

Dear Laker,

For those returning student-athletes, welcome back! You have made it one step closer to the ultimate objective of graduation. While you will be busy pursuing your own goals, you have new teammates who will need your guidance. Take a minute to share some advice that will shape their habits for success.

For those new to GVSU, welcome to the Laker family! We are pleased you have chosen GVSU to pursue your academic and athletic pursuits. We are committed to creating the best possible student-athlete experience so you can reach your full potential as a student and an athlete. Like any close family, there will be celebrations of accomplishments both big and small, but also adversities and stress. This family will be there with you through all of it, but ultimately YOU will need to take ownership for your own success by taking advantage of the resources and support GVSU has to offer. LEAN on your teammates, BUILD a relationship with your coaches, WALK through the doors of administrative support staff such as academic advising, athletic training, or any other athletic administrators whose sole responsibility is your development. In the end, you will be more resilient and ready to take on the world beyond our doors with confidence and a feeling of accomplishment.

All that we ask of you is your best effort every day. This will serve you well and never let us down.

Anchor Up!  
Keri Becker  
Director of Athletics



Welcome Laker!

We are very happy that you have decided to attend Grand Valley State University (GVSU); this is a wonderful place to be. GVSU is a beautiful campus set in a friendly community. It is also an intellectually challenging university committed to your success. On behalf of the **LAKER Academic Success Center (LASC)**, I would like to extend our warmest greetings to you.

The Purpose of the Laker Academic Success Center is to Empower student athletes to **ACHIEVE** academic excellence, **DEVELOP** self-awareness, and **EXCEL** in life after sports. As an extension of the Athletic Department, the LAKER Academic Success Center is located in the field house.

Being a new student, you are probably wondering what life at GVSU will be like for you and what kind of experiences you will have when you first arrive. Our role at the Laker Academic Success Center is to provide academic advising, resource and referral information, and to assist you in your transition to Grand Valley State University. We feel the following statement will help you as you proceed through your college career.  
**Learn, Achieve, Keep Everyday Responsibilities.**

Please know that we at the LAKER Academic Success Center are here to help you build an exciting, challenging, and rewarding college experience. Whether you are seeking resources, academic assistance, or a place to hang out and study, feel free to stop by the LAKER Academic Success Center.

Once again, on behalf of the LAKER Academic Success Center staff, we welcome you to GVSU. We, at the Center hope to meet your needs and provide you with a place where you will find encouragement and support for your career at Grand Valley State University. We look forward to meeting you soon.

Sincerely,

Damon F. Arnold, Ph.D.

Director, L.A.K.E.R. Academic Success Center/Special Associate to the  
Athletic Department

[www.gvsu.edu/lakeracademiccenter](http://www.gvsu.edu/lakeracademiccenter)

**GRAND VALLEY STATE UNIVERSITY  
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS**

**PHILOSOPHY STATEMENT**

Grand Valley State University (GVSU) believes in the value of intercollegiate athletics and in the ideals of sportsmanship that are the foundation of amateur sports programs. The University is committed to sponsoring and promoting a gender equitable sports program where the physical, emotional and social well-being of the student-athlete is of primary concern.

The GVSU intercollegiate athletic experience helps prepare the student-athlete for lifelong accomplishment. GVSU seeks out the best student-athletes and provides them with an environment conducive to academic and athletic success through a dual focus on academic achievement and the pursuit of competitive excellence. The intercollegiate athletic program consistently reflects the high standards of honor, ethical behavior, and dignity, which characterize Grand Valley State University, its conference affiliation and the National Collegiate Athletic Association (NCAA).

**HANDBOOK PURPOSE**

The handbook is designed to provide varsity student-athletes with information concerning policies of Grand Valley State University and the Grand Valley State University Department of Intercollegiate Athletics. The handbook is not intended as a substitute for other important University or NCAA publications such as the University Student Code Handbook or NCAA DII Manual. This handbook is a supplement to other sources of information and should be regarded and used in such a manner. If you cannot find the answers to your questions in this book or any other publications, ask your academic advisor, your resident advisor, coach, or compliance director. A wide variety of services are available to you at Grand Valley, and you are encouraged to take advantage of them. This student athlete handbook is available on GVSU Athletic Advising website.  
[https://www.gvsu.edu/cms4/asset/A12D2718-BCDA-0978-3AB4B1CFC821B9D2/2019\\_2020\\_laker\\_athletics\\_planner1.pdf](https://www.gvsu.edu/cms4/asset/A12D2718-BCDA-0978-3AB4B1CFC821B9D2/2019_2020_laker_athletics_planner1.pdf)

## **CODE OF ETHICS**

Grand Valley State University's Athletic Department requires its staff to conduct themselves in a manner, which creates a positive image of the people, values and traditions associated with the University, the Great Lakes Intercollegiate Athletic Conference (GLIAC) and the NCAA. As a student-athlete, you are expected to uphold the same standards of conduct that have been adopted by the Athletic Department and the University Student Code of Conduct. The GVSU student code can be found at <http://www.gvsu.edu/studentcode/> for further reference.

## **INCLUSION, EQUITY & EQUAL OPPORTUNITY/AFFIRMATIVE ACTION POLICY**

The University strives to provide all members of its community an inclusive environment and equitable opportunities. The University is an affirmative action, equal opportunity institution. It encourages diversity and provides equal opportunity in education employment, all of its programs and the use of facilities.

The GVSU Athletics Department does not discriminate based on gender and provides equal opportunity for all gender identities to participate. In addition, the Department reaffirms its commitment to comply with applicable federal laws as they relate to athletic programs, including Title IX.

The full University policy can be read and viewed here:  
<https://www.gvsu.edu/policies/policy.htm?policyId=4A85B7A6-C931-1AF7-9B2F35FC5E78EE31>

## **LAKER ACADEMIC SUCCESS CENTER**

### **(Learning, Achieving, and Keeping Everyday Responsibilities)**

The LAKER Academic Success Center's purpose is to empower student-athletes to ACHIEVE academic excellence, DEVELOP self-awareness, and EXCEL in life after sports. The lives of intercollegiate student-athletes are often "pushed to the limit" by the numerous demands placed upon them (e.g., academic, athletic, economic, social, family, career, and relationships). Dedicated to the Athletic Department's mission of *offering academic support and advisement which supports and endorses the total development of the student-athlete*, the Center promotes academic excellence and assists in student-athletes' development by providing academic support and programming. The LAKER Academic Success Center strives to enhance the opportunities available to intercollegiate athletes so that their academic & athletic experience becomes an integral and valuable component of their total educational experience at Grand Valley State University.

