



Handbook for
Student-Athletes
2009-2010

Table of Contents

Table of Contents	2
Quick Facts about Unity College Athletics:	3
Intercollegiate sports offered	3
Members of the Yankee Small College Conference.....	3
The Mission of Unity College	4
Athletic Department Mission.....	4
Sportsmanship	4
Code of Conduct	5
Participation Guidelines.....	5
Eligibility Requirements	6
Athletic Training Services.....	6
Alcohol/Tobacco Policy:.....	6
Travel	8
Grievance Procedures.....	8
Suspension, dismissals from a team	9
Counseling/Treatment Options	9
Other Important Information:	10
Acknowledgement of Understanding	11

Quick Facts about Unity College Athletics:

Location: Unity, ME

Founded: 1965

Enrollment: 550

Nickname: Rams

National Affiliation: United States College Athletic Association (USCAA)

Conference: Yankee Small College Conference (YSCC)

President of Unity College: Mitch Thomashaw

Faculty Athletic Representative: Pat Clark

Athletic Director: Chris Kein

Intercollegiate sports offered

Sport	Head coach	Contact Info
Women's Volleyball	Chris Kein	ckein@unity.edu
Women's soccer	Jeremy VonOesen	jvonoesen@unity.edu
Men's soccer	Jeremy VonOesen	jvonoesen@unity.edu
Cross country	Gus Petrak	kpetrak@unity.edu
Women's basketball	Vern Spinosa	vspinosa@unity.edu
Men's basketball		

Members of the Yankee Small College Conference

Central Maine Community College

Eastern Maine Community College

Great Bay Community College

Hesser College

New Hampshire Technical College

Northern Maine Community College

Southern Maine Community College

Vermont Tech

Unity College

University of Maine- Augusta

The Mission of Unity College

Unity College is a small, private college in rural Maine that provides dedicated, engaged students with a liberal arts education that emphasizes the environment and natural resources. Unity College graduates are prepared to be environmental stewards, effective leaders, and responsible citizens through active learning experiences within a supportive community.

Athletic Department Mission

Athletics are a major part of life at Unity College. Our Students have the opportunity to participate in a wide range of intercollegiate, intramural and club sport offerings. The existence of athletics is centered on the premise that athletics can and should contribute to the participant's educational and personal development. Our institutional philosophy promotes the athlete as a student, who can achieve a blend of "healthy mind-healthy body". Participation is a vital element of the college's emphasis on sports. Unity College is committed to a philosophy of form institutional control of athletics and unquestioned academic integrity for the program.

Sportsmanship

The Unity College athletic department is committed to ensuring that fans, spectators, staff, and student-athletes behave in a sportsmanlike manner, especially at intercollegiate athletic contests. Unsportsmanlike conduct shall subject the individual to disciplinary action, which can include removal from the playing facility or area. Additionally, our goals are to ensure that (a) both teams be allowed to prepare and to compete in a safe environment, (b) that the contest be conducted in a manner that discourages spectators or other unofficial persons from disrupting or interfering with the event; and (c) that visiting spectators be permitted to support their team as a group, free from interference and intimidation from home fans.

In essence, feel free to be clever, creative and loud but no profanity, racial or sexual remarks, and no confrontations with game officials, opposing players, coaches or fans.

Acts of Unsportsmanlike Conduct

1. Striking or attempting to strike or otherwise physically abuse an official, opposing coach, staff administrator, spectator, student, or student-athlete
2. Intentionally, or with careless disregard for one's conduct, inciting participants or spectators to violent or abusive action
3. Using obscene gestures or profane or unduly provocative language or action, whether or not directed toward an official, staff administrator, student, coach, or spectator
4. Publicly and unduly criticizing game official, game personnel, another college or university, a student-athlete or personnel from another college or university.

Code of Conduct

The athletic department of Unity College recognizes that student-athletes often hold a unique place in society and that they are under considerable pressure to not only perform in athletics but in the classroom as well. Student-athletes need to also recognize that due to their high profile, they occupy a unique status in the college and surrounding community. Student-athletes are often looked upon as public role models. They must develop and maintain outstanding levels of achievement and athletic endeavors and adhere to the highest standards of ethical behavior and sportsmanship. The way a student-athlete conducts him/herself is a direct reflection, not only on themselves, but on Unity College as well.

Participation Guidelines

Students are free to make their own selection as to sport in which they wish to participate.

Attendance at practice, meetings, and games is required. No one is excused without prior permission of the coach or for acceptable emergency.

Student-athletes will try not to miss classes for an athletic practice at any part of the season. Student-athletes that need to miss a class or classes due to an event need to make arrangements with the instructor prior to event. Student-athletes will not miss classes for athletic practice or events during non-traditional sports seasons.

Any disrespect for the administration, professors, coaches, or officials will not be tolerated at any time.

Participants should adhere to the guidelines set up by the school and by the coach.

