

**St. Andrews
Presbyterian College**

ST. ANDREWS



KNIGHTS

**Student-Athlete
Handbook**

Athletics at St. Andrews

St. Andrews Presbyterian College Mission Statement

The mission of St. Andrews Presbyterian College is to educate its students to be knowledgeable and imaginative servant-leaders well prepared for a lifetime of learning, leadership and service in an ever-changing and interdependent world.

The College fulfills its mission by:

- Engaging students with a curriculum informed by the values and intellectual traditions of its Presbyterian heritage, inspired by the openness of the liberal arts and sciences, and realized in dialogue among students and faculty
- Enabling students to develop a depth of knowledge and expertise in a chosen field of study, balanced by a breadth of knowledge that is interdisciplinary at its core, global in its scope, and practical in its application
- Encouraging students to strive for excellence in all aspects of their lives, through academic and co-curricular programs, with a due regard for physical, mental and spiritual well-being
- Empowering students to break down intellectual, cultural and interpersonal barriers in order to become creative, engaged and contributing world citizens

Approved by the Board of Trustees February 16, 2008

Intercollegiate Athletics Statement of Purpose

The St. Andrews Presbyterian College athletics program is a National Collegiate Athletic Association Division II member of the Conference Carolinas. The St. Andrews intercollegiate athletics program seeks to provide a positive, competitive, co-curricular experience that supplements students' academic work and promotes the values of good sportsmanship, teamwork and leadership development. The Intercollegiate Statement of Purpose, especially the goal of encouraging healthy lifestyle and physical well-being through wellness education and athletic programs, is an important component of St. Andrews Presbyterian College. Intercollegiate athletics is intended to provide an enhancement of the total educational experience of student-athletes. The academic progress of student-athletes is encouraged, and their educational goals are supported by participation in intercollegiate athletics and by the sport studies staff.

The program is in full support of equitable opportunities as defined under the Title IX and Office of Civil Rights guidelines for all student-athletes and staff,

Athletics at St. Andrews

including women and minorities. The NCAA principles of sportsmanship and ethical conduct, rules compliance and amateurism as defined by NCAA standards, guide the operation of the program, and full compliance with them is expected at all times on the part of staff, student-athletes, and all institutional personnel. The physical, emotional, and social welfare of the student-athletes is a top priority of the program.

St. Andrews believes that intercollegiate athletics is an important part of the undergraduate educational experience for its participants, its spectators, its alumni, and the entire college community. Intercollegiate athletics advances the mission of the College through teaching, advising, and mentoring activities which help participants develop self-discipline, self-confidence, and the concept of selfless teamwork that will serve them throughout their lives – personally and professionally. Intercollegiate athletics also serves spectators by encouraging them to develop healthy habits of team support and by enhancing their sense of community. Alumni spirit and support can also be developed and enhanced by a successful program of intercollegiate athletics. The intercollegiate athletic programs are an integral part of the total educational and extracurricular experience at St. Andrews.

St. Andrews is proud to offer 16 Varsity Sports! The sports sponsored are:

Baseball	Men's Track & Field	Men's Golf
Men's Lacrosse	Men's Cross Country	Women's Volleyball
Men's Basketball	Women's Soccer	Women's Golf
Women's Lacrosse	Women's Track & Field	Wrestling
Women's Basketball	Women's Cross Country	
Men's Soccer	Softball	

National Collegiate Athletic Association (NCAA)

St. Andrews Presbyterian College is a member of the National Collegiate Athletic Association and is governed by the Constitution and Bylaws of this organization. All coaches shall have access to a copy of the NCAA manual for the purpose of reviewing the rules, and the entire coaching staff is expected to know the basic rules governing Division II athletics as well as the rules of their sport.

Conference Carolinas

It became official on November 1, 1994 when the presidents of previously independent Longwood (VA), Erskine (SC), and Queens (NC) along with eight Carolinas Intercollegiate Athletic Conference (CIAC) institutions announced membership in the Carolinas-Virginia Athletic Conference. The NCAA

Athletics at St. Andrews

Division II conference initiated competition in the fall of 1995. The conference was renamed Conference Carolinas in 2007.

Teams vie in regular season play and Conference Carolinas championship tournaments in the conference sports of baseball, basketball, cross country, golf, lacrosse, soccer and track & field for men; and basketball, cross country, lacrosse, soccer, softball, track & field and volleyball for women.

Website: www.conferencecarolinas.net

Conference Carolinas Member Institutions:

Anderson University, Anderson, S.C.	Limestone College, Gaffney, S.C.
Barton College, Wilson, N.C.	Mount Olive College, Mount Olive, N.C.
Belmont Abbey College, Belmont, N.C.	Pfeiffer University, Misenheimer, N.C.
Coker College, Hartsville, S.C.	Queens University, Charlotte, N.C.
Converse College, Spartanburg, SC	St. Andrews Presbyterian College, Laurinburg, N.C.
Erskine College, Due West, S.C.	
Lees-McRae College, Banner Elk, N.C.	

Conference Carolinas Student-Athlete Pledge of Sportsmanship (To be signed by student-athlete)

As a Conference Carolinas student-athlete, I understand that the use of inappropriate language, taunting, baiting or the use of unwarranted physical contact, directed at opposing players, coaches, or fans are contrary to the spirit of fair play and the sportsmanship the conference expects of its members. I understand that any unsportsmanlike action during the course of a contest may result in immediate penalty assessed to my team or me. Furthermore, I understand that game officials have been instructed that they may assess such penalties without prior warning.