The LAKER Academic Success Center provides advising and academic support services to over 500 student-athletes who are participating in the 20 NCAA and GLIAC sanctioned sports at Grand Valley State University. While the primary focus is on academic advising, the LAKER Center also connects student-athletes with all of the available resources at Grand Valley. The LAKER academic staff realizes and recognizes the special demands and/or pressures that student-athletes face. These may include but are not limited to free time, competitive pressures, visibility, fear of injury, pressure to take performance enhancing drugs, social pressures, travel schedules, the need to follow orders to achieve athletic excellence, and stress created by the pressure to succeed academically and athletically.

## **LAKER CENTER PRINCIPLES AND FRAMEWORK- DEVELOPMENT OF PROGRAMS:**

For the past five years the LAKER, Academic Success Center has welcomed student-athletes to Grand Valley State University. In achieving the mission, the LAKER Academic Success Center strives to empower the student athlete to:

- Explore options and identify resources to make informed decisions in an ever-changing environment.
- Identify personal strengths to achieve goals and fulfill potential.
- Promote individual responsibility and encourage self-determination.
- Participate fully in the life of both the collegiate community and the community at large.
- Remove obstacles to exploration, leadership, self-expression, and creativity toward value clarification, philosophical development, and personal growth.
- Achieve a balanced sense of emotional, physical, spiritual and intellectual well-being.

### **Athletic Guided Study Program (AGS)**

The Athletic Guided Study (AGS) program is designed to enhance the academic success of student-athletes at Grand Valley State University. The AGS team facilitators desire to support, encourage, and mentor student-athletes toward their academic, athletic and personal goals. The AGS program is committed to providing the best support possible to student-athletes in an effort to enable them to achieve success at GVSU and benefit from their collegiate experience. The primary goal for the LAKER Academic Success Center is to retain and graduate our student-athletes. If you have been academically deficient (cumulative or semester GPA below a 2.0), your ability to graduate from GVSU may be in jeopardy. Improving your academic performance can involve many factors and in an effort to address those factors, student-athletes who have been academically deficient will be required to follow the (AGS) Academic Improvement Plan. You are ultimately responsible for your academic performance, but the Academic Center can help develop a plan and find the resources available to you so you can do your best.

## **MONITORING ACADEMICS AND GRADE CHECKS**

Student-athletes are accustomed to receiving performance-related feedback in their sport. Similarly, information and feedback of an academic nature is used to provide encouragement and assistance in a timely manner, selected freshmen and upperclassmen are motivated throughout the semester. Grade checks and attendance data are requested from faculty throughout each semester using Qualtrics (online reporting tool). Additionally, telephone calls are made to instructors for current information as needed and student-athletes are asked to self-report academic progress to his or her respective academic counselor.

## **TIPS FOR STUDENT-ATHLETE ACADEMIC SUCCESS**

Student-athletes are expected to attend class daily. Additionally, the following recommendations are included to help facilitate your experience at Grand Valley State University:

1. Introduce yourself to your professors early in the semester and notify them as early as possible about missing class due to team travel.
2. Sit in the front, ask questions, show respect, focus on the lecture, make eye contact with professors, be an active participant in class. Know what kinds of questions to ask.
3. Know your professor's office hours and office phone number and go see him or her often.
4. Be on time or early to every class.
5. Look neat.
6. Turn in all assignments on time and do all extra credit that is offered.
7. Review notes every night.
8. Provide class absences to professors prior to leaving on team trips.
9. Promptly make up all work missed due to travel or preferably turn work in prior to departing on a trip.
10. Do your own work do not share your work with others.

## **ATHLETIC ELIGIBILITY REQUIREMENTS**

In order to be eligible to participate in intercollegiate athletic competition, a student-athlete must meet academic eligibility standards established by GVSU, the NCAA and the Great Lakes Intercollegiate Athletic Conference (GLIAC). The Associate Director of Athletics for Compliance and the Registrar will certify the eligibility of all student-athletes prior to intercollegiate competition.

The following is a summary of the academic eligibility standards that one must follow in order to be eligible to participate in intercollegiate athletics at GVSU. The summary of academic eligibility standards follows the NCAA and GLIAC regulations with GVSU requirements added where applicable. A student-athlete shall not represent an institution in intercollegiate athletic competition unless the student-athlete:

- Has been admitted in accordance with the regular published entrance requirements for the institution. GVSU student applications are evaluated, accepted and processed by the Admissions Office.
- Must be in good academic standing.
- Must be in a full-time program of studies. At GVSU a full-time program requires a minimum of 12 credit hours. A student-athlete must maintain a minimum of 12 credit hours for the entire semester of athletic participation. A student-athlete who drops below 12 credit hours will be declared ineligible to practice and/or compete.
- Must maintain satisfactory progress toward a baccalaureate or equivalent degree as determined by the NCAA and GVSU. The calculation of credit hours shall be based upon hours earned or accepted for a degree credit in a specific baccalaureate degree program.
- Must declare a major by the beginning of the individual's fifth semester of full-time collegiate attendance.
- Must earn a minimum of 9 credit hours the preceding regular academic term in which the student-athlete has been enrolled full-time at any collegiate institution.
- Must earn a minimum of 18 credit hours combined preceding fall/winter semester.
- Must earn a minimum 24 credit hours each academic year (fall/winter/summer), with no more than 6 credits counted from spring/summer terms.

## **ACADEMIC STANDARDS**

In addition to all applicable NCAA eligibility rules, all student-athletes must meet the following minimum academic standards as established by the GLIAC. A student-athlete must achieve a minimum cumulative grade point average of 2.00 prior to the beginning of each fall term. Individuals who fail to meet these standards will be declared ineligible.