Student-athletes must maintain eligibility requirement, as listed on next page, in order to participate. Failure to adhere to eligibility requirements will result in suspension from the team. Questions involving eligibility can be directed to your coach, the athletic director or the faculty athletic representative.

Student-athletes must complete all medical paperwork before any participation. Guidelines established by the Athletic Trainer must be followed by the athletes and coaches

The Head Coach determines who is playing and how much. There are a lot of factors that determine how much, when and where an athlete plays. An athlete must understand that the Head Coach is making decisions, in his/her professional judgment, where an athlete should be playing, in what position and when in the event.

Uniforms

Team members will be issued uniforms for the current season. Uniforms are to be picked up from the athletic department prior to competition. Athletes are required to turn their uniform in following each competition. Failure to comply with this policy may result in suspension from the team.

Eligibility Requirements

All Student-athletes must be registered students at Unity College. All student-athletes must be considered fulltime students in order to compete. (Exception: During a student-athlete's senior year they only need total number of hours needed to graduate for that year, this number might be less than a fulltime load)

Student-athlete must maintain good academic standing according to Unity College guidelines.

Student-athletes must adhere to all guidelines administered by the USCAA.

Student-athletes must be making satisfactory progress toward graduation as determined by Unity College and the USCAA.

Never drop a class without first notifying the Head Coach and the Athletic Director. Dropping a class could result in a student-athlete becoming immediately ineligible.

Summary of eligibility requirements

1. All students must be enrolled in a recognized academic program and be making progress towards a 2/4 year degree.
2. All Students must be enrolled in a minimum of 12 credits at time of participation.
3. Second semester students must: a) pass 12 credits in his/her 1st term, b) achieve a GPA of at 1.6.
4. Thereafter, all students must have passed 24 credits the preceding 2 terms of attendance.
5. After 24 credits, the student must achieve a minimum of 1.75 GPA.
6. After 48 credits, the student must achieve a minimum of 2.0 GPA.
7. Summer and winter sessions can satisfy the 24 credit rule and GPA requirement.
8. Students transferring to USCAA member colleges must conform to the GPA requirement and meet the eligibility requirements of the the school from which they transfer.

Athletic Training Services

Athletic training services are provided for the safety of our athletes. Coaches and athletes must follow the guidelines established by the trainer.

Alcohol/Tobacco Policy:

Student-athletes at Unity College who violate the college alcohol or tobacco use policy and/or who are charged or convicted of local, state, and/or federal statutes during the traditional academic year and/or the competitive sports season, may be subject to athletic department sanctions as well as those imposed by the college, local, state, and/or federal systems. All student-athletes are encouraged to abstain from alcohol use during the competitive season. Student-athletes at Unity College may not use alcohol or tobacco products while representing their team. Violation will cause the student-athlete to face the following sanctions:

Nutritional and Dietary Supplements:

Unity College does not promote or endorse the use of nutritional or dietary supplements.

Alcohol:

All Unity College Athletes are to abide by the Unity College institutional Alcohol Policy. This Policy can be found in the Unity College Student Handbook.

www.unity.edu/uploadedFiles/wwwunityedu/Student_Life/StudentResources/StudentHandbook20072008.pdf

Recruits on Campus: Any recruiting activity should not involve alcohol use if the recruit or anyone involved is under 21 years of age.

Alcohol use is prohibited by any student-athlete during practice or competition.

All student-athletes are strongly encouraged to refrain from alcohol use during their seasons. Alcohol use can lead to increased risk of injury on and off the field, delayed recovery from injury and poor decision making.

Any other alcohol regulation will be set by each coach.

Any violations of the Unity College Alcohol Policy are subject to sanctions by the administration and by the athletic department.

Tobacco:

No Tobacco or Tobacco products are allowed during any Unity College practice or competition including trips. Any violation of the Unity College Tobacco Policy will be subject to sanctions by the Athletic Department or college administration.

Other Drugs:

Unity College Student-Athletes will follow the institutional policy on drug use. The Unity College policy can be found in the Student Handbook or http://www.unity.edu/uploadedFiles/wwwunityedu/Student_Life/StudentResources/StudentHandbook20072008.pdf. Any violations of the institutional drug policy will result in sanctions by the administration, athletic department and law enforcement. Any illegal drug use is prohibited by all Unity Student-Athletes at all times.

Health Risks Associated with the use of illicit drugs and alcohol:

Alcohol – Alcohol is a nervous system depressant. At high dosages, effects include mood swings, impaired judgment and inability to control motor functions. Alcohol can impair an athlete's performance through dehydration, depleting vital nutrients and interfering with restful sleep and recovery.

Tobacco – Tobacco contains nicotine, a stimulant, and a multitude of damaging chemicals. Smoking damages lung tissue and reduces lung capacity. Spit tobacco use contributes to inflammation of soft tissue in the mouth, teeth, and raises the risk of oral cancer. Tobacco use in all forms is prohibited during practice and competition by student-athletes and game personnel, and may result in ejection from the game.

