the team in deciding whether or not to approve the student's request.
5. The Assistant or Associate Director of Athletics responsible for Compliance issues decision letters to those grant-in-aid student-athletes who have requested permission to live off campus. If the decision is negative, the letter should include information about the appeals process (described in part III).
6. The Assistant or Associate Director of Athletics responsible for Compliance will monitor grant-in-aid student-athletes' compliance with this policy, working closely with the Office of Community Standards and sport administrators. Upon receipt of information that a grant-in-aid student-athlete is living off campus in violation of this policy, the Assistant or Associate Director of Athletics responsible for Compliance will issue a written warning to the student-athlete (with a copy to the sport administrator and head coach), giving him/her seven (7) days to correct the situation.
7. If the student-athlete continues to live off campus after the seven (7) days have elapsed, the Assistant or Associate Director of Athletics responsible for Compliance will schedule a meeting with the grant-in-aid student-athlete and his/her sport administrator and/or head coach. Those found in violation of the housing policy will face team discipline, including but not limited to, possible loss of playing time. Violators may also face loss of their grant-in-aid.
8. The Assistant or Associate Director of Athletics responsible for Compliance is responsible for providing grant-in-aid student-athletes with written explanations of any sanctions imposed upon them for moving off campus without permission. Information about the appeals process (described in part III) should be included with the written explanation.

MOTOR VEHICLES AND PARKING

University policy prohibits all first-year students, including student-athletes, from possessing or renting an automobile or any other motor-driven vehicle for use on the University campus. An exception may be made for second-semester freshmen in academic good standing, and has no disciplinary action against them. After the first year of studies, if a student decides to have a car on campus, it must be registered immediately with Campus Security. Because all vehicles must display a valid permit when parked on campus, failure to register a vehicle with Campus Security could result in parking tickets or towing. A student-athlete's vehicle also must be registered with the Athletics Compliance Office. Failure to register with the Athletics Compliance Office could result in the temporary loss of athletic eligibility. Student-athletes are responsible for any traffic fines they incur. Students can register a vehicle that is owned by an immediate family member only. All students are expected to be familiar with parking rules and regulations.

FOOD SERVICES

A student-athlete's contract for room and board does not differ from the general board agreement for all students and is consistent with University and NCAA rules and regulations governing financial aid. Student-athletes are required to pay for any meals not covered by their grant-in-aid. Student athletes may receive special consideration with regard to early or late evening meals only if practice or game schedules impede with dining hall meals during regular food service hours, designated training table times or during break time when required to remain in town for practice or competition.

Dining Hall Hours of Operation

(2015-16 Academic Year)

South Dining Hall (Monday - Friday)	South Dining Hall (Saturday - Sunday)
Breakfast 7:00 am – 11:00 am	Continental Breakfast 8:00 am – 11:00 am
Lunch 11:00 am – 2:00 pm	Brunch 11:00 am – 1:30 pm
Dinner 4:30 pm – 9:00 pm (Monday - Thursday)	Dinner 4:30 pm – 7:30 pm
Dinner 4:30 pm -7:30 pm (Friday - Sunday)	

North Dining Hall (Monday - Friday)
Breakfast 7:00 am – 11:00 am
Lunch 11:00 am – 2:00 pm
Dinner 4:30 pm – 8:00 pm (Monday - Thursday)
Dinner 4:30 pm -7:00 pm (Friday - Sunday)

North Dining Hall (Saturday - Sunday)
Continental Breakfast 8:00 am – 11:00 am
Brunch 11:00 am – 1:30 pm
Dinner 4:30 pm – 7:00 pm

Training Table – Olympic Sports
**mandatory for participating teams*
North Dining Hall (Monday- Thursday)
5:00pm – 8:00pm

Student-athletes generally have meals during regular meal hours at the North and South Dining Halls (depending on the residence hall location). However, because of the unusual practice schedule of many teams, South Dining Hall is open for extended hours—from 4:30 to 9:00 p.m. Monday through Thursday—during the regular school year. Another option is Grab ‘n’ Go, which is offered from 7:00 a.m. to 7:00 p.m., Monday through Friday. If you have selected the meal plan including flex points, various retail units within Notre Dame Food Services can help to supplement your options as well. Visit <http://food.nd.edu/>

Meals before the opening of the school year and during vacation periods will be arranged by the coach of each team.