If a student-athlete is declared ineligible at the conclusion of the winter semester he or she may use the spring or summer semester sessions to restore one's eligibility. If the student meets the criteria for eligibility at the conclusion of the spring or summer term, he or she will be reinstated at the beginning of the fall term.

Student-athletes must remember that **75%** of their total earned credit hours (**18 credit hours**) must be earned during the **fall or winter semesters**. A **maximum of 25%** of one's total earned credit hours (**6 credit hours**) each year may be earned during the **spring or summer term**.

All student-athletes must successfully complete a minimum of 24 credit hours during the academic year preceding the start of their intercollegiate season.

## **GVSU ACADEMIC REVIEW POLICY**

Beginning with the fall semester 2002, the following system has been used to evaluate the academic progress of all undergraduate students. Using either the narrative or the table below, students can check their credits earned, cumulative grade point average (GPA) and current grade point average (GPA) to readily determine their academic standing. The table below lists semester hours earned (including hours in transfer) and the minimum grade point average for good standing, probation, jeopardy of dismissal and dismissal.

1. **Good Standing.** Each student must have a cumulative grade point average (GPA) of a 2.000 or higher to be in good standing.
2. **Academic Probation.** A freshman with a cumulative GPA between 1.501 and 1.999 will be placed on probation. A sophomore with a cumulative GPA between 1.801 and 1.999 will be placed on probation (Per NCAA requirements student athletes must maintain an overall GPA of 2.0 in order to be eligible for completion).

3. **Jeopardy of Dismissal.** A freshman whose cumulative GPA is 1.500 or lower and a sophomore whose cumulative GPA is 1.800 or lower will be placed in jeopardy of dismissal. Juniors and seniors whose cumulative GPA is below 2.000 will be placed in jeopardy of dismissal.
4. **Dismissal.** Students in jeopardy of dismissal have one semester to raise their cumulative GPA above the dismissal level. If the student's cumulative GPA does not rise above the dismissal level and if the current semester GPA is less than 2.500, the student will be dismissed.
5. **Readmission Following Dismissal.** A dismissed student may apply for readmission after a period of one calendar year. Evidence of maturity and improved attitude toward academics and the written support of the student's academic advisor must accompany the application for readmission. The Petition to Return Form and supporting documentation must be submitted to the Registrar not less than 30 days before the first day of classes for the semester of intended return. Petitions are reviewed by the Academic Review Committee on a continual basis. Approval of a petition allows the student to enroll on a conditional basis, as stipulated by the Committee. The academic standing for a readmitted student will be jeopardy of dismissal.
6. **Due Process Through Appeal.** If a student believes that his or her academic status is in error, he or she may submit a written appeal including written support of his or her academic advisor to the Academic Review Committee, c/o the Registrar. It is in the student's interest to appeal immediately if he or she intends to do so, but a student may do so no later than the first class day of the subsequent semester. All appeals will be considered by the Academic Review Committee.

	Semester Hours Earned*	Cumulative GPA for Dismissal	Cumulative GPA for Probation	Cumulative GPA for Good Standing
Freshman	0–24	1.500 or less	1.501–1.999	2.000 or better
Sophomore	25–54	1.800 or less	1.801–1.999	2.000 or better
Junior	55–84	1.999 or less	not applicable	2.000 or better
Senior	85 or more	1.999 or less	not applicable	2.000 or better

A student-athlete shall complete his or her four seasons of participation during the first 10 semesters in which the student is enrolled in a collegiate institution in at least a minimum full-time program of studies, as determined by the regulations of that institution.

## CALCULATING YOUR GRADE POINT AVERAGE

1. Calculate the honor points for each class  
(Credit hours X quality points assigned for the grade)

2. Total up the honor points for all your classes

3. Divide the total honor points by the total credit hours  
(Do not include credit / no credit courses)

### GRAND VALLEY STATE UNIVERSITY QUALITY POINTS PER CREDIT:

A = 4.0	B = 3.0	C = 2.0	D = 1.0
A- = 3.7	B- = 2.7	C- = 1.7	F = 0.0
B+ = 3.3	C+ = 2.3	D+ = 1.3	

Class	Grade	Credit Hours	Quality Points	Honor Points
Psychology	B-	4 X	2.7 =	10.8
English	B	3 X	3.0 =	9.0
Biology	A	4 X	4.0 =	16.0
Statistics	C+	3 X	2.3 =	6.9
Totals		14		42.7

Divide your total honor points (42.7) by the total number of hours attempted (14) to determine your grade point average (3.05).

**Unit of Credit:** The unit of credit is the semester hour. The number of credit hours generally indicates the number of periods a class meets each week.

**Credit / No Credit:** Undergraduate students may elect certain undergraduate coursework on a credit / no credit status. A maximum of 10 semester hours of MAJOR, MINOR or COGNATE course work may be taken as credit / no credit with the consent of one's major department. A maximum of 25% of a student's total hours of coursework at GVSU may be taken as credit / no credit and used to fulfill graduation requirements. In order to receive credit one must receive a C or above in the course.

**Repeating a Course:** When one chooses to repeat a class, the most recently reported grade will be used to determine one's grade point average. Grades of "I", "W", "AU" or "NC" do not replace an earlier grade. Students **MUST** notify the registrar of their intentions to repeat a course. The appropriate paperwork must be filed with the registrar's office. In addition, you only receive credit once for a class, thus if you repeat a passed class, there is a possibility that you may be short credits for normal progress. Check with your academic advisor, coach or the assistant athletic director if you are unsure.

**Withdrawing from a Class:** A student may withdraw from a class and receive a "W" if the proper paperwork is completed and submitted to the registrar's office by the end of the eighth week of classes. Remember a student-athlete **MUST** carry a minimum of **12** credit hours at all times in order to be eligible.

**Grade Reports-Midterms:** Grades are reported by the registrar at the conclusion of the semester. Midterm grades are reported for all freshmen and for any undergraduate student that is **not** in good academic standing. Midterm reports will be mailed to the student's local address and are not recorded on the student's official transcript.

**Grade Reports-End of Term:** Final grades are reported at the conclusion of each academic term and become part of the official record of the student. Final grade reports are mailed to the student's permanent address within one week of the last day of the examination period unless interrupted by university closure for holidays.