Marijuana – Marijuana contains the active ingredient THC. Marijuana use is linked to anxiety and panic reactions, respiratory damage, short-term memory impairment and a decreased focus on goals and personal achievement.

Anabolic Steroids – Anabolic steroids are synthetic versions of the male hormone testosterone. Steroid use changes the body's hormonal balance, exaggerating male sex characteristics, and can contribute to increased acne, mood swings, secondary sex characteristic changes and violent behavior. Long term heavy use has been implicated in organ damage.

Cocaine – Cocaine is a stimulant that can contribute to agitation, elevated heart rate and increased blood pressure; toxic levels can result in respiratory failure and heart attack. Cocaine is an illegal drug.

Narcotics – Narcotics analgesics, pain killers, block pain and cause sleepiness, and at higher doses affect breathing, heart rate, and blood pressure. Narcotics are controlled substance and should only be obtained from qualified medical personnel through a prescription.

Stimulants – This group of drugs includes a wide variety of chemicals, ranging from caffeine and ephedrine to Ritalin and Adderall (amphetamine). Stimulant abuse can cause anxiety, panic, paranoia and delusions. Stimulant use during exercise can contribute to increased body temperature and dehydration.

Travel

Only drivers pre-approved by the college may drive school vehicles, including students. See athletic director if you are interested in becoming a certified driver.

Athletes must travel to and from a contest with the team. Exceptions may be approved in unusual circumstances if the coach and athletic director deems appropriate.

Dress appropriately. Remember you are representing Unity College. Each Head Coach should give student-athlete guidelines on appropriate travel attire. Unity College will provide meals for all away contests.

The use of alcohol, tobacco and illegal drugs is strictly prohibited on all away trips.

Grievance Procedures

The following procedure should be followed to help a student-athlete through a potential grievance and hopefully settle the matter in professional manner.

Harassment

All members of the college community, faculty, staff, and students, are under the guidelines of the school's harassment policy. Harassment of any kind is unacceptable. Violations should be reported immediately. See the Student Handbook for the complete harassment policy and procedure.

http://www.unity.edu/uploadedFiles/wwwunityedu/Student_Life/StudentResources/StudentHandbook20072008.pdf

Suspension, dismissals from a team

A coach is responsible for the management of his/her team. A coach may deem it necessary to suspend or dismiss an athlete from a team. An athlete may file a grievance, but a coach has the right to suspend an athlete from an event or practice effective before the athlete files a grievance. The following is a list of other events that can lead to possible suspension or dismissal from Unity College athletics.

Unsportsmanlike conduct – Any action that results in ejection from a contest will be subject to disciplinary action by the coach, athletic director and/or college administration.

Hazing Policy:

The term “hazing” shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug, or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subjects such student or other person to extreme mental stress or embarrassment, including extended deprivation of sleep or rest or extended isolation. Incidents of hazing will be dealt with as part of the harassment policy on the student handbook.

http://www.unity.edu/uploadedFiles/wwwunityedu/Student_Life/StudentResources/StudentHandbook20072008.pdf

Counseling/Treatment Options

Any student-athlete who needs guidance for issue with drugs/alcohol/tobacco use or any other issues can talk with the Counseling and Health Services. Counseling and Health Services can provide individual counseling for personal, social, family, academic, and health concerns.

Health and Wellness Center is open Monday through Friday 9am–4pm. Contact Julie Johnson to set up and an appointment (948-3131 x 317), or drop by Health and Wellness Center to make an appointment.

Any student-athlete who needs assistance with academic issues should talk with the Faculty athletic representative, your coach or the athletic director. Other options include: the Learning Resource Center (LRC) in the Library. Students are also encouraged to talk with their professors and teammates and classmates about any issue they are having with their course.

Other Important Information:

Athletic Director (Activities Building)

Chris Kein: Student Affairs Office- 948-3131 x 283

Student Affairs Secretary/Administrative Assistant (Activities Building)

Heidi N. Brugger: Student Affairs Office- 948-3131-236

Faculty-Athletic Representative:

Patricia Clark: B-side activities building- 948-3131 x 243

Athletic Trainer:

Dean of Student Affairs (Activities Building)

Gary Zane: Student Affairs Office- - 948-3131 x 241

Counseling and Health Services (Health and Wellness Building)

Julie Johnson: - 948-3131 x 317

Anna McGalliard- 948-3131 x 515

Call or stop by

Learning Resource Center (Lower level of library)

Hours: M-Thurs 8:00 am-10:00pm, Fri 8:00 am- 5:00 pm, Sat-Sun 11:00 am-4:00 pm

Jim Horan- Director 948-3131 x 263

Tutoring and other services available see web site for details

<http://www.unity.edu/LRC/FACstafPROFiles.asp>

Acknowledgement of Understanding

By signing this form, the student-athlete understands all parts of the Athletic Handbook and agrees to abide by the statements included. Signing this form also acknowledges that the student-athlete knows where to access this document or receive a copy from any Head Coach or the Athletic Director.

Student-Athlete Signature

Date