Training Table:

You will be notified if your team is participating in Training Table for the 2015-2016 school year. If your team participates, it is mandatory that you go Monday- Thursday. The ONLY excusable absences are for athletic, academic, medical, and family conflict and you must notify the Sports Nutrition Team ahead of time to be excused.

You are encouraged to seek the assistance of the Athletic Department’s Sports Nutrition Team consisting of 3 full-time Sports Nutritionists/Dietitians to help you achieve your training goals related to nutrition. They are available for individual consultations regarding nutrition education and services. In addition, any student-athlete with special dietary needs should contact their office for assistance. (Contact Information Below)

Food Allergies & Special Dietary Needs:

Any athletes with food allergies or sensitivities need to contact the Sports Nutrition Team as soon as you arrive on campus. This will be critical to your success as you learn to navigate through the dining halls, campus café’s, and athletic fueling stations. It is also important that you communicate your dietary needs to the sports dietitians so they can educate you and your coaching staff on contamination risks and healthful performance foods to provide you when you travel and compete. Dining services are very cautious with food allergies and precisely label foods in the dining halls with the eight major allergens. If you have a unique allergy or dietary need, the dining halls have their own dietitian, Jocie Antonelli, who can educate you on the safe dining options and order specialty foods to meet your unique needs.

There are designated Gluten-Free areas in each dining hall. To get your card activated to have access to the rooms you must speak with one of the nutritionists.

If you are a diabetic student athlete, we aim to make your transition to college as effortless as possible. We offer “unlimited” swipes in our campus café’s and will also supply you with sports nutrition supplements for practice and competitions.

Dwight Allison, MS, RD, LD, CSSD
Director of Sports Nutrition
Office: 574-631-1228
Email: dallison@nd.edu

Anna Turner, MS, RDN, CSSD, CISSN
Associate Sports Dietician
Office: 574-631-3005
Email: aturner9@nd.edu

Kari Oliver, MS, RDN
Associate Sports Dietician
Office: 574-631-0857
Email: koliver2@nd.edu

STUDENT ORGANIZATIONS

The University of Notre Dame has over 400+ clubs and organizations available to join. Interest and commitments vary widely and are reflected in the number and scope of organizations. Some clubs have an academic orientation, ranging from campus branches of national organizations, such as the American Institute of Architects, to strictly local clubs, such as the Chemistry and Finance Clubs. If you review the different clubs that are available and you want to talk to someone about creating a new club, don't hesitate to ask a staff member in the Student Activities Office.

Students must maintain satisfactory academic and disciplinary standing in order to participate in the following activities:

- Student-body Office
- Class or Hall Office
- Campus Life Council
- Hall Presidents' Council
- Student Government
- Judicial Board
- Varsity Athletic Teams

If you have any questions about how to participate or just want to get involved, please call 631-7308 or visit sao.nd.edu.

CENTER FOR SOCIAL CONCERNS

The Center for Social Concerns offers a variety of service-learning programs that put students in direct contact with social justice issues such as urban and rural poverty, immigration, migrant labor, disaster relief, at-risk youth, cultural diversity, and micro-venturing. Over the years, many student-athletes have participated in the Center's programs, traveling to learn and serve in the local, national and international communities. Most programs take place during fall, winter, spring, or summer break. Domestic summer programs can facilitate placement near athletic training facilities.

For more visit: socialconcerns.nd.edu
facebook.com/ndsocialconcerns

THE CAREER CENTER

The Career Center provides Notre Dame students with a comprehensive career development program, including:

- Assessing individual values, interests, personalities, and skills as they relate to choosing a major and a career field
- Researching career fields and searching for internship, full-time, and graduate school opportunities
- Reviewing resumes, cover letters, graduate school applications, and social media presence
- Conducting mock interviews and facilitating interviews on campus with recruiters across industry sectors
- Connecting with recruiters and ND alumni at various events and online

Students also have the opportunity to utilize numerous online databases to conduct career-related research, develop resumes and cover letters, as well as to pursue full-time and internship opportunities. Students are encouraged to take ownership of their career direction and be willing to devote the time and energy necessary to conduct a successful search for jobs, internships, fellowships, and/or the identification of graduate school programs.