## **STUDENT-ATHLETE ADVISORY COMMITTEE**

The Student Athlete Advisory Committee (SAAC) is an organization comprised of student-athletes from all varsity teams at GVSU. The goal of the committee is to inform all student-athletes, through their team representatives, of what is going on in the athletic department as well as campus-wide issues that directly affect the student-athlete. The SAAC is made up of at least two representatives from each team. The committee meets the first Monday of each month at 9:15pm, in the upper arena lobby to discuss relevant issues, plan upcoming events, organize community projects, and to promote support amongst teams. The SAAC sends a representative to the GLIAC SAAC meeting each semester to discuss ideas with other schools in the conference. Past President, Carly Shisler represented GVSU at GLIAC events. If you are interested in becoming a member of the SAAC talk to your head coach or the president listed below:

President:

Megan Yoshida

[yoshidam@mail.gvsu.edu](mailto:yoshidam@mail.gvsu.edu)

Frankie Cavalarro, Co-Vice President

Ally Barian, Co-Vice President

Hannah Beatus, Event Coordinator

Amanda Barian, Event Coordinator

Jenn DeBoer, Fundraising Coordinator

Maddie Dailey, Fundraising Coordinator

Rhys Green, Community Service Coordinator

Tyler Bradfield, Community Relations

Brett Nearing, Community Relations

Derrick Egli, Social Media Coordinator

Steve Lloyd, Treasurer

Carly Livingston, Secretary

## **FACULTY MENTORING PROGRAM**

The Faculty Mentorship Program is a mentorship program facilitated by the Laker Academic Success Center through which GVSU student-athletes are connected and paired with a GVSU faculty member within their major course of study.

The program is intended to pair faculty members with student-athletes in a mentoring relationship. These relationships will benefit the student-athlete by allowing him or her to make connections and network with a faculty member within his or her specific field of study. These relationships can positively influence many areas of the student-athlete's academic career.

Each interested student-athlete will complete and return the Faculty Mentor Inquiry form. This form asks for recommendations of faculty members with whom the student would like to be paired. If no recommendation is made, the Laker Academic Success Center and the Faculty Athletic Representative will collaborate to make contact with a faculty member who is in the field that the student is pursuing.

Pairs may decide where they would like to meet. Most likely the pairs will meet in the faculty member's office. However, meetings may occur at other locations (i.e. a coffee shop) if the pairs so choose. Student-athlete participants should use the time with their faculty mentor to ask questions and get to know more about the field they are going into. This is an excellent networking opportunity and student-athletes should get to know their faculty mentor in order to form a relationship that can last beyond the program.

## LAKER IMPACT SERIES

The Laker Impact Series is aimed at helping our student athletes achieve success academically, athletically and socially. The series will educate and provide valuable knowledge and resources on a variety of topics for all academic levels. ***Each student athlete will be required to attend a minimum of two events each semester for a total of four events each academic year, however, you may attend as many events as you would like.*** Students will be required to check in. All sessions will begin at 7:00pm, unless otherwise noted. Session locations and full session descriptions to be posted on the L.A.K.E.R. Academic Success Center website <https://www.gvsu.edu/lakeracademiccenter/> and the Lakers Listen website [www.gvsu.edu/athletics/lakerslisten/](http://www.gvsu.edu/athletics/lakerslisten/).

### LAKER IMPACT SERIES CALENDAR

*\*Suggested academic class attendance noted by each session, all welcome at any session*

August 1, 2019	Sexual Violence Prevention Training – Tier 1 @ 9pm <i>*mandatory for freshmen/transfers</i>
September 5, 2019	Sexual Violence Prevention Training – Tier 2 @ 9pm <i>*mandatory for sophomores</i>
September 12, 2019	Sexual Violence Prevention Training – Tier 3 @ 9pm <i>*mandatory for juniors</i>
September 19, 2019	Sexual Violence Prevention Training – Tier 4 @ 9pm <i>*mandatory for seniors</i>
September 23, 2019	College 101 (*Freshman)
October 8, 2019	QPR Suicide Prevention Training (*Everyone)
October 24, 2019	Communication & Compliance (*Freshman)
November 4, 2019	Employment Search Strategies (*Everyone)
November 19, 2019	Financial Literacy “Money Smarts” (7pm – *Fresh. & Soph. / 8pm – *Junior & Seniors)
December 5, 2019	Stress & Relaxation (*Everyone)
January 13, 2020	Professionalism in the Workplace (*Juniors/Seniors)
January 28, 2020	MEN & MENTal Health (*male athletes - all academic classes)
February 13, 2020	Upperclassman Panel (*Freshman & Sophomore)
February 24, 2020	ACES (*Freshman)
March 10, 2020	Identity Workshop (*Seniors)
March 26, 2020	Seize the Awkward (*Everyone)
April 6, 2020	Staying Fit & Healthy for Life (*Seniors)

## **LAKERS LISTEN**

Lakers Listen is the official mental health platform of the GVSU Athletics Department. Lakers Listen provides an inclusive environment for all student athletes to recognize the impact mental health and wellness plays into their athletic career. Lakers Listen is not only for those who are struggling or have struggled in the past, but for ALL student athletes to rally around the issue of mental health and each other. We encourage support of one another by using the mantra “We Listen”. Mental health particularly among the athletic community, has been stigmatized, but GVSU is working to eliminate that stigma and build a culture of acceptance and open dialogue. We treat emotional injuries the same way we treat physical ones. Lakers Listen drop-in group meetings are held at noon in the Fieldhouse Laker Room (FH 12), bring your lunch and join in! Check out the Lakers Listen website for an up to date schedule [www.gvsu.edu/athletics/lakerslisten/](http://www.gvsu.edu/athletics/lakerslisten/). Remember to follow Lakers Listen on Twitter and Instagram @LakersListen.

## **LakersFuel HUB**

The Laker Fuel Hub is a refueling station that provides nutritiously conscious snacks and beverages to student athletes between the hours of 10:00am and 3:00pm, Monday – Friday during the academic year. Having access to smart food options between meals is a vital piece of nutrition and body care throughout the year-long grind. The Laker Fuel Hub is staffed by student athlete volunteers and provides vegan and gluten free options as well. The Laker Fuel Hub is located on the basement level of the Fieldhouse at the bottom of the ramp.

