Middlebury Student-Athlete Resource Guide

2012–2013
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by Erin Quinn, Director of Athletics

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Dear Middlebury Student-Athlete,

On behalf of Middlebury College and the Department of Athletics, I am pleased to introduce you to the Student-Athlete Resource Guide. The purpose of this guide is to provide you with accessible, up-to-date information related to Athletics Department, Middlebury College, NESCAC, and NCAA policies. This guide offers an overview and links to some of the most important policies and rules related to student-athletes. However, it does not replace or supersede Middlebury’s official College Handbook (which provides the complete text of all College policies) or actual NESCAC and NCAA rules and regulations: it is simply an additional resource for those students who choose to participate in athletics while at Middlebury. If you have any questions, you should review the applicable Middlebury College policy and/or NESCAC/NCAA rule(s) and consult with your coach. You should also feel free to contact me.

In order to provide some context for the enclosed policies, I would like to share with you some of the Department of Athletics’ most important guiding principles and values:

- **Respect**: The principle of respect has many applications, but it is particularly relevant to the activity of hazing. Simply put, hazing is antithetical to a culture of respect—for oneself and for others—and it will not be tolerated. Respect will also be important in the field of play, whether you are a participant or a spectator, and we will use respect to set a high standard for sportsmanship.

- **Integrity**: It is important for our student-athletes to hold themselves to the same high standards of effort, attitude, and behavior in the field of play, in the classroom, and in the community.

- **Team**: While the concept of “team” may vary from one athletic team to another, we want all of our student-athletes to understand that they are part of something bigger than themselves; to take the important lesson of “team” offered by participation in athletics and to think of themselves as part of their athletic team, the College community, the local community, and even the global community.

- **Accountability**: Students will be held accountable for their actions, and disciplinary measures may result if they violate departmental or College policy. However, we also want to promote a broader concept of responsibility which encourages students to influence one another in a positive manner. Our student-athletes are expected to be leaders who hold themselves and their teammates accountable to the highest standard of ethical behavior.

These principles and values should guide you as you represent Middlebury College here on campus and in the larger community. It is my expectation that you will fully embrace these shared values and adhere to the enclosed policies so that we can maintain a safe, healthy, and successful athletic culture.

Thank you for your commitment to Middlebury College; please be in touch if I can be of assistance.

Sincerely,

Erin Quinn
Director of Athletics
Student-Athlete Advisory Committee (“SAAC”)
NCAA regulations mandate that all member institutions have SAACs on their campuses. Middlebury’s SAAC is comprised of student-athletes who serve to address student-athlete issues and provide insight into the student-athlete experience at Middlebury. The SAAC also offers input on the rules, regulations, and policies that affect the lives of NCAA student-athletes. The SAAC promotes communication between athletics administration and student-athletes, disseminates information, provides feedback and insight into athletics department issues and the formulation of athletics department policies, builds a sense of community among all athletics programs and teams, organizes community service efforts, solicits student-athlete responses to proposed conference and NCAA legislation, and promotes a positive student-athlete image on campus. Through grass-roots efforts and networking between the campus SAACs, the conference SAACs, and the national committees, student-athletes can have a positive impact on intercollegiate athletics and enrich the student-athlete experience.

Physical Education and Athletics Programs
Athletics are an essential part of the overall educational experience at Middlebury College. The College endeavors to provide athletic programs that are comprehensive and varied, offering athletic opportunities to all students. The Department of Physical Education and Athletics is committed to the following:

• A physical education/wellness program that stresses good health, physical fitness, and lifetime activities.
• A vigorous intercollegiate sports program that strives for achievement and excellence.
• An intramural program that encourages students of varied abilities and skills to participate in a wide range of recreational athletic activities.
• A club sports program that offers opportunity for intercollegiate competition in a less structured environment

A. Physical Education
Middlebury College requires that its students earn two Physical Education “credits” (non-academic) in order to graduate. Middlebury has a tradition of offering Physical Education classes that concentrate on lifetime sports so that students will benefit from skills and knowledge now and after graduation. Courses are mainly introductory and are offered in 4- or 5-week intervals each semester.

All varsity and junior varsity athletes receive one Physical Education credit for completing a season of participation. A second credit will not be given for participation on the same team an additional year. A separate Physical Education class must be taken to fulfill the second credit.

A two-sport athlete will receive two Physical Education credits and thus fulfill the Physical Education graduation requirement.
There are currently six club sports that receive Physical Education credit: Aikido, Crew, Cricket, Rugby, Sailing, and Water Polo. go/physe

B. Varsity Sports
The Middlebury College athletic philosophy is compatible with the school’s spirit of academic challenge. Superb coaching and training facilities provide a setting in which student-athletes can develop themselves both as players and individuals.

Middlebury student-athletes demonstrate that a pursuit of excellence on the playing field is fully compatible with the pursuit of excellence in the classroom, and that a combination of the two endeavors lends itself to a more complete educational experience. Furthermore, Middlebury’s size and balanced curriculum allow two- and three-sport athletes to compete throughout the year without jeopardizing their academic standing. The quality of Panther opponents is guaranteed, as the College’s varsity teams compete within the NCAA Division III, the New England Small College Athletic Conference (NESCAC), and the ECAC. See also go/vsports

C. Intramural Sports
Intramurals provide a varied program of activities to meet the competitive and recreational needs of all students. Faculty and staff members are also encouraged to participate in intramurals. The overall objective of the program is to provide participation opportunities in a wide variety of activities for those who choose intramurals over, or in addition to, other types of competition available at Middlebury. An individual’s skill level is not as important as the player’s desire to participate and to enjoy the intramural experiences of good fun, sportsmanship, and competition. Depending upon the nature of the activity, the amount of interest and the space available, the intramural competitions are organized into leagues, followed by play-offs. go/intramurals

D. Club Sports
Club Sports offer students the opportunity to participate in inter-collegiate competition, but in a less structured environment. There’s no shortage of options: cycling, Frisbee, cheerleading, rugby, water polo, sailing, equestrian, and Quidditch. go/clubsports
ISSUES OR CONCERNS
Student-athletes who have issues or concerns relating to their participation in any Middlebury College athletic program are encouraged to discuss the matter as follows:

- **Intercollegiate Athletics**: please contact the team captain or coach
- **Intramurals**: please contact: Bob Smith, Director of Intramurals at 802.443.5264 (rsmith@middlebury.edu)
- **Club Sports**: please contact the coach or Derek Doucet, Director of Outdoor Programs and Club Sports at 802.443.3105 (ddoucet@middlebury.edu)

If the student-athlete is not comfortable discussing the matter with the captain, coach, or program director (as listed above), or if the student-athlete feels that the issue or concern has not been properly addressed or resolved, he/she may contact Erin Quinn, Director of Athletics at 802.443.5253 (quinn@middlebury.edu) or Missy Foote, Associate Director of Athletics, Senior Woman Administrator, Director of Physical Education, at 802.443.5262 (foote@middlebury.edu).

In addressing the student athlete’s issue or concern, the Director of Athletics and/or the Associate Director of Athletics may consult with other College officials, as appropriate.

Mission, Values, & Philosophy

MIDDLEBURY’S COMMUNITY STANDARDS
Middlebury College seeks to prepare students to be active citizens and leaders who will address the world’s most pressing problems. This mission is advanced through students’ experiences with successes and challenges, and is reflected in the following Community Standards:

- cultivating respect and responsibility for self, others, and our shared environment;
- encouraging personal and intellectual courage and growth;
- manifesting integrity and honesty in all decisions and actions;
- promoting healthy, safe and balanced lifestyles;
- fostering a diverse and inclusive community committed to civility, open-mindedness, and finding common ground.

Therefore, a balance of individual and community growth and health guides Middlebury’s approach to all endeavors, and to the policies that support those endeavors.