Student-Athlete Careers Program Director

In addition to finding the staff at The Career Center, located at 248 Flanner Hall, student-athletes have access to an additional staff member, the Student-Athlete Careers Program Director. This Career Center staff member spends several days a week in the Student Welfare and Development Office space in the Joyce Center for appointments.

Go IRISH

Go IRISH is The Career Center’s primary recruiting database, and includes both on and off campus interviewing opportunities for jobs and internships, providing 24/7 access to students. Go IRISH can also be used to view upcoming workshops, career fair participants, and employer information sessions.

Workshops, Programs, and Special Events

The Career Center collaborates with several on campus departments, as well as employers and alumni to coordinate a wide variety of career programs, services, seminars, and workshops for students throughout the year. A sample list includes:

- On-campus career fairs including: Fall Career Expo, Engineering Industry Day, Winter Career and Internship Fair with Diversity Reception, and the School of Architecture Career Fair
- Off-campus career fairs and consortia events in New York City, Washington DC, Boston, and California
- Career Development Courses offered for academic credit, including options for summer courses.
- Many organizations host presentations and/or pre-night receptions as part of their recruiting efforts (listed on GoIRISH)
- A complete, up-to-date list can be found at the website: careercenter.nd.edu

Experiential Learning Programs

Experiences are often the best way to ignite a student’s interests and clarify their goals. Through the Career Center’s experiential opportunities, students can build their resume, hone in on areas of interest and build networks within fields of interest. Whether a student is studying studio art, on track to join a Big 4 company, or entirely undecided, there is a program below for them.

	First Year	Sophomore	Junior	Senior
Arts & Letters Business Boot Camp		Fall	Fall	
Career Treks		Fall/Winter/ Spring Break	Fall/Winter/ Spring Break	Fall/Winter/ Spring Break
Consulting Consortium	Fall/Spring	Fall/Spring	Fall/Spring	Fall/Spring
Job Shadow	Summer/ Breaks	Summer /Breaks	Summer Breaks	Summer /Breaks
Mentoring	Fall/Spring / Summer	Fall/Spring / Summer	Fall/Spring / Summer	Fall/Spring/ Summer
SIBC	Fall/Spring / Summer	Fall/Spring / Summer	Fall/Spring / Summer	Fall/Spring/ Summer
Wall Street Externship		Summer	Summer	

Funding Opportunities for Internships

The Career Center provides funding opportunities for internships (typically unpaid) through an application process administered by The Career Center. There are several programs, each targeting a different audience based on major, industry, and/or geographic location. For more information regarding funding and application deadlines, please visit: careercenter.nd.edu.

For more information about The Career Center, visit us at careercenter.nd.edu

248 Flanner Hall

ndcps@nd.edu

574.631.5200

GENDER RELATIONS CENTER

The Gender Relations Center (GRC) promotes moral formation consistent with Catholic identity, mission and values in an effort to create a healthy culture at the University of Notre Dame. Committed to the spiritual, emotional and intellectual development of all students, the GRC seeks to engage the campus in respectful dialogue and seeks to build a community that fully honors the human dignity of each person. Students interested in connecting with the GRC may volunteer as a GREF (Gender Relations Event Facilitator), become a Dorm Commissioner, or become a FIRE (Finding Identity Relationships and Equality) Starter Peer Educator.

Topics the GRC addresses through programming:

- Body Image
- Competition and Perfectionism
- Dating, Courtship and Marriage
- Gender Identity
- Gender Relations
- Interpersonal Relationships
- Intersections of Identity Development
- Pornography
- Pregnancy
- Relationship Violence Prevention
- Sexism and Stereotypes
- Sexual Assault and Harassment
- Sexual Identity
- Sexuality

Website: grc.nd.edu • Phone: 574-631-9340 • Email: grc@nd.edu

THE MCDONALD CENTER FOR STUDENT WELL-BEING

Rooted in Catholic tradition, McDonald Center for Student Well-Being's vision is to empower students for success in achieving balance anchored in the pursuit of lifelong well-being. Our mission is to cultivate a healthy campus environment where students thrive through the integration of mind, body, and spirit consistent with the Holy Cross charism of the University of Notre Dame. In keeping with the Catholic mission of the University, this office is uniquely situated to provide services that are faith supported, holistic in nature, rooted in personal growth, and focused on increasing the capacity for the well-being of the Notre Dame community.