## **NCAA DRUG TESTING**

The purpose of the drug-testing program is to deter student-athletes from using performance-enhancing drugs, and it impacts the eligibility of student-athletes who try to cheat by using banned substances. The NCAA tests for steroids, peptide hormones and masking agents year-round and also tests for stimulants and recreational drugs during championships.

As required in NCAA bylaws, each academic year the student-athlete shall sign a drug-testing consent form, in which the student-athlete consents to be tested for substances banned by the NCAA.

## **NCAA BANNED DRUGS**

The NCAA bans the following classes of drugs (as of June 2019):

- a. Stimulants;
- b. Anabolic Agents;
- c. Alcohol and Beta Blockers (banned for rifle only);
- d. Diuretics and Other Masking Agents;
- e. Street Drugs;
- f. Peptide Hormones and Analogues;
- g. Anti-estrogens; and
- h. Beta-2 Agonists

**NOTE:** Any substance chemically/pharmacologically related to these classes also is banned. The institution and the student-athlete shall be held accountable for all drugs within the banned-drug class regardless of whether they have been specifically identified. Examples of substances under each class can be found at the following website: <http://www.ncaa.org>. There is no complete list of banned substances.

## **DRUGS AND PROCEDURES SUBJECT TO RESTRICTIONS:**

- Blood doping,
- Gene doping,
- Local anesthetics (under some conditions),
- Manipulation of urine samples.
- Beta-2 Agonists (permitted only by prescription and inhalation).

## **NCAA NUTRITIONAL/DIETARY SUPPLEMENT**

**Warning:** Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff.

- Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility from 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.

Athletics department staff should provide guidance to student athletes about supplement use, including a directive to have any product checked by qualified staff members before consuming. The NCAA subscribes only to Drug Free Sport AXIS for authoritative review of ingredients in medications and nutritional/dietary supplements. Contact Drug Free Sport at 877-202-0769 [www.drugfreesport.com/axis](http://www.drugfreesport.com/axis) (password ncaa2).

## **INSTITUTIONAL DRUG & ALCOHOL POLICY**

It is a privilege to participate in athletic activities at the intercollegiate level. It is believed and hoped that the implementation of this drug testing and education policy will serve to benefit all connected with intercollegiate athletics at Grand Valley State University (GVSU). Further, it is hoped that through this policy participants in intercollegiate athletics will be better students and athletes and will be better able to make individual, informed, and intelligent decisions with reference to drug usage, both now and in the future. This policy will adhere to university policy and NCAA banned substance list when considering drugs to include in testing panels. Every participant on the intercollegiate athletic team sponsored by GVSU shall be subject to random testing while enrolled in and participating as a student-athlete at GVSU. The Head Coach will have the responsibility of informing his or her student-athletes of their selection for drug testing.

## **CONDUCT**

When joining the Grand Valley State University Athletic Department, you are not only representing your team, you are also representing the University. It is important that your personal conduct demonstrates good moral and ethical judgment. You are expected to behave both on and off campus in a manner which brings credit to GVSU and your team; this includes any activities conducted online. Be aware of the image you are creating.

In addition to complying with all federal, state and local laws upon enrolling at GVSU, you are also expected to abide by all University regulations. As a student-athlete, you are in no way exempt from penalty if you violate these regulations. Students penalized for violating public laws are not exempt from further prosecution by University authorities if their actions violate University rules.

When participating in intercollegiate athletics competition, you are expected to demonstrate good sportsmanship. The Athletic Department enforces its guidelines related to sportsmanlike conduct. You must avoid actions which display unsportsmanlike behavior. Some of these behaviors are as follows:

- Physical abuse of an official, coach, athlete, opponent or spectator;
- Directing obscene or inappropriate language or gestures to officials, opponents, team members or spectators; or
- Any action which violates generally recognized intercollegiate athletics standards or the values and standards associated with Grand Valley State University, or as determined by any individual head coach and approved by the director of athletics.

## **HAZING**

The University prohibits any student, acting alone or with others, to conspire to engage in hazing or to participate in hazing. Hazing is defined as an act that endangers the mental or physical health or safety of a student, or that destroys or removes public or private property, for the purpose of affiliation with a team/group. Participation or cooperation by the person(s) being hazed does not excuse the violation. Failing to intervene to prevent (and/or) being hazed does not excuse the violation. Failing to intervene to prevent (and/or) failing to discourage (and/or) failing to report those acts may

violate this policy, whether on or off campus. Jeopardizes the physical and/or mental well-being of an individual, or is presumably, an illegal activity. The GVSU athletic department stands fully behind this statement and will **NOT** tolerate any form of hazing amongst its teams. Violators will be disciplined with suspension from contests, community service, removal from the team, and/or at the discretion of the Athletics Director additional penalties.

## ONLINE SOCIAL NETWORKING SITES

Grand Valley State University supports and encourages the individuals' expression of first amendment rights of free speech. This includes participating in online social networking sites (i.e. Twitter, Facebook.com).

The University and Athletics Department does not place any restrictions on the use of these sites by student-athletes. However, we do remind you that as a member of the GVSU Intercollegiate Athletics Department, you are a representative of the University and always in the public eye. Please keep the following points in mind as you participate on social networking web sites.

- Before participating in any online community, understand that anything posted online is available to anyone on the planet. Any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site.
- **Do not** post information, photos or other items online that could embarrass you, your team or your University. This includes information, photos and items that may be posted by others on your page.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes, while others want to get close to student-athletes to give them a sense of membership in the team.
- Exercise caution as to what information you post on your website about your whereabouts or plans. You could be opening yourself up to predators such as stalkers, rapists and thieves.
- You must abide by the GVSU Information Technology Department's Policies on Computing and Technology support:  
<http://www.gvsu.edu/it/index.cfm?id=7684339F-AE9F-F3BA-E42C844B547842B7>
- GVSU, including coaches and administrators, has the right to monitor these websites..
- Student-athletes could face discipline and even dismissal for violation of the standards or philosophies of the University, the Athletics Department and/or the NCAA.