MIDDLEBURY’S DIVERSE AND INCLUSIVE COMMUNITY
At Middlebury, we strive to make our campus a respectful, engaged, community that embraces difference, with all the complexity and individuality each person brings. We work to build and maintain a diverse and inclusive community that is committed to broad educational opportunities and to operating within an atmosphere of respect for one another. Student-athletes are expected to conduct themselves in accordance with these principles. (See also go/diversity and the NCAA’s Diversity, Inclusion, and Gender Equity Framework.)
SPORTSMANSHIP AND SPECTATOR CONDUCT

Middlebury College supports the New England Division III Sportsmanship Initiative, which sets forth the basic tenets of sportsmanship for student-athletes, fans, and others involved in athletic competition. All Middlebury student-athletes are expected to comply with the following:

- Remember that you are a representative of your team and your institution and always act in a proper manner.
- Rise above the desire to react less than honorably in difficult situations.
- Choose a response you will be proud of after that moment.
- Retaliation when you’ve been the victim of poor sportsmanship will worsen an already bad situation. Trust coaches and officials to properly handle the issue.
- Talk with friends and family in between games so that they understand what is expected of them when attending games.

In addition, all Middlebury student-athletes are expected to conduct themselves with the same level of sportsmanship and respect regardless of whether they are participating as a member of an athletic team or as a spectator. Student-athletes are expected to comply with the following tenets applicable to spectators:

- Be Loud, Be Proud and Be Positive!
- Cheer for your team’s student-athletes, but do not cheer against student-athletes from opposing teams.
- Refrain from using profane language and shouting negative comments towards student-athletes and game officials.
- Treat visiting fans and student-athletes the way you would like to be treated when visiting other institutions.
- Seek out game management personnel and security when other fans are acting improperly.
- Remember that you are watching college-age, student-athletes competing in a sport that they enjoy.

Student-Athlete Eligibility

ACADEMIC AND GENERAL REQUIREMENTS
NCAA Bylaw, Article 14

ELIGIBILITY
To be eligible to represent Middlebury College in intercollegiate athletics competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies, be in good academic standing and maintain satisfactory progress toward a baccalaureate or equivalent degree.

At Middlebury College, full time status consists of taking 3 or more classes; except in the final term prior to the completion of a student’s baccalaureate degree, when taking 2 classes (special student status) is permissible, as per designation by the registrar. See College Handbook – Student Status.

DROP-ADD
A student-athlete no longer shall be considered enrolled in a minimum full-time program of studies (after dropping a course that places the student below full-time status) when the dropped course becomes official in accordance with procedures determined by the institution for all students. A student-athlete who is adding a course to reach full-time status shall become eligible for practice and competition once the course has been approved by the appropriate department head (or designated representative) and submitted to the registrar.
To ensure that the drop-add process will not affect a student-athlete’s eligibility, student-athletes should not drop a course without simultaneously adding another course. This will help ensure enrollment in the minimum full-time program of studies.

The student-athlete is considered to have used a semester or quarter of eligibility when the student attends any class while officially registered in a regular term of the academic year, even if the student-athlete drops to part-time status at any time during the term, including his/her first day of attendance.

**POST-GRADUATION PARTICIPATION**

For FEBS: A student-athlete may practice or compete while enrolled in less than a minimum full-time program of studies, provided the student is enrolled in the final semester or quarter of the baccalaureate or graduate program and the institution certifies that the student is carrying (for credit) the courses necessary to complete degree requirements.

A student-athlete who is eligible during the term in which degree work is completed remains eligible for any NCAA championship that begins within 60 days after the end of the term in which the student completes the requirements for the degree.

**AMATEURISM**

A student-athlete shall not be eligible for participation in an intercollegiate sport if the individual takes or has taken pay, or has accepted the promise of pay in any form, for participation in that sport, or if the individual has violated any of the other regulations related to amateurism set forth in NCAA Bylaw, Article 12.

**AWARDS, BENEFITS AND EXPENSES**

Receipt by a student-athlete of non-permissible awards, extra benefits, or excessive or improper expenses not authorized by NCAA legislation violates the Association’s amateurism principle and renders the student-athlete ineligible for athletics participation in the sport for which the improper award, benefit or expense was received NCAA Bylaw, Article 16.

Any athletics awards given to individual student-athletes shall be limited to those approved or administered by an institution and shall be limited to normal retail value and number.

Additionally, an individual may not receive a cash award for athletics participation. An individual may not receive a cash-equivalent award (i.e., an item that is negotiable for cash or trade or other services, benefits or merchandise) for athletics participation. Prior to accepting any award, benefit or support service, for a sport for which a student-athlete competes at Middlebury, please contact Kelly Bevere, Director of Compliance, at 802.443.5386 or kbevere@middlebury.edu.

**TRANSFER RELEASE**

A student-athlete participating at a Division III institution (such as Middlebury) may issue, on his or her own behalf, permission for another Division III institution to contact the student-athlete about a potential transfer. The student-athlete shall forward this form to the director of athletics at the institution of interest. Release Form

**FINANCIAL AID**

A student-athlete who receives financial assistance other than that authorized by the NCAA shall not be eligible for intercollegiate athletics NCAA Bylaw, Article 15.
**STUDY ABROAD**
A student-athlete who is abroad at a Middlebury (or Middlebury approved) program in the fall is eligible to compete and practice during Winter term if, in that fall semester, the student-athlete is enrolled as a full time student of that program.

A winter student-athlete who is going abroad in the spring on a Middlebury (or Middlebury approved) program, is eligible to compete and practice in the spring, while not taking classes when the spring semester starts, if the student is accepted for enrollment as a regular full time student in that upcoming spring semester in the program abroad.

**ENROLLMENT IN WINTER TERM/INTERNSHIPS**
In order to be eligible to compete during winter term or the following spring term, a student-athlete must be enrolled in a Middlebury College winter term class or an approved internship.

**NCAA TRANSGENDER POLICY**
Middlebury complies with the NCAA’s Transgender Policy, which is aimed at allowing the student-athlete to participate in competition in accordance with their gender identity while maintaining the relative balance of competitive equity among sports teams. The NCAA’s policy allows transgender student-athletes to participate in sex-separated sports activities so long as the athlete’s use of hormone therapy is consistent with the NCAA policies and current medical standards, which state:

- A trans male (female-to-male) student-athlete who has received a medical exception for treatment with testosterone for gender transition may compete on a men’s team but is no longer eligible to compete on a women’s team without changing the team status to a mixed team. A mixed team is eligible only for men’s championships.
- A trans female (male-to-female) student-athlete being treated with testosterone suppression medication for gender transition may continue to compete on a men’s team but may not compete on a women’s team without changing it to a mixed-team status until completing one calendar year of documented testosterone-suppression treatment.

Questions regarding student-athlete eligibility should be directed to Kelly Bevere, Director of Compliance at 802.443.5386 or kbevere@middlebury.edu
Student-Athlete Conduct

Student-athletes are subject to all College Student Life and conduct policies (see, e.g., go/handbook), and any student-athlete who violates College policy may be subject to discipline, as with any other student, up to and including dismissal from the College. In addition, athletics-related discipline, up to and including dismissal from the team, may be imposed by coaches, at their discretion, for violation of College Student Life and conduct policies. Coaches will have access to all information related to alleged policy violations and/or the outcome of any judicial board hearings or determinations made by other college officials.

Student-athletes may also be subject to athletics-related discipline by their coach, up to and including dismissal from the team, for violation of team policies, rules, or expectations. Athletics-related discipline in this context is distinct from College discipline for violation of College Student Life and/or conduct policies, and is at the discretion of the coach.

Student-athletes are expected to be familiar with all College (go/handbook), NCAA and NESCAC policies, including the following:

HAZING
While being part of a campus group can be a meaningful aspect of student life, hazing is a hidden problem that undermines the value of these experiences. Although hazing is not unique to Middlebury College, we believe that it is important to examine these practices openly in an attempt to overcome the secrecy that perpetuates them.