Office Hours: Monday - Friday 8:00 AM to 5:00 PM

Phone Number: 631-7970

The McDonald Center for Student Well-Being provides health and wellness outreach education, resources and services to foster students' academic and personal success. It is the goal of the office to increase the campus capacity to create an environment that will allow students to thrive in healthy decision-making and take meaningful action toward risk reduction and wellness promotion. The range of health promotion initiatives includes general health, sleep, mental well-being, and substance abuse prevention.

UNIVERSITY COUNSELING CENTER

Located on the third floor of St. Liam Hall, the University Counseling Center (UCC) serves as the main provider of psychological and psychiatric counseling, including performance enhancement services, and eating disorder management for all students at the University including Varsity Athletes. All services are provided in strict confidentiality with no information released to Athletic Department Staff without approval of the Student Athlete. A complete listing of services provided can be found at <http://ucc.nd.edu>

SEXUAL ASSAULT RESOURCES AT NOTRE DAME

If you or someone you know has been the victim of sexual assault, consider the following steps...

- CALL DEPUTY TITLE IX COORDINATOR (574.631.7728)

The Deputy Title IX coordinator is the primary point of contact for students seeking information or wanting to report a case of sexual assault/sexual misconduct.

- CALL 911 or CAMPUS SECURITY (574.631.5555)

- SEEK MEDICAL ATTENTION WITHOUT DELAY

University Health Services (574.631.7497) can provide support and transport to a local hospital. Health Services and the hospital will protect your identity. Medical care is important, whether or not one decides to report the assault, ideally within 96 hours of the sexual assault. The local hospital can help to treat visible and/or internal injuries, check for pregnancy and sexually transmitted diseases (STDs), and collect physical evidence if you wish. All tests and procedures are free of charge to the victim; insurance will not be billed.

- DO NOT DESTROY EVIDENCE

Do not wash, wipe, douche, drink, change clothes, or throw away your clothes. Take a change of clothes with you to the hospital. Emergency Room staff may ask if you would like them to contact the police for you. This is your decision. You do not need to speak to the police if you do not wish to do so. Filing a report does not obligate you to follow through with pressing charges. Also, an anonymous exam may be performed, and all evidence collected will be held for a one-year period, giving you time to decide whether or not to file a police report. After one year, all evidence will be destroyed.

- CONTACT S-O-S (574.289.HELP)

S-O-S Rape Crisis Center is the Family Justice Center of South Bend's rape crisis center, offering a 24-hour crisis line and trained Advocates to provide emotional support and help you make an informed decision about your course of action. If you choose to go to the hospital, an S-O-S Advocate can be present to offer support. It is never too late to seek medical attention or counseling, and these services are completely confidential.

- CONTACT HALL STAFF

Notify your Rector, AR, or RA for support or direction.

- HELP A FRIEND

If a friend turns to you for support, encourage her or him to follow the above procedures. Be sure to protect your friend's privacy and allow that person to make her or his own decisions about how to proceed. For more information about how to help a friend, visit www.csap.nd.edu

Rape is NEVER the victim's fault. Alcohol, drugs, dress, and behavior are not excuses for sexual assault. A victim of acquaintance or date rape is as much a victim as the person who is assaulted by a stranger.

Rape and Sexual Assault Emergency Contact Information:

24 Hours / 7 Days

Notre Dame Security and Police: (574) 631-5555

University Health Center: (574) 631-7497

SOS Rape Crisis Center: (574) 289-HELP or www.fjcsjc.org/

University Counseling Center: (574) 631-7336

Visit www.csap.nd.edu for more information.

CAMPUS MINISTRY

Campus Ministry would like to welcome you, as a student-athlete, to discover another element of what makes Notre Dame a special and unique university. Whether your life of faith and your relationship with God have already been a huge part of your life, or if you're only just now beginning to think about how your spirituality might grow, please stop by and see us. We recognize that the demands on your time and energy are much greater than the "average" Notre Dame student.