## **GRAND VALLEY STATE UNIVERSITY RECRUITING PHILOSOPHY**

The recruiting philosophy of Grand Valley State University is to provide opportunities for prospective student-athletes to be exposed to the academic and athletic programs of the University as well as providing the coaching staff an opportunity to assess the compatibility and desire of the prospective student-athlete to attend the University. This philosophy will be expressed by means of in-person contact with prospective student-athletes, on and/or off campus, as well as through communication such as correspondence and/or telephone contact.

During the period of an official visit, the prospective student-athlete should be able to gain insight into the academic environment, campus life, the community of Allendale & Grand Rapids, and the athletic traditions at the University. At the same time, the visit allows the coaching staff to interact with the prospective student-athlete in an effort to determine if he/she is the “best fit” for success at the University.

The total recruiting effort exists to provide the coaching staff an assessment and prospective student-athletes the information and experience to make an informed decision in the selection of the institution that offers the most appropriate opportunity to pursue his/her academic and athletic endeavors.

### **VISIT POLICY - COACH RESPONSIBILITY**

- Coaches shall select student-hosts and establish a clear itinerary for free time and social activities
- Coaches shall provide student-hosts with a protocol for communication with the coaching staff
- Coaches shall review the student-host form and ensure the student-host understands what he/she may and may not do with the prospective student-athlete. Further, the coach shall ensure that the student-host understands the rules pertaining to the use of student-host money
- Coaches shall review the visit itinerary and expectations with the prospective student-athlete
- Head coaches shall ensure all assistant coaches (fulltime, part time, volunteer) understand the official visit policies

## **STUDENT-HOST RESPONSIBILITIES**

Only currently enrolled student-athletes or students who provide campus visits or tours to prospective students in general may serve as official visit hosts for prospective student-athletes. Student-hosts have an important responsibility to ensure that the prospective student-athlete is not placed in an inappropriate situation. In that regard, student-hosts must follow the following protocol:

- Student-hosts must review and sign a form that outlines NCAA and institutional policies regarding official visits prior to the start of the visit.
- Student-hosts shall follow the established itinerary as discussed with the head coach
- Student-hosts should remain with the prospective student-athlete at all times.
- Student-hosts shall not consume alcohol or drugs during the visit, shall not knowingly permit the prospective student-athlete to consume alcohol or drugs during the visit, and shall not arrange for inappropriate encounters, including sexual contact or activity, for the prospective student-athlete.

# **GRAND VALLEY STATE UNIVERSITY ATHLETIC DEPARTMENT POLICY ON TRANSGENDER STUDENT ATHLETES**

## **Statement of Inclusion:**

Possessing and mastering a range of thoughtful perspectives is necessary for open inquiry, a liberal education, and a healthy community. Recognizing this, the University seeks to include, engage, and support a diverse group of students, faculty, and staff. The institution values a multiplicity of opinions and backgrounds, and is dedicated to incorporating multiple voices and experiences into every aspect of its operations. We are committed to building institutional capacity and strengthening our liberal education through providing an inclusive environment for all of our University constituents.

## **Transgender Policy for GVSU Athletics:**

A transgender student athlete will be allowed to participate in any varsity sports activity so long as that athlete's use of hormone therapy, if any, is consistent with the National Collegiate Athletic Association (NCAA) existing policies on banned substances. In order to have access and read the policy in its entirety: [https://gvsulakers.com/documents/2015/11/2//H\\_GVSU\\_TransgenderPolicy.pdf?id=691](https://gvsulakers.com/documents/2015/11/2//H_GVSU_TransgenderPolicy.pdf?id=691)

## **STUDENT SUPPORT SERVICES ON CAMPUS**

### **Bus Service**

<https://www.gvsu.edu/bus/>

**Phone: 331-6700**

Transportation between the Grand Rapids campus and the Allendale campus is easy and convenient with Grand Valley's shuttle bus service Monday – Friday during the fall, winter, and spring/summer semesters.

### **Campus Health Center – 10383 A 42nd Ave.**

<https://www.gvsu.edu/campushealth/>

**Phone: 252-6030**

*Hours Open: Mondays & Fridays 9am – 5pm*

*Tuesdays, Wednesdays, Thursdays 9am - 6pm*

Health Services provides primary health care for ill and injured students and limited ambulatory medical services to members of the campus community. In addition, preventative medical services are available, including immunization, contraceptive services, physical examinations, and health care counseling. It is very important to report injuries/illnesses to your Athletic Trainers.

### **Campus Interfaith Resources - 1240 KC**

<https://www.gvsu.edu/campusinterfaith/>

**Phone: 331-5702**

At GVSU, we seek to support the religious, secular and spiritual diversity of campus. Campus Interfaith Resources exists to both accommodate the unique needs of various faith-based groups on campus while also proactively appreciating the richness of our diversity through education and engaging programs.

### **Career Center – 200 STU**

<https://www.gvsu.edu/careers/>

**331-3311**

**Phone:**

*Hours Open: Monday – Friday 8am – 5pm*

The Career Services Office provides extensive services to students as they prepare for post-graduation employment. The staff assists students in preparing resumes and credentials and in developing interviewing skills. The office also arranges employment interviews and notifies students of positions in their field.

## **Center for Women & Gender Equity - 1201 KC**

**<https://www.gvsu.edu/cwge/>**

**Phone: 331-2748**

*Hours Open: Monday – Thursday 8am – 6pm*

*Friday 8am – 5pm*

*Victim Advocate: Krystal Diel, [dielkrys@gvsu.edu](mailto:dielkrys@gvsu.edu)*

The Center is dedicated to creating meaningful learning about gender and to advocate for gender justice. The victim advocate offers support to victim/survivors of gender-based violence and connects them to resources.

## **Counseling and Career Development – 206 STU**

**<https://www.gvsu.edu/counsel/>**

**Phone:**

**331-3266**

*Hours Open: Monday – Thursday 8am – 6pm*

*Friday 8am – 5pm*

The office provides individual counseling sessions where personal values, interests, abilities and goals are assessed and then used as a basis for career exploration and decision making. The Counseling Center staff provides students with counseling on personal issues, such as relationships, anxiety, depression, self-awareness, and substance abuse. In addition, personal development seminars are offered each semester to help students make more effective decisions. Topics include stress management, assertiveness training, relationship skills, and building self-confidence.