WHAT STUDENTS SHOULD KNOW
- Hazing is a violation of Middlebury College policy and Vermont law.
- Hazing takes various forms, but typically involves physical risks or mental distress through, for example, humiliating, intimidating, or demeaning treatment.
- Hazing can cause significant harm to individuals, groups and the College.
- Hazing has occurred in social houses, athletic teams, performance groups, and other organizations.
- Groups that haze often view it as positive and necessary.
- Groups that haze can achieve the positive outcomes they seek from hazing through non-hazing means.

HAZING POLICY
All student-athletes are subject to the College’s Hazing Policy, which states as follows:

“Middlebury’s Community Standards include promoting healthy, safe, and balanced lifestyles. Student organizations and athletic teams can play a vital role in this process, and can provide transformative opportunities for friendship, leadership, and personal growth and discovery. Hazing of any kind is antithetical to these goals; therefore, the College prohibits hazing activities, whether by an individual or an organization.

a. Definition
For purposes of this policy, hazing is defined as any act committed by a person, whether individually or in concert with others, against a student in connection with pledging, being initiated into, affiliating with, holding office in, participating in, or maintaining membership in any organization or team affiliated with Middlebury College; and which is intended to have the effect of, or should reasonably be expected to have the effect of, humiliating, intimidating or demeaning the student or endangering the mental or physical health of the student. Hazing also includes soliciting, directing, aiding, or otherwise participating actively or passively in the above acts. The College will use a “reasonable person” standard when evaluating such conduct and its potential effects.
b. **Consent**
Because of the socially coercive nature of hazing, implied or expressed consent to hazing is not a defense under applicable State law or this policy.

c. **Retaliation**
Retaliating against a person who has in good faith filed, supported, or participated in an investigation of a complaint of hazing as defined above is prohibited. Retaliation includes but is not limited to ostracizing the person, pressuring the person to drop or not support the complaint, or provide false or misleading information, or otherwise engaging in conduct that may reasonably be perceived to affect adversely that person’s educational, living, or work environment. Depending upon the circumstances, retaliation may also be unlawful, whether or not the complaint is ultimately found to have merit.

d. **Examples**
College policies include the prohibition of many activities that have traditionally been associated with hazing, such as illegal alcohol use and abuse, vandalism, theft, verbal or physical abuse or threat of harm, sexual harassment, and other forms of harassment. In addition to those activities and conduct expressly prohibited elsewhere in this Handbook, examples of prohibited individual/group activities that may constitute hazing when otherwise falling within the definition above include but are not limited to the following:

- Encouraging the use of alcohol or illegal drugs
- Shaving, tattooing, piercing or branding
- Engaging in or simulating sexual acts
- Threatening or causing physical restraint
- Nudity
- Throwing substances or objects at individuals
- Assigning unreasonable chores or acts of servitude
- Forcing or coercing consumption or use of any substance
- Causing excessive exercise, sleep deprivation or excessive fatigue
- Interfering with adequate time for study
- Requiring the wearing of apparel or acting in a way that is conspicuous and not within community norms
- Blindfolding

Passive participation in hazing may include:

- Witnessing hazing taking place as a group member, affiliate, or guest
- Participating in or being present in person or via technology in discussions where hazing is planned

As these examples illustrate, hazing activities do not need to involve alcohol to be in violation of this policy.

e. **Accountability**
Hazing activity occurring on or off the Middlebury College campus may lead to disciplinary proceedings against individuals. Hazing may also lead to the probation, suspension, or termination of a student organization or athletic team. Culpability for any violations of this policy may be attributed to the active and/or passive participants, the student group and/or its members, and elected or appointed officers.

The student leaders of all registered student organizations and athletics programs are required to acknowledge annually that they will comply with the terms of the Middlebury College Hazing Policy.

f. **Policy Violation Review Process**
   1. **Authority**
The dean of the College or an appropriate designee monitors the implementation of this policy. Any questions concerning the interpretation or application of this policy should be referred to the dean of the College for resolution.

2. Reporting
Activities believed to be hazing should be reported to a Commons dean, director of Athletics, or the dean of the College.

3. Process
When an allegation of hazing is made, the dean of the College will review the investigation, as conducted by the Department of Public Safety and/or other designated investigatory agent. The dean of the College may suspend the activities of a student organization, athletic team, or individual members thereof, pending the outcome of the investigation.

a. Student Organizations and Athletics Teams
Student organizations or athletic teams that have allegedly violated the College’s policy will have an opportunity to provide a responsive statement to the dean of the College. In cases where there is sufficient evidence that College policy has been violated, the dean of the College will levy sanctions against the student organization or team up to and including, but not limited to, permanent or temporary suspension of recognition and activities, denial of use of College facilities, or other similar sanctions.

b. Individuals
The dean of the College may also refer hazing allegations concerning individual students to the judicial affairs officer for review and adjudication.

4. Additional Policy Violations
Regardless of the outcome of a review for violations of the hazing policy, incidents may be reviewed by the judicial affairs officer for other violations of College policy.

g. Referral to Law Enforcement
The College will report allegations of hazing to law enforcement authorities when, in the judgment of the dean of the College, the nature of the allegations suggests that the hazing activity, if it occurred or is occurring, presents a risk of serious harm to students or other persons, or involves a potentially serious violation of law.”

All student-athletes are required to participate in hazing training and education as provided by their coach or other athletic department personnel or consultant(s). All student-athletes will be required to sign a contract regarding compliance with Middlebury’s Hazing Policy.

H. Reporting Hazing
Students who have been hazed, have witnessed hazing, or suspect that someone they know has been hazed,
are encouraged to immediately report their observations to any of the following College officials:

Dean of the College          Shirley Collado          802.443.5382
Dean of Students             Katy Smith Abbott      802.443.3233
Director of Athletics        Erin Quinn             802.443.5253

Commons Deans:
Atwater:                      Scott Barnicle         802.443-3310
Brainerd:                     Natasha Chang          802.443.3320
Cook:                         Ian Sutherland         802.443.3330
Ross:                         Janine Clookey         802.443.3340
Wonnacott:                    Matt Longman           802.443.3350

To report a dangerous situation that is underway, call 911 for an immediate response. This will connect to the Middlebury Police Department. Alternately, call the Department of Public Safety at 802.443.5911.
For further information about Hazing, including myths and realities and positive alternatives to hazing, please consult go/hazing.

Vermont’s Hazing Law

MIDDLEBURY’S NONDISCRIMINATION STATEMENT/TITLE IX COORDINATOR
Middlebury complies with all applicable state and federal laws which prohibit discrimination in employment, or in admission or access to its educational or extracurricular programs, activities, or facilities, on the basis of race, creed, color, place of birth, ancestry, ethnicity, national origin, religion, sex, sexual orientation, gender identity or expression, age, marital status, service in the armed forces of the United States, positive HIV-related blood test results, genetic information, or against qualified individuals with disabilities on the basis of disability and/or any other status or characteristic as defined and to the extent protected by applicable law. The full text of the College’s Nondiscrimination Statement is available at go/nondiscrimination.

The Dean of the College is responsible for coordinating compliance with federal and state anti-discrimination laws, including Title IX of the Education Amendments of 1972 as amended, which prohibits discrimination based on sex. Sex discrimination includes sexual harassment and sexual misconduct (including sexual assault). Title IX also prohibits discrimination on the basis of sex with regard to an educational institution’s athletic programs. For more information about Title IX requirements, please contact Middlebury’s Title IX Coordinator or the Department of Education Office for Civil Rights, which is the agency responsible for overseeing Title IX compliance.