We offer retreats, faith-sharing groups, bible studies, sacramental preparation, and other experiences. If our regular offerings can't fit into your schedule, let's talk about how we can create something that will work for you as an individual or as a group with other members of your team. Please also know that you are always welcome to bring us your questions, concerns or needs in individual spiritual conversations. We are conveniently located just down the hall from Academic Services for Student-Athletes in 114 Coleman-Morse; call us at 631-6633, or check out our website at campusministry.nd.edu.

PLACES OF WORSHIP

African Methodist Episcopal

Olivet African Methodist Episcopal

719 N. Notre Dame Avenue, South Bend

Transportation: Call Tues-Fri 10:00 a.m.-2:30 p.m.

Phone: 287-2672

First African Methodist Episcopal Zion

801 N. Eddy Street, South Bend

Transportation: Call in advance

Phone: 232-6872

Grace African Methodist Episcopal Zion

1211 Vassar Avenue, South Bend

Transportation: Call in advance

Phone: 232-4665

Baptist Churches

Bethlehem Baptist Church

24393 Fillmore Road, South Bend

Transportation: Call in advance

Phone: 232-6309

Faith Baptist Church

1002 Blaine Avenue, South Bend

Transportation: Call in advance

Phone: 233-6428

Mount Olive Baptist Church

1122 E. Miner Street, South Bend

Transportation: Call in advance

Phone: 233-1943

Macedonia Missionary Baptist Church

1862 N. Olive Street, South Bend

Transportation: Call in advance

Phone: 234-0876

New Jerusalem Missionary Baptist Church

215 N. Johnson Street, South Bend

Transportation: Call in advance

Phone: 232-2276

New Salem Missionary Baptist Church

141 Camden Street, South Bend

Transportation: Call in advance

Phone: 287-6069

New Testament Baptist Church

1502 W. Washington Avenue, South Bend

Transportation: Call in advance

Phone: 233-6399

Pilgrim Baptist Church

116 N. Birdsell Street, South Bend

Transportation: Call in advance

Phone: 233-1986

Second Baptist Church

24828 Fillmore Road, South Bend

Transportation: Call in advance

Phone: 288-5988

Sweet Home Baptist Church

410 S. Taylor Street, South Bend

Transportation: Call in advance

Phone: 233-4373

St. Paul Bethel Baptist Church

621 Lindsey Street, South Bend

Transportation: Call in advance

Phone: 287-3543

Greater Friendship Missionary Baptist

206 S. Falcon Street, South Bend

Transportation: Call in advance

Phone: 288-7487

Greater St. John Missionary Baptist

101 N. Adams Road, South Bend

Transportation: Call In advance

Phone: 232-6700

Mount Carmel Missionary Baptist

137 E. Indiana Avenue, South Bend

Transportation: Call in advance

Phone: 287-1451

New Hope Missionary Baptist

313 Ohio Street, South Bend
Transportation: Call in advance
Phone: 287-3480

New Testament Missionary Baptist

1502 W. Washington Avenue, South Bend
Transportation: Call in advance
Phone: 233-6399

Pilgrim Missionary Baptist

116 N. Birdsell Street, South Bend
Transportation: Call in advance
Phone: 233-1986

Progressive Missionary Baptist

1232 E. Bronson Street, South Bend
Transportation: Call in advance
Phone: 288-5465

Brethren Churches

Prince of Peace Church of the Brethren
53105 N. Ironwood Road, South Bend
Transportation: None by church
Phone: 272-0114

Christ Methodist Episcopal

Layman Chapel Christ Methodist Episcopal
303 S. Kenmore Street, South Bend
Transportation: Call in advance
Phone: 287-2500

Jewish Synagogues

Hebrew Orthodox Congregation

3207 High Street, South Bend
Phone: 291-4239

Sinai Synagogue (Conservative)

Temple Beth-El (Reform)
305 W. Madison Street, South Bend
Transportation: None
Phone: 234-4402