## **Dean of Students Office - 202 STU**

**<https://www.gvsu.edu/dos/>**

**Phone: 331-3585**

*Hours Open: Monday – Friday 8:00am – 5:00pm*

The Dean's Office serves as an information resource and problem-solving center for students and faculty, for academic departments and student organizations and an advocate for student concerns. If you find yourself worried about the well-being of a GVSU student you are encouraged to share your concerns through a CARE report which can be accessed on the GVSU online report page [www.gvsu.edu/safety](http://www.gvsu.edu/safety).

## **Department of Public Safety- 1011 Service Building**

**<https://www.gvsu.edu/dps/>**

**Phone: 331-3255**

*Hours Open: 24 hours a day, 7 days a week*

The Department of Public Safety is responsible for enforcing state laws as well as all university rules and regulations and for maintaining a safe and secure environment for the campus community. Department personnel

are trained in first aid and other emergency procedures. They are deputized by the Ottawa County Sheriff and possess full arrest powers. The department also maintains a Lost and Found Bureau, a Parking Violation Bureau, a weapons safekeeping program, and approves drivers for operating state vehicles.

### **Disability Resource Center – 215 The Blue Connection**

<https://www.gvsu.edu/dsr/>

**Phone: 331-2490**

*Hours Open: Monday – Friday 8am – 5pm*

The Disability Resource Center provides services and accommodations that enhance the learning environment and assists students with disabilities. Grand Valley State University students who qualify and have a documented disability may take advantage of a variety of services that make possible the full participation of disabled students in GVSU educational programs. *Student-athletes may be eligible for accommodations when injured.*

### **Financial Aid Office- 100 STU**

<https://www.gvsu.edu/financialaid/>

**Phone: 331-3234**

*Hours Open: Monday – Thursday 8:00am – 6:00pm;*

*Friday 8:00am – 5:00pm*

The purpose of the Financial Aid Office is to assist all students in obtaining Financial Aid including scholarships, grants, and loans. This includes counseling of students, prospective students, and their families to help them navigate the process and overcome barriers.

### **Milton E. Ford LGBT Resource Center - 1161 KC**

<https://www.gvsu.edu/lgbtrc/>

**Phone: 331-2530**

*Hours Open: Monday - Thursday 9:00am - 6:00pm*

The LGBT Resource Center advocates for institutional equity, promotes community-building, and provides educational opportunities to create an informed, cohesive, and just campus where community members of diverse sexual orientations, gender identities, and gender presentations are supported and welcome.

## **Office of Multicultural Affairs – 1240 KC**

<https://www.gvsu.edu/oma/>

**Phone: 331-2177**

*Hours Open: Monday – Thursday 8am – 6pm*

*Friday 8am - 5pm*

This office was established to serve as an umbrella structure for a variety of programs. The programs are sponsored and cosponsored by the Multicultural Center with various departments on campus, student organizations and community. The purposes are: to promote the academic and social enrichment of all students on campus; assist in planning educational, social and recreational activities for students with an emphasis on cultural diversity; provide advising and problem solving skills for students, faculty and staff. Also, the office assists in the development of faculty and staff cultural and resource training.

## **Records/Registrar Office – 150 STU**

<https://www.gvsu.edu/registrar/>

**Phone: 331-3327**

*Hours Open: Monday – Thursday 8am – 6pm*

*Friday 8am – 5pm*

The purpose of the Records/Registration Office is to maintain student's academic files by providing forms to assist with grade, address, and name changes, transcript requests, credit/no credit request, loan deferment, graduation audit, major declaration and course registration.

## **Title IX Office - 4000 JHZ**

<https://www.gvsu.edu/titleix/>

**Phone: 331-9530**

*Title IX Coordinator: Theresa Rowland, [rowlandth@gvsu.edu](mailto:rowlandth@gvsu.edu)*

*Deputy Title IX Coordinator: Michael Szydłowski, [szydlowm@gvsu.edu](mailto:szydlowm@gvsu.edu)*

Title IX protects any person from sex-based discrimination, regardless of their real or perceived sex, gender identity, and/or gender expression. The Title IX coordinators are responsible for monitoring, oversight and implementation of University's Title IX compliance, including the coordination of training, education, communications and the administration of grievance procedures for faculty, staff, students and other members of the University community. To report a Title IX compliant or act of sexual misconduct go to the GVSU online reporting page [www.gvsu.edu/safety](http://www.gvsu.edu/safety).

**Tutoring Center - 2nd Floor of Kleiner**

**<https://www.gvsu.edu/tc/>**

**Phone: 331-3451**

*Hours Open: Monday – Thursday 8am – 8pm*

*Friday 8am – 5pm Sunday 2pm - 7pm*

Provides small group assistance for students needing additional academic support in most 100 and 200 level courses. There is no charge for these services. Drop-in Tutoring is available:

**Chemistry Success Center - 399 PAD**

**CIS Success Center - MAK C-2-205**

**Engineering - Pew Campus: Keller Break Room 213**

**Math Center - A-2-601 MAK**

**Physics Help Corner - 1st floor PAD**

**Science Tutoring - 2440a KHS (Spring)**

**Seidman Business Tutoring - SCB (various locations at Seidman)**

**Statistics Center - A-2-101 MAK**

**Speech Lab - LMH**

**Writing Center - LOH**

## **FINANCIAL AID**

All student-athletes who receive any amount of financial aid based on their athletic ability are monitored by strict NCAA guidelines. These individuals must be aware and knowledgeable of these rules. All student-athletes must be aware of the conditions under which aid is awarded, renewed and increased/decreased.

Financial aid may be awarded for any semester during which a student-athlete is in regular attendance as an undergraduate with eligibility remaining, provided the student is not under contract or receiving compensation from a professional organization.

Institutional aid may not be decreased or canceled during the period of its award on the basis of a student-athlete's athletic ability, one's contribution to the team or any other athletic related reason. In addition, institutional aid cannot be canceled or increased/decreased during the period of its award because of an injury which prevents the individual from participating in athletics.