ANTI-HARASSMENT/DISCRIMINATION POLICY
Discrimination, retaliation, and harassment, including sexual harassment, as defined by law and College policies, are strictly prohibited. A student who wishes to report discrimination, or harassment, including sexual harassment, or related-retaliation, should contact the College’s Human Relations Officer (“HRO”) or his/her Commons Dean. The College will take reasonable and appropriate remedial action to prevent discrimination, harassment, and/or related retaliation, eliminate any hostile environment, and prevent recurrence of the behavior. The full text of Middlebury’s Anti-Harassment/Discrimination Policy is available at: go/antiharassment.

SEXUAL MISCONDUCT POLICY, RESOURCES, & INFORMATION
Middlebury’s Sexual Misconduct Policy, which covers sexual assault and inappropriate sexual conduct, governs
the behavior of all Middlebury College undergraduate students. Complaints or reports under the Sexual Mis-
conduct Policy should be brought to the immediate attention of the Judicial Affairs Officer. Students involved in
the complaint process will be treated with the utmost sensitivity, dignity, and respect. The full text of the Sexual
Misconduct Policy and an explanation of how complaints are handled are available at: go/sexualmisconduct.

If a student experiences an event that may be sexual assault or other inappropriate sexual conduct, or even if the
student is not sure, it is important to seek help as soon as possible from others who can provide medical care and
supportive counseling. There are a wide array of emergency and long-term resources available to all students.
(Please see the appendices to the Sexual Misconduct Policy, as well as the resources outlined at go/saoc).
All students are encouraged to report sexual misconduct incidents to the Middlebury police, the Vermont state
police, or other state or federal agencies (contact information is listed in the policy’s appendices).

ALCOHOL AND OTHER DRUGS
Middlebury College is committed to promoting individual and community health, safety, and responsibility.
We expect all students to observe local, state, and federal laws governing the possession, use, and furnishing of
alcoholic beverages and controlled substances, also referred to as illegal drugs. We have also committed to
ensuring that, in accordance with the Drug Free Schools and Community Act of 1989, our policies concerning
alcohol and drugs are clear, readily understood, and applied consistently and equally to all students. All student-
athletes are subject to the College’s Alcohol and Other Drugs Policy. When alcohol violations occur, students may
face disciplinary action. In addition, as with other College Student Life and conduct policies, student-athletes
who violate Middlebury’s Alcohol and Other Drugs Policy may be subject to athletics-related discipline,
up to and including dismissal from the team. (Student-athletes should consult with their coach for additional
information regarding team policies related to alcohol and drug use).

For information specific to state and federal laws governing the use, possession, and distribution of drugs and
alcohol, as well as other information and resources, see Drugs and Alcohol: Policies, Laws, and Resources.

IMPACT OF ALCOHOL USE ON ATHLETIC PERFORMANCE
Current research indicates that the impact of even moderate alcohol use on athletic performance is much
more significant than was originally known. Even moderate use (2–3 drinks) results in:

- A loss of motor coordination for up to 12 to 18 hours after drinking
- Depleted aerobic capacity and negative impact on endurance for up to 48 hours after the last drink
  has been consumed

Other effects of alcohol use which last for hours after the blood alcohol concentration has returned to
zero include:

- Impaired reaction time
- Impaired balance and eye-hand coordination
- Impaired fine motor and gross motor coordination
- Decrease in strength
- Increased fatigue—fatigue coming on more quickly
- Difficulty in the body regulating its temperature, resulting in an increased risk of heat prostration
- Dehydration

For additional information, please refer to Alcohol and Athletes. For confidential support and counseling,
please contact Parton Center for Health and Wellness.
**NCAA’S BANNED DRUGS**

The presence in a student-athlete’s urine of a substance and/or metabolite of such substance belonging to a class of drugs currently banned by the NCAA shall be cause for loss of eligibility. The following list of NCAA’s banned substances is not exhaustive and may be changed at any time. *Thus, it is the student-athlete’s responsibility to check with the appropriate athletics staff before using any substance. In addition, student-athletes should also consult [NCAA.org](http://NCAA.org) for the most current list of banned drug classes or contact the NCAA national office at 317.917.6222.*

The NCAA bans the following classes of drugs:
- Stimulants
- Anabolic Agents
- Alcohol and Beta Blockers (banned for rifle only)
- Diuretics and Other Masking Agents
- Street Drugs
- Peptide Hormones and Analogues
- Anti-estrogens
- Beta-2 Agonists

*Note: Any substance chemically related to these classes is also banned.*

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Some Examples of NCAA Banned Substances in Each Drug Class:

**NOTE:** There is no complete list of banned substances. *Do NOT rely on this list to rule out any supplement ingredient. Check with athletics department staff before using any medication or supplement.*

- **Stimulants:**
  - e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine; 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):
  - e.g., boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.
- **Alcohol and Beta Blockers** (banned for rifle only):
  - e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
- **Diuretics (Water Pills) and Other Masking Agents:**
  - e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triamterene; trichlormethiazide; etc.
- **Street Drugs:**
  - e.g., heroin; marijuana; tetrahydrocannabinol (THC); and synthetic cannabinoids (e.g., Spice, K2, JWH-018, JWH-073).
- **Peptide Hormones and Analogues:**
  - e.g., growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.
- **Anti-Estrogens:**
  - e.g., anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene (ATD); etc.
- **Beta-2 Agonists:**
  - e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

*Any substance that is chemically related to the class, even if it is not listed as an example, is also banned (unless otherwise noted)!*
**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

**NCAA NUTRITIONAL/DIETARY SUPPLEMENTS WARNING**

Before consuming any nutritional/dietary supplement product, review the product with the 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 the student-athlete’s own risk.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center (Log in password: ncaa1, ncaa2 or ncaa3) or 1.877.202.0769 or rec@drugfreesport.com.

**NCAA ADHD RULINGS/MEDICAL EXCEPTIONS**

According to the NCAA’s Medical Exceptions Policy (which is part of its Drug Testing Program “[t]he NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exception to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. Exceptions may be granted for substances included in the following classes of banned drugs: stimulants (including those used to treat ADHD), anabolic agents, beta blockers, diuretics, peptide hormones, anti-estrogens, and beta-2 agonists.” See also other related NCAA information. To review the full text of the NCAA’s Drug Testing Program, please logon and register at NCAA Connect.

The NCAA has instituted detailed guidelines for eligibility under medical exceptions for banned substances, including medications for male-pattern baldness, stimulants used to treat ADHD/ADD, peptide hormones (hGH), and anabolic steroids (testosterone). The student-athlete must have complete documentation, including a letter dictated by the prescribing physician, on-file at the student-athlete’s school. This documentation needs to include all pertinent physical and psychological tests related to the diagnosis and treatment of the condition.

Peptide hormones (hGH) and anabolic steroids prescribed for medical conditions require application for a medical exception by the NCAA in advance of participation. For additional information regarding medical exceptions, see the NCAA’s Drug Policies Brochure by logging on and registering at NCAA Connect.

In all cases, if a student-athlete does not meet the criteria for a medical exception, the student-athlete may request an appeal hearing of the positive drug test. In this case, the student-athlete’s eligibility will be suspended pending the outcome of the appeal.

All student-athletes must ensure they are in compliance with the NCAA ADHD rulings, 6 month physical and sickle cell screening. (Crew and Rugby DO NOT need to follow the NCAA ADHD rulings).
Questions should be directed to Mark Peluso M.D., Medical Director, College Physician, & Team Physician, at 802.443.5135, or the Dave Matthews, Director of Sports Medicine, at 802.443.5259. See also NCAA Drug and Medical Exception information provided by Middlebury's Sports Medicine Department.