Initial Eligibility

If you are entering St. Andrews Presbyterian College as a freshman, you must be registered with the NCAA Eligibility Center. The NCAA Eligibility Center determines your eligibility. To register with the Eligibility Center, go online to web1.ncaa.org/eligibilitycenter to complete the registration process. It is your responsibility to register, pay the registration fee, and ensure that the Eligibility Center receives a copy of your official final high school transcript and scores from the ACT or SAT. Test scores are only accepted from the testing agency. In addition, you must complete the Amateurism Certification section.

Athletics at St. Andrews

Once the Eligibility Center has received all the necessary information, you will be identified as a qualifier, a partial-qualifier, or a non-qualifier.

A qualifier is a student who:

- Graduates from a high school;
- Attains a minimum high school GPA of 2.000 in 14 core-curriculum courses; and
- Achieves a minimum ACT sum score of 68 or an SAT score of 820.

If you are a qualifier, you are eligible for practice, competition and athletically related financial aid during your first year at St. Andrews Presbyterian College.

A partial-qualifier is a student who has graduated from high school and meets either the GPA/core-curriculum requirement or minimum test score requirement. A partial-qualifier may practice on campus and receive athletically related financial aid during the first year, but may not compete or travel with the team until he or she has completed one academic year in residence and met continuing eligibility requirements.

A non-qualifier is one who does not meet either the GPA/core-curriculum requirement or the test score requirement, or has not graduated from high school. A non-qualifier may not practice, compete or receive athletically related financial aid during his/her first year at St. Andrews. Once he or she has completed one academic year in residence, the non-qualifier may begin practice and receive athletically related financial aid. After meeting satisfactory progress requirements, a non-qualifier will be eligible for competition.

Transfer Eligibility

You are considered to be a transfer student if:

- You have ever officially registered and enrolled at a two-year or four-year college as a full-time student and attended classes at any time during the term; or
- You reported for regular squad practice for an athletics team that occurred before the opening day of classes.

The general rule for transfer students is that one academic year of residence must be completed prior to being eligible to compete in athletics at St. Andrews Presbyterian College. However, there are several exceptions to this rule; please see the Compliance Coordinator with any questions.

Athletics at St. Andrews

Student-athletes transferring from a two year college to St. Andrews who have never attended another four-year college as a full time student must register with the NCAA Eligibility Center. These student-athletes only need to complete the Amateurism certification section, not the Initial Eligibility section.

Continuing Eligibility

The NCAA and St. Andrews are very concerned about the graduation rates and academic success of our athletes. It is our responsibility to ensure that athletes are making satisfactory progress toward a degree here at St. Andrews. For this reason, you must meet certain academic requirements each year in order to remain eligible to compete beyond your first year at St. Andrews.

Your eligibility will be determined based on your academic record in existence at the beginning of each fall term. You must satisfy the following requirements to meet progress toward a degree as required by the NCAA as stated in the NCAA Division II Manual:

- You must have satisfactorily completed at least an average of 12 hours of academic credit for each academic semester you have been enrolled, or you must have satisfactorily completed 24 semester hours of academic credit since the beginning of the previous fall term.
- You must earn at least 75% of the hours required for satisfactory progress during the regular academic year. No more than 25% of the total hours can be earned in summer school.
- You must achieve the following minimum GPA on a 4.000 scale:
 - After the completion of 24 semester hours: 1.800;
 - After the completion of 48 semester hours: 1.900;
 - After the completion of 72 semester hours: 2.000.
- You must officially declare a major prior to your fifth semester of school.

In order for a course to be used in determining satisfactory progress, it must be a course that counts toward a degree at St. Andrews. Once you have declared a major, the courses used for satisfactory progress must be courses that lead to a degree in your chosen major. Remedial classes and repeat courses do not count toward the calculation of your satisfactory progress hours.

General Eligibility

In addition to initial or continuing eligibility rules, to be eligible to compete, you must:

Athletics at St. Andrews

- Have been admitted as a regular student seeking a baccalaureate degree according to the published entrance requirements of St. Andrews;
- Be in good academic standing according to the standards of St. Andrews; and
- Be enrolled in a minimum full-time program of studies and maintain satisfactory progress toward a baccalaureate degree.

Because as an athlete you must always remain in at least 12 hours of coursework, please be sure to consult your advisor before making changes to your schedule. If you drop below 12 hours, you will not be eligible to practice or compete with your team until you are again enrolled as a full-time student.

Below is the policy of St. Andrews Presbyterian College for maintaining good academic standing. Student-athletes must meet progress toward degree requirements as stated by the NCAA and good academic standing as defined by St. Andrews Presbyterian College:

Academic Warning, Probation, Suspension, and Dismissal

In order to maintain satisfactory progress toward a degree and remain in good standing with the College, a student must meet certain minimum academic standards. The evaluation of a student's performance is an on-going process and will be assessed at the end of each Fall and Spring Semester. The information in the chart below will serve as a guide to the decision making process as to the student's status in the following semester.

Total Credit Hours Attempted (with a minimum of 9 credit hours passed in most recent term)	Desired G.P.A.	Academic Warning	Academic Probation
12-30 credits	2.00 or higher	1.99 to 1.51	1.50 or less
31-60 credits	2.00 or higher	1.99 to 1.61	1.60 or less
61-90 credits	2.00 or higher	1.99 to 1.81	1.80 or less
91-120+ credits	2.00 or higher	1.99 to 1.91	1.90 or less

In order to continue in good standing a student must pass a minimum of nine (9) credits and attain a 2.00 G.P.A. during a regular semester. The status of academic warning is applied whenever a student's cumulative G.P.A. is less than 2.00 but higher than the probation level. The status of academic probation is applied in accordance with the performance levels indicated in the chart above. Any student who earns below a 1.20 grade point average for any semester shall be placed on academic probation. A student who has a semester grade point •

Athletics at St. Andrews

average below 1.00 and who has passed fewer than nine credits is subject to academic suspension.

Students who are on academic warning must adhere to the following:

- Enroll in 