Institutional aid may be canceled or decreased during the period of its award if the recipient renders oneself ineligible for athletic competition. It may also be canceled or decreased if the individual fraudulently misrepresented any information on an application, tender or letter of intent. Additionally, aid may be canceled or decreased during the period of its award if one engages in serious misconduct warranting substantial disciplinary actions or if one voluntarily withdraws from a sport.

All financial aid awards are awarded and renewed on a year-to-year basis. All student-athletes who receive aid based on athletic aid must be notified on or before July 1 of their financial aid status for the upcoming year. If a coach cancels or reduces one's financial aid, a student-athlete is entitled to a hearing. A request in writing must be submitted to the Director of Athletics within 14 days of the letter. Upon receiving the written request for a hearing, the financial aid hearing committee will convene, hear your case and render a decision.

## **BOOK SCHOLARSHIP POLICIES AND PROCEDURES**

Below are a list of policies and procedures that you must follow in order to receive your books:

1. Your schedule will be printed off at the bookstore and your books will be pulled and boxed for you at the beginning of each semester.
2. You may pick up your books only at the Bookstore on or after the first week of classes. The books will be held for you for one week after the start of classes and if you have not picked them up by then they will be returned to the shelves.
3. If you drop a class within the first add/drop period, you must return the book to the bookstore and you will not receive cash back for that book.
4. If you add a class, you **MUST** take in your new class schedule to the bookstore and pick out your new required book. If you have dropped a class and added a new one, you will not receive the new book until the dropped class' book is returned.
5. Your book scholarship covers **ONLY** required materials for the course. Books and/or materials that are "highly recommended" by the professor are not covered by your scholarship. If you want to purchase these materials/books you will need to do so on your own.
6. At the end of each semester you may return any/all of your books and receive the buyback value on those returns. That money is yours to keep and/or the books you decide not to return are yours to keep as well.
7. Any abuses of these policies and procedures will result in the immediate removal of your book scholarship as well as NCAA sanctions for violation of rules. Grand Valley reserves the right to petition for your reinstatement and may not do so.

## **GVSU DEGREE COMPLETION SCHOLARSHIP**

The purpose of the Grand Valley State University (GVSU) Degree-Completion Award program is to provide financial assistance to deserving student-athletes, towards completion of a first baccalaureate degree. Candidates will be students who have exhausted their athletics eligibility.

The selection process for this award will be determined by the Associate Athletics Director. Recommendations from the Head Coach and Academic Advisor for Athletics will be taken in to consideration.

### ***Program Requirements***

- Applicant must be an undergraduate student-athlete who has exhausted eligibility at GVSU.
- Applicant shall not be participating in another intercollegiate sport during the period of the award.
- Applicant must be within 30 semester hours of completion of his or her first undergraduate degree at the completion of their athletic eligibility.
- Applicant must have at least a 2.00 cumulative grade-point average.
- Applications will be accepted at the end of each academic year, on May 1st.

**ICA ADMINISTRATIVE STAFF**  
**INTERCOLLEGIATE ATHLETICS: 331-8800**

TITLE	NAME	EMAIL
Director of Athletics	Keri Becker	<a href="mailto:kери_becker@gvsu.edu">kери_becker@gvsu.edu</a>
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Communications Assistant		Not available at the time of print
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Facility Graduate Assistant	Jennifer Maki	
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Game Management Asst.	Al Owens	<a href="mailto:owensa@gvsu.edu">owensa@gvsu.edu</a>
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<b>Faculty Athletics Representative</b>	<b>Dr. Paul Leidig</b>	<a href="mailto:leidig@gvsu.edu">leidig@gvsu.edu</a>

## ICA COACHING STAFF

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	Asst. Coach	Steve Milewski	<a href="mailto:milewsks@gvsu.edu">milewsks@gvsu.edu</a>

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<b>Women's Lacrosse</b>	<b>Head Coach</b>	<b>Mackenzie Lawler</b>	<a href="mailto:lawlemac@gvsu.edu"><u>lawlemac@gvsu.edu</u></a>
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	Adjunct Asst.	Emma DeYoung	
<b>Women's Soccer</b>	<b>Head Coach</b>	<b>Jeff Hosler</b>	<a href="mailto:hoslerj@gvsu.edu"><u>hoslerj@gvsu.edu</u></a>
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	Vol Asst.	Scott Modisher	
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	Asst. Coach	Jen Rivera	<a href="mailto:riverjen@gvsu.edu"><u>riverjen@gvsu.edu</u></a>
	Asst. Coach	Aaron Daldos	
	Asst. Coach	Jessi Ramos	
<b>M/W Swim &amp; Dive</b>	<b>Head Coach</b>	<b>Andy Boyce</b>	<a href="mailto:boyceand@gvsu.edu"><u>boyceand@gvsu.edu</u></a>
	Head Diving	Steve Burciaga	<a href="mailto:burciags@gvsu.edu"><u>burciags@gvsu.edu</u></a>
	Asst. Coach	Eric Murray	<a href="mailto:murjame@gvsu.edu"><u>murjame@gvsu.edu</u></a>
<b>M/W Tennis</b>	<b>Head Coach</b>	Not available at the time of print	
	Asst. Coach		
<b>M/W Track &amp; Field,</b>	<b>Head Coach</b>	<b>Jerry Baltes</b>	<a href="mailto:baltesj@gvsu.edu"><u>baltesj@gvsu.edu</u></a>

<b>Cross Country</b>			
	Assoc. Head	Lou Andreadis	<a href="mailto:andreadl@gvsu.edu">andreadl@gvsu.edu</a>
	Asst. Coach	Steve Jones	<a href="mailto:jonesteve@gvsu.edu">jonesteve@gvsu.edu</a>
	Asst. Coach	Aaron Watson	<a href="mailto:watsonal@gvsu.edu">watsonal@gvsu.edu</a>
	Asst. Coach	Reynaldo Radlin	<a href="mailto:radlinr@gvsu.edu">radlinr@gvsu.edu</a>
<b>Women's Volleyball</b>	<b>Head Coach</b>	Deanne Scanlon	<a href="mailto:scanlond@gvsu.edu">scanlond@gvsu.edu</a>
	Assoc. Head	Jason Johnson	<a href="mailto:johnjaso@gvsu.edu">johnjaso@gvsu.edu</a>
	Asst. Coach	Callie Youngman	