A. Ineligibility for Use of Banned Drugs

According to NCAA Bylaw, Article 18.4.1.5, “[a] student-athlete who is found to have used a substance on the list of banned drug classes …, shall be declared ineligible for further participation in postseason and regular-season competition in accordance with the ineligibility provisions in NCAA Bylaw, Article 18.4.1.5.1. The certifying institution may appeal to the Committee on Student-Athlete Reinstatement for restoration of the student-athlete’s eligibility if the institution concludes that circumstances warrant restoration.”

NCAA Bylaw, Article 18.4.1.5.1 states that: “A student-athlete who, as a result of a drug test administered by the NCAA is found to have used a substance on the list of banned drug classes … shall be charged with the loss of competition during a minimum of one season of participation in all sports if the season of participation has not yet begun for that student-athlete or a minimum of the equivalent of competition during one full season of participation in all sports if the student-athlete tests positive during his or her season of participation (i.e., the remainder of contests in the current season and contests in the following season up to the period in which the student-athlete was declared ineligible during the previous year). The student-athlete shall remain ineligible for all regular season and postseason competition during the time period ending one calendar year (365 days) after the collection of the student-athlete’s positive drug-test specimen and until the student-athlete tests negative…. If the student-athlete participates in any contests from the time of collection until the confirmation of the positive result, he or she must be withheld from an equal number of contests after the 365-day period of ineligibility. The student-athlete’s eligibility must be restored by the Committee on Student-Athlete Reinstatement.”

B. Breach of NCAA Drug-Testing Program Protocol

In accordance with NCAA Bylaw, Article 18.4.1.5.1.1, “[a] student-athlete who is in breach of the NCAA drug-testing program protocol (e.g., no-show) shall be considered to have tested positive for the use of any drug other than a ‘street drug.’”

“A student-athlete who is involved with a case of clearly observed manipulation of a NCAA drug test ... shall be declared ineligible for further participation in postseason and regular season competition during the time period ending two calendars years (i.e. 730 days after the student-athlete was involved in the manipulation of a drug test).  NCAA Bylaw, Article 18.4.1.5.1.1.1.

C. Testing Positive on More than One Occasion

In accordance with NCAA Bylaw, Article 18.4.1.5.1.2, “[if] the student-athlete, who tested positive for any drug other than a ‘street drug’ as defined by NCAA Bylaw, Article 31.2.3.4 tests positive a second time for the use of any drug other than a ‘street drug,’ he or she shall lose all remaining regular-season and postseason eligibility in all sports. If the student-athlete tests positive for the use of a ‘street drug’ after having tested positive for use of any banned drug, he or she shall be charged with the loss of competition during a minimum of one additional season of participation in all sports and also shall remain ineligible for regular-season and postseason competition during the time period ending one calendar year (i.e., 365 days) after the period of ineligibility for any prior positive drug tests have expired.”

D. Appeals

In accordance with NCAA Bylaw, Article 18.4.1.5.1.4, “An institution may appeal the duration of ineligibility to the Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee). In all sports, the committee may reduce the legislated penalty to withholding the student-athlete from
competition during the next 50 percent of the season of participation or provide complete relief from the legislated penalty. If the committee requires the student-athlete to fulfill the legislated penalty or be withheld from competition during the next 50 percent of the season of participation in all sports, the student-athlete shall remain ineligible until the prescribed penalty is fulfilled, the student-athlete tests negative and the student-athlete’s eligibility is restored by the Committee on Student-Athlete Reinstatement.”

E. NCAA’s Drug Testing Program
Student-Athletes may be subject to testing under the following circumstances:

- All student-athletes are subject to NCAA testing at NCAA championships.
- Student-athletes may be tested before, during, or after NCAA championship events.
- At NCAA team championships, student-athletes may be selected on the basis of position, competitive ranking, athlete's financial aid status, playing time, random selection, or other NCAA-approved selection method.
- For team championship testing, student-athletes will be selected from the official travel party roster, official gate/credential list, championship participation sheets or official championship form.
- At NCAA individual/team championships events, selection of student-athletes may be based on competitive ranking, random selection, position of finish, or other NCAA-approved selection method.

The NCAA’s Drug Testing Program also requires as follows: “[E]ach academic year, a student-athlete shall sign a form prescribed by the Committee on Competitive Safeguards and Medical Aspects of Sports and approved by the Legislative Council in which the student consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the consent form prior to practice or competition, or before the Monday of the fourth week of classes (whichever occurs first), shall result in the student-athlete’s ineligibility for participation (practice and competition) in all intercollegiate athletics.

For further information regarding the NCAA’s Drug Testing protocols, please refer to the NCAA’s Drug Testing Program by logging in and registering at NCAA Connect. Also, Middlebury’s athletic department staff and/or sports medicine staff will provide additional information to student-athletes regarding the NCAA’s banned substances and drug testing protocols.

TOBACCO BAN
“The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.” (See NCAA Bylaw, Article 17.1.6.3).

The use of tobacco products by any individuals on the field of play—as well as during other championship activities such as banquets, autograph sessions, media conferences and postgame interviews—at NCAA championships is prohibited. Violations of this policy shall be dealt with by the appropriate sports committee in accordance with the misconduct provisions of NCAA Bylaw, Article 31.1.

GAMBLING
All Middlebury student-athletes must comply with the following NCAA Bylaws, which prohibit sports wagering: Sports wagering includes placing, accepting or soliciting a wager (on a … student-athlete’s own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parl or card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.
A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value.

In accordance with NCAA Bylaw, Article 10.3, “[t]he following individuals shall not knowingly participate in sports wagering activities or provide information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition:

- Staff members of an institution’s athletics department;
- Nonathletics department staff members who have responsibilities within or over the athletics department (e.g., chancellor or president, faculty athletics representative, individual to whom athletics reports);
- Staff members of a conference office; and
- Student-athletes

**Scope of Application**
The prohibition against sports wagering applies to any institutional practice or any competition (intercollegiate, amateur or professional) in a sport in which the NCAA conducts championship competition, in bowl subdivision football, and in emerging sports for women.*

**Exception** The provisions of NCAA Bylaw, Article 10.3 are not applicable to traditional wagers between institutions (e.g. traditional rivalry) or in conjunction with particular contests (e.g., bowl games). Items wagered must be representative of the involved institutions or the states in which they are located.

*(Note: As an example, March Madness Pools in which there is a monetary award or a tangible gift prize are prohibited).

**Sanctions**
The following sanctions for violations of NCAA Bylaw, Article 10.3 shall apply:

- A student-athlete who engages in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins (i.e. “point shaving”) or who participates in any sports wagering activity involving the student-athlete’s institution shall permanently lose all remaining regular-season and postseason eligibility in all sports.
- A student-athlete who participates in any sports wagering activity, through the Internet, a bookmaker or a parlay card shall be ineligible for all regular-season and postseason competition for a minimum of a period of one year from the date of the institution’s determination that a violation has occurred and shall be charged with a loss of a minimum of one season of eligibility. If the student-athlete is later determined to have been involved in a later violation of any portion of NCAA Bylaw, Article 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports.”
Summary of NCAA Regulations—NCAA Division III

NESCAC
New England Small College Athletic Conference

Amherst
Bates
Bowdoin
Colby
Connecticut College
Hamilton
Middlebury
Trinity
Tufts
Wesleyan
Williams
Sports Medicine

For complete information regarding Middlebury’s Sports Medicine services, please refer to the Sports Medicine Web site.

TRAINING ROOM PROCEDURES

A. Services for Student-Athletes
   The Sports Medicine Department will provide services 30 days prior to the start of, and during, a student’s intercollegiate competitive athletic season, to any student who is a member of an intercollegiate team. This policy also applies to Club Rugby and Club Crew.

   The sports medicine staff will refer out-of-season student-athletes or any long term in-season athletes who require assistance with management and rehabilitation of injuries, to Porter Physical Therapy, which operates a clinic in the Sports Medicine Department.