CHURCH OF GOD IN CHRIST

Believer's Church of God in Christ

2049 Prairie Avenue, South Bend
Transportation: Call in advance
Phone: 233-3353

Faith Temple Church of God in Christ

2313 Linden Avenue, South Bend
Transportation: Call in advance
Phone: 232-1719

Elizabeth Memorial Church of God in Christ

1248 Lincolnway West, South Bend
Transportation: Call in advance
Phone: 232-7786

Faith Temple Church of God in Christ

2313 W. Linden Avenue, South Bend
Transportation: Call in advance
Phone: 232-1719

Miracle Temple Church of God In Christ

920 Napier Street, South Bend
Transportation: Call in advance
Phone: 289-8880

Pentecostal Cathedral Church of God in Christ

1025 W. Western Avenue, South Bend
Transportation: Call in advance
Phone: 232-4253

Saints Memorial Church of God in Christ

321 S. Liberty Street, South Bend
Transportation: Call in advance
Phone: 289-5060

Church of Christ

Northway Church of Christ

19525 Auten Road, South Bend
Transportation: Call church
Phone: 272-4451

First Christian

First Christian Church

1101 E. Jefferson Boulevard, South Bend
Transportation: Call during week
Phone: 289-2417

Eastern Orthodox

St. Andrew's Greek Orthodox

52455 N. Ironwood Road, South Bend
Transportation: None provided
Phone: 277-4688

St. Peter & Paul Serbian

59248 Keria Trail, South Bend
Transportation: None provided
Phone: 291-9314

Episcopal Cathedral of St. James

117 N. Lafayette Street, South Bend
Transportation: Call by 5:00 p.m. on Friday
Phone: 232-4837

St. Michael's and All Angels

53720 N. Ironwood Road, South Bend
Transportation: Call church
Phone: 243-0632

Evangelical Covenant

Evangelical Covenant

3025 E. Edison Road, South Bend
Transportation: Call three days in advance
Phone: 234-5619

Lutheran

Christ The King (ELCA)

17195 Cleveland Road, South Bend
Transportation: Call by 3:00 p.m. on Friday
Phone: 272-4306

Good Shepherd Lutheran

1021 Manchester Drive, South Bend
Transportation: Provided by church;
call by Thursday
Phone: 232-9418

United Methodist

Clay United Methodist

17646 Cleveland Road, South Bend
Transportation: Call church
Phone: 272-8068

First United Methodist

333 N. Main Street, South Bend
Transportation: None provided
Phone: 233-9465

Granger Community Church

15577 Cass Rd Granger, IN
Phone: 243-3500

Presbyterian

First Presbyterian

333 W. Colfax Avenue, South Bend
Transportation: Call in advance
Phone: 234-4159

Sunnyside Presbyterian

115 S. Frances Street, South Bend
Transportation: Call in advance
Phone: 287-1524

Westminster Presbyterian

1501 W. Cleveland Road, South Bend
Transportation: Call in advance
Phone: 272-8141

**Catholic—Eastern or
Byzantine Rite**

St. John of Damascus

839 Woodcliff Drive, South Bend
Transportation: Call Sunday a.m. for arrangements
Phone: 282-2140

ROMAN CATHOLIC—LATIN RITE

Christ the King Church

52473 Indiana 933 North, South Bend
Phone: 272-3113

Holy Cross Parish

920 Wilber Street, South Bend
Phone: 233-2179

Little Flower Church

54191 N. Ironwood Road, South Bend
Phone: 272-7070

St. Joseph Church

226 North Hill Street, South Bend
Phone: 234-3135

Unitarian Universalist

First Unitarian Church

101 E. North Shore Drive, South Bend
Transportation: None
Phone: 234-6588

United Church of Christ

St. Peter's United Church of Christ

915 Ironwood at Corby, South Bend
Transportation: None provided
Phone: 232-1500

NON-DENOMINATIONAL

New Horizons Outreach Ministry

56165 Mayflower Road, South Bend
Phone: 246-0522

People of Praise

107 South Greenlawn Avenue, South Bend
Phone: 234-5088

Christian Reformed Church

South Bend Christian Reformed

1855 N. Hickory Road, South Bend
Transportation: None provided
Phone: 272-8424

Congregational

Community Congregational

19671 Cleveland Road, South Bend

Transportation: Call by Thursday or Friday

Phone: 272-2991

Mormon Temple

The Church of Jesus Christ of Latter-day Saints

930 Park Place, Mishawaka, IN

Phone: 243-1633

Muslim Mosques

Islamic Society of Michiana

3310 Hepler Street, South Bend

Transportation: None

Phone: 272-0569