B. Hours of Operation
   The hours of 2:30–4:30 PM are reserved for practice and game treatment of in-season athletes. No appointments are taken after 2:30 PM. After 4:30 PM, athletic trainers are at the various practice venues, with minimal staffing of the training room; therefore, only emergencies are seen at this time. In all other cases, in order to receive treatment, or have an injury assessed, athletes must make an appointment between 10:00 AM–2:30 PM on weekdays.

   Weekend hours are determined by scheduled contests and no other service is provided. Appointments can be made by phone (802.443.2315), e-mail, or in person.

C. Clothing
   Athletes must bring clothing that will facilitate treatment in the training room (e.g., an athlete with a knee injury should wear shorts). Sports equipment in the training room is prohibited.

PHYSICAL EXAMS/ NCAA ANNUAL HEALTH UPDATE AND DEMOGRAPHIC FORM

All first-year and first-time intercollegiate athletes (including club rugby and crew) are required to have a physical exam no later than 6 months prior to the start of their competitive season. The medical history and physical exam form is sent in a college mailing in May. These forms need to be returned to the Health Center by the end of July so that they can be reviewed by the staff and any deficiencies addressed. In addition, all athletes, first time or returning, must complete a NCAA annual health update and demographic form on-line.

All forms must be completed before a student is allowed to participate. For more information see: go/sportsmed.
HEALTH INSURANCE/SPORTS ACCIDENT INSURANCE POLICY

In response to new federal regulations Middlebury College now requires all students enrolled in classes on the Vermont campus to either purchase the Student Health Insurance Plan offered by the College or sign a waiver indicating that the student is covered by a comparable U.S.-based plan. Students who do not sign the waiver will automatically be billed for College-sponsored health insurance. The waiver can be completed online at Gallagher Koster. In addition to the student’s plan or College-sponsored plan, as applicable, the College provides all its students with a $5000.00 accident policy, which is secondary to the student’s plan or College-sponsored plan. Beyond the College’s accident policy, the College also carries a sports rider for all its intercollegiate sport teams up to the $90,000.00 NCAA minimum. This policy, as well, is secondary to the student’s plan or College-sponsored plan, as applicable, and only pays after the College accident and sports rider mentioned previously has been exhausted.

The Sports Accident Insurance Policy (Sports Policy), provided by Middlebury College, is offered on an “excess” basis to any other health insurance policy, such as the parent’s plan. This means that the Excess Sports Policy will always pay secondary to any other valid and collectible health insurance plan. It is the student-athlete’s responsibility to initially submit his/her medical claims to the primary insurance policy. Once payment is completed, the remaining balance of expenses not covered by the primary insurance is then submitted to the Excess Sports Policy, and will be based on outstanding amounts (including/excluding applicable deductible).

For further information, please refer to the full text of Middlebury’s Athletic Insurance Policy regarding medical insurance coverage for athletic injuries. Additional information is available from Gallagher Koster.

CONFIDENTIALITY

No communication between the counselors, physicians, athletic trainers and the student-athletes will be released beyond the health services except in cases of immediate danger or serious harm to someone, or when the student has provided written permission to release information.

When a student-athlete discloses information regarding a medical situation, the information should be considered confidential and not discussed with people other than medical professionals. No information should be discussed with team members regarding why a student-athlete is not participating, unless the student-athlete decides that they are willing to tell the team.

Coaches should notify the certified athletic trainer responsible for their team about any concerns regarding the status of one of their student-athletes.

LOW ENERGY ATHLETE PREVENTION GUIDANCE (L.E.A.P.)

Middlebury College is committed to supporting the health and wellness of its student-athletes. There are growing concerns in the medical community regarding significant health risks for female athletes participating with low energy availability. These risks include: failure to attain peak bone mass, osteoporosis, stress fractures, amenorrhea, infertility, and mental health issues including depression, anxiety, and disordered eating. Middlebury College does not condone athletes risking their long-term health for the sake of athletic performance, and wants to help female athletes recognize potential problems before they cause significant harm. Therefore, all female athletes intending to participate in Middlebury College intercollegiate Athletics programs will be expected to maintain normal or positive energy availability, and participate in a simple low-energy availability screening program (See also the full text of L.E.A.P Prevention Guidance).

For complete information regarding Middlebury’s Sports Medicine services, please refer to go/sportsmed.
**MISSED CLASS TIME/EXPLAINED ABSENCES**

The list of scheduled athletics contests has been approved by the Athletic Policy Committee of the Faculty (“APC”) acting under guidelines set forth in the Middlebury College Handbook. This list tells the faculty when legitimate absences from class may be expected because their students are involved in a sanctioned athletic event scheduled for that date. The APC regards these lists as informative. They are an explanation for an absence, but they do not imply that the student is excused from the obligations of a course or the class work missed. For further information on the distinction between explained and excused absences, please see the Middlebury College Handbook on Attendance and Guidelines for Handling Athletics-Explained Absences.

Although faculty members are expected to make their policy on course attendance clear at the beginning of each course, *it is the individual student’s responsibility to consult with his or her instructor as to the effect of explained absences.*

Student-athletes should be given a list of dates and times of scheduled games by their coach no later than the first day of classes in any term in which they are involved in a varsity/junior varsity sport, or in the case of Winter or Spring season sports, by whichever comes first, the first pre-season meeting or the first day of practice (November 1 for Winter, February 15 for Spring). Student-athletes should compare each class schedule with their schedule of games. For any course in which there is a potential conflict between academic and athletic schedules, it is the student-athlete’s responsibility to contact the professor during the first week of class, or as soon as the scheduling conflicts are known (for example, in the case of Winter season sports that begin late in the fall term) and:

- Identify times of conflict
- Together arrive at an understanding of how missed work/class might be made up

**Please note:**

- Professors will do their best to accommodate student-athletes’ needs within reason.
- The professor will make the final decision as to how the missed work is to be made up. In cases where the student-athlete approaches the professor at the beginning of term, it is the professor’s responsibility to arrive at this decision in time to drop/add in situations where the professor’s decision is unsatisfactory. There are some cases for which there may be no satisfactory make-up possible.
- Conflicts with official practices are also possible in the case of special class events, such as a guest lecturer. In such cases, student-athletes should discuss the situation with their professor and coach, and make a decision with full understanding of the ramifications of the decision.
- Student-athletes should resolve conflicts through discussions with their professor and coach. If there are difficulties, student-athletes should consult their Commons Dean.

*Note that missing a regularly scheduled class for a practice in no way constitutes an explained absence and is not expected or mandated by coaching faculty.*

*As team leaders, captains should encourage team members to meet with professors to discuss possible conflicts. Captains should ensure that team members are aware of these guidelines on explained absences and understand that the process is one of negotiation between the coach, student, and professor.*
ACADEMIC SUPPORT
The Department of Athletics does not offer individual tutoring for student-athletes. However, student-athletes are strongly encouraged to take full advantage of the academic support offered by the College’s Center for Teaching, Learning, and Research. Plan ahead by making appointments in advance.

FACULTY AFFILIATES
The Faculty Affiliate Program at Middlebury attempts to foster a better understanding of the mission and application of intercollegiate athletics at Middlebury, and how athletics supports the College’s educational mission. The program recruits faculty members from a variety of academic disciplines who volunteer to spend time with various teams.

Objectives:
- To enhance communication between faculty and students, and provide additional mentoring resources for student-athletes.
- To provide faculty members with a more complete understanding of the mission and application of intercollegiate athletics, and enhance their awareness of the responsibilities of Middlebury student-athletes.

LIST OF FACULTY AFFILIATES

COMMUNITY SERVICE
Middlebury’s athletic teams routinely engage in community service, and it is expected that all student-athletes promote and support their team’s community service activities. In addition, community service opportunities are available through Education in Action, which promotes and supports student engagement in their local, national, and international communities.
Facilities

HOURS

- Field House/Fitness Center/Natatorium
- Climbing Wall
- Kenyon Arena
- Nelson Recreation Center
- Pepin Gym
- The Bubble

Questions regarding the facilities or hours should be directed to Franklin Dean-Farrar or call 802.443.5250.

USE OF ATHLETICS FACILITIES

Facility use is for Middlebury College student, faculty, staff and alumni ID card holders only. Guests may accompany ID card holders on a 1-to-1 basis only. Anyone using the Field House Complex must show their ID upon request of the student monitors. From 3:00–7:00 PM Monday through Friday, when classes are in session, the use of facilities is for Middlebury College student, faculty/staff ID cardholders only. No alumni, guest, or faculty/staff children are permitted to use the facilities during these hours.

- Alumni and guests are required to sign in and out at the monitor’s desk.
- Children of faculty and staff age 15 and under must be accompanied and supervised by an ID-card holder and may use the facility during off-peak times only. No children under the age of 12 are permitted in the Fitness Center, even if accompanied by an adult.
- Children of faculty and staff age 16 and over may use the facility during off-peak times by showing their parent’s college ID and proof of their own identity to the monitor on duty. They may not bring any guests.
- A Middlebury College ID is mandatory for admittance into the Fitness Center and Natatorium.

RESERVATION OF ATHLETICS FACILITIES

To reserve an athletic facility for any team-related event, please contact Franklin Dean-Farrar at 802.443.5160 or fdeanfar@middlebury.edu. For all other events, please contact the Department of Event Management.

Note: Alcoholic beverages are not permitted in Lawson Lounge, Kenyon Lounge, or any other athletic venue unless approved by the College in accordance with the College’s policies and Vermont State law. All inquiries and requests regarding alcohol-related events should be submitted to the Department of Event Management. See also Middlebury College Athletic Facilities.
Equipment Room, Gear, and Lockers

IN-SEASON ATHLETES
Equipment, practice gear and lockers will be issued at the beginning of the season to every student-athlete who has been cleared by their coach. Practice gear is laundered on a daily basis, Monday through Friday. There is no laundry service on weekends. Game gear is issued prior to each scheduled event and must be returned immediately following that event or upon return to campus after an away event. Failure to return game gear at this time may result in laundry service being suspended.

After the last event of the season all equipment and practice gear must be returned to the equipment room according to the procedures outlined by the Equipment Room. A student who fails to return equipment will be billed.

OUT-OF-SEASON ATHLETES
Out-of-season student-athletes can sign out a locker in the general locker room free of charge, although a student ID is necessary.

HOURS OF OPERATION
Equipment Room hours are 7:30 AM–3:30 PM, Monday–Friday during the regular school year.
Other Team-related Policies

OVERNIGHT RECRUITING VISITS/HOST RESPONSIBILITIES
When visiting campus, prospective student-athletes ("prospectives") are expected to adhere to Middlebury’s Student Life Policies. The role of the student-host is to provide the necessary support so that the prospective has a positive and safe experience during the visit. Student-hosts are expected to help prospectives understand that they should be respectful towards others and that they are accountable for their behavior.

In addition, student-hosts are subject to the following:

- They must review and sign the prospective’s letter, and they must adhere to the rules stated therein.
- Student-hosts must comply with Middlebury’s Alcohol and Other Drugs Policy at all times. In addition, all student hosts, including those who are of legal drinking age, are prohibited from consuming alcohol during the prospective’s visit.
- Student-hosts are reminded that the legal drinking age in Vermont is 21; supplying alcohol to those who are underage and/or the use of or supplying of controlled/illegal substances are violation(s) of College policy and are punishable by law.
- The student-host must accompany the prospective at all times (unless other arrangements are made in advance with the coach). If the prospective possesses or consumes alcohol or banned illegal substances during the visit, or if any other issues, problems, or concerns arise in connection with the conduct or the well-being of the prospective, the student-host must immediately contact the Department of Public Safety and the coach or the assistant coach. If there is an emergency, please call the Department of Public Safety at 802.443.5911.

For safety and security reasons, the name and phone number of the prospective and the student host will be on file with the Department of Public Safety prior to the prospective’s visit. While on campus, prospectives are expected to carry identification with them. A picture driver’s license or similar I.D. will suffice. Emergency medical treatment will be provided by the Emergency Room at Porter Hospital. Because of insurance issues, prospectives cannot be treated on campus.
STUDENT-ATHLETES ON CAMPUS DURING COLLEGE RECESS

Student-athletes who are required to be on campus while the College is in recess (e.g., Thanksgiving recess, December recess, winter term recess, spring recess) should be aware of the following policies and guidelines:

- The Department of Public Safety will grant access card privileges to all student-athletes who are approved to remain during recess or return early. Student-athletes should check with their coach to make sure that they are on Public Safety’s approved list.
- Coaches will inform their players of their approved residence hall return date during the recess (this date may be prior to the first practice date).
- Student-athletes should be aware that, when the College is closed, regular residential life staff support will not be available.
- Each student-athlete should designate a teammate who can check on them in the event of illness or injury.
- Student-athletes must clean up after themselves and put trash into the appropriate containers, etc.
- Student-athletes may not have guests or other students in the residence halls while the College is closed.
- Student-athletes who need support should contact their coach. Coaches are responsible for student life-related matters such as:
  - handling changes in travel plans
  - confirming approved arrival date
  - assisting ill students with their meals
  - arranging for transportation on or off campus
  - parent notification
- Coaches must be notified immediately if the student-athlete’s arrival date changes. The coach will notify Public Safety of the new arrival date.
- Public Safety will notify the coach if there is any issue with a student-athlete.
- If a student athlete is ill or significantly injured, the student-athlete should not be on campus during the recess. The college does not have the resources in place to assist ill or injured students during this time. Student-athletes should discuss this directly with their coach prior to returning to campus.

The Department of Public Safety will be working with minimum staffing levels during College breaks. However, Public Safety will respond/assist with health and safety emergencies. The public safety officer can request an ambulance when necessary and can provide transport to the hospital when appropriate.

NESCAC PRACTICE REGULATIONS

Starting Dates

A. Fall
   Football: The starting date for practice shall be in accordance with the number of practice opportunities as defined by NCAA regulations but will be limited to 23 practice opportunities.
   Cross Country, Field Hockey, Soccer, and Volleyball: The starting date for pre-season practice will be determined by counting back 13 practice opportunities from the second Saturday in September. There shall be counted 2 for each day prior to the first day of classes and 1 for each day after, excluding Sundays.
   Golf, Rowing, and Tennis: September 7 or the first day of classes, whichever is earlier.

B. Winter: November 1 in all sports.
   Exceptions: Skiing
   Alpine Skiing: May begin when snow is available before November 1. All practice activities must adhere to NCAA limitations.
   Nordic Skiing: Nordic skiing is limited to a maximum 19-week season with a common start date no earlier than the first Monday in October.

C. Spring: February 15 in all sports.
OUT-OF-SEASON PRACTICES

In accordance with NESCAC rules:

All out-of-season activity must be strictly voluntary and should never conflict with any academic obligation.
Participation can never be a condition for making a team.

A. Permitted Out-of Season Activities
1. Organizational meetings at which there is no coaching or physical activity.
2. Conditioning programs (see Out-of-Season Strength and Conditioning Activities in D. below).
3. Community service activities.
4. Educational programming, e.g. leadership education, alcohol education, hazing education.
5. Student-athletes may volunteer to work in sport-based clinics for youth provided:
   a. Clinics are conducted when classes are not in session, and;
   b. Student-athletes work no more than two days in any given sport in an academic year.

B. Out-of-Season Organized Activities on Campus
1. Must be open and advertised to all students.
2. No coaches may be present.
3. These activities are a “free play” environment. They are not to duplicate a practice that would be
   led by a coach; there may be no scripting of activities.
4. Any equipment provided must be available to all students.
5. Contests with outside teams or other colleges are prohibited (including small-sided
   games/competition).
6. Reservation of facilities for specific sport practice is prohibited. Safety of participants and
   non-participants is the only condition under which facilities may be scheduled for a specific activity.
7. Exceptions:
   a. Skiing
      i) Alpine Skiing may begin when snow is available before November 1.
      All practice activities must adhere to NCAA limitations.
      ii) Nordic Skiing is limited to a maximum 19-week season with a common start date
          no earlier than the first Monday in October.
   b) Crew/Rowing
      Practice and competition for crew will end on the first Sunday in November.
      If the first of November falls on a Saturday or Sunday, then the completion date will be
      the second Sunday.

C. Out-of-Season Activities Off Campus
Organized, institutionally supported and/or affiliated out-of-season practice and competition that take place
off campus are prohibited. Individuals who choose to participate in athletics off campus do so at their own
risk and may not infer from their participation that the activity is affiliated in any way with the institution.
Individuals involved in competition out of season are not permitted to compete in the uniform of the
institution or, during the academic year, use any apparel or equipment received from the institution that
includes institutional identification. Additionally, individuals are not permitted to receive support or expenses
(transportation, meals, etc.) from the institution for the competition.
D. Out-of-Season Strength and Conditioning Activities
   1. All out-of-season strength and conditioning activities are strictly voluntary.
   2. Workout programs may be designed for student-athletes at their request.
   3. Strength and conditioning coaches may teach a new program to a team on five occasions in the off-season. When a new program is introduced a student-athlete may request individual assistance from the strength and conditioning coach on one occasion to receive further instruction or clarification on the new program.
   4. Strength and conditioning facilities cannot be reserved for a team or limited in use to a specific team.

E. Testing of Teams
   Out-of-season physical fitness testing of teams by staff members is permissible under the following circumstances:
   1. May be done on the day preceding the official starting date of the season (one day only).
      Winter and spring sport teams may conduct testing on one day no earlier than 3 days prior to the permissible practice start date.
   2. For Fall and spring sports, one other one-day session is allowed, except in the six-week period preceding the start of the season. For single segment NESCAC sports (baseball, field hockey, lacrosse, soccer, softball and volleyball) the testing must fall within the NCAA non-traditional segment. Testing for winter sports and two-segment sports (golf, rowing and tennis) must occur during the playing and practice season under NCAA guidelines.
   3. Sport skill testing is prohibited.

TEAM TRAVEL
All student-athletes are required to conduct themselves in an appropriate and respectful manner at all times while traveling with their respective teams. Middlebury College student-athletes are subject to all Middlebury College policies at all times (including, but not limited to, Middlebury’s alcohol and drug policies).

FOREIGN TRAVEL
In accordance with NESCAC rules, varsity athletic teams may participate in foreign travel under certain conditions. For additional information about the NESCAC Foreign Travel Policy, student-athletes should consult with their coach or the Director of Athletics.

STUDENT DRIVERS
License: Middlebury College requires that anyone driving a College owned, leased or rented vehicle have a College driver's license. Students driving College owned, rented or insured vehicles are subject to the College’s licensing program and cannot drive said vehicles beyond a 250 air-mile limit of Middlebury. In most cases, outside rental agencies require drivers to be at least 25 years of age.

A. Driving Classes
Safety workshops help ensure that we have the safest drivers behind the wheel of our vehicles when on College business. The College Safety officer offers monthly safety workshops. All new applicants must take the workshop before a license will be issued. Please note the following regarding Driving Classes: This program is required for anyone who wishes to rent a College vehicle. There is no cost for the class but a driving orientation (a one-hour review on the road) is required for 15-passenger Vans and large vehicles. One class per semester will be conducted in the evening for the convenience of students in November and March. This class will be held monthly and will cover all vehicles. Class time is about 2.5 hours.
B. Private Car Use
Whenever Student-Athletes use their private vehicle for travel, a Private Vehicle Travel Form must be completed and turned in to the Athletics office prior to departure.

C. Request for Use of Vehicles
All requests for college vehicles must be made through the Assistant to the Director of Athletics. Also, please note the following:

1. Inform Purchasing of any maintenance problems.
2. All vehicles traveling to the same contest must have cell phones in case of an emergency. Cell phone use must be in accordance with state law.
3. Return vehicles in the same condition as when taken. (Clean!)
4. Gasoline must be purchased from the College supply, rather than purchased locally, when students are provided with a gasoline key at the time of rental.
5. In the event of a vehicle breakdown contact Public Safety at 802.443.5911 and arrange to have the vehicle towed to the nearest dealer—Ford, Dodge or Chevrolet.

D. Use of Seat Belts
Seatbelts are required for all passengers in College owned and/or rented vehicles, particularly the 7- and 15-passenger vans.

E. Travel and Alcoholic Beverages
Under no circumstances will alcoholic beverages be allowed in any vehicle transporting Middlebury College Students. It is the responsibility of the coach to ensure enforcement of this policy. For further information, please contact Ed Sullivan, Environmental Health and Safety Coordinator at 802.443.5726 (sullivan@middlebury.edu) or consult the College’s Driver’s License Policy.

FUNDRAISING
A. Spring Trips
If approved, funds required beyond established support are to be raised only in compliance with the following (see also Fundraising Policies and Regulations):

1. Direct solicitation of funds via campus mail is prohibited.
2. Individual students, student groups, or athletic teams may not solicit funds from parents or alumni without prior permission from College Advancement.
3. Each year, on a very limited basis, approval may be given for the distribution of advertisements of products or services for sale through coordinated mailings to parents. Students or student groups interested in participating in this type of fundraising activity must first contact the director of student activities. Only a limited number of such requests can be granted each year. These requests must be made at least six weeks in advance of the mailing date.
4. College-connected or public groups (private, nonprofit, or profit) are not allowed to use College directories for the purpose of solicitation.

B. Student Concessions
See Sale and Distribution of Food On Campus

C. Non-College Accounts
Athletics Department staff members and/or teams are prohibited from maintaining funds or accounts that are not subject to institutional control and/or review.
DINING SERVICE POLICIES RELATING TO ATHLETIC TEAMS

A. Athletic Department Meal Policy
   1. No member of the Athletics Department may sign for meals without clearance from the office of the Athletics Director.
   2. In order to eat in the Grille, teams must obtain permission in advance and request meal tickets from the Assistant to the Director of Athletics.
   3. Requested late meals at the Grille due to a practice or game must be made in advance through the Director of Athletics. The Assistant to the Director of Athletics will issue meal tickets.
   4. All requests for dining service must be directed to Matthew Biette, Director of Dining Services.

B. Early and Late Meal Policy
   1. Early Breakfast-Ross Dining Hall: (Monday–Sunday, 6:00–7:00 AM)
   2. Early Dinner-Proctor Dining Hall: (3:00–4:00 PM)
      *Teams should call in advance if they are planning to arrive for an early dinner.*
   3. Late Dinner: (after 8:00 PM) All late dinners will be taken at the Grille with meal tickets issued by the Athletics department. Please contact the Grille staff in advance to let them know that the team is coming.

   Note: Early and late meals will be available to teams of 10 or more. Smaller teams requesting a hot breakfast will need to make other arrangements (continental breakfast will be available for smaller teams).
   *Bag lunches will be available at Proctor Dining Hall during breakfast hours.*

Dining Services requests that teams stay within the guidelines. For up-to-date dining schedules, please check go/dining.

C. Use of Off-campus Caterers
   All non-College caterers must be on Middlebury’s approved list of caterers.

MEDIA REQUESTS
Student-athletes should not respond to any media requests (via e-mail, phone, mail, or otherwise) without first obtaining permission from the Director of Athletic Communications, Brad Nadeau, 802.443.5193 or nadeau@middlebury.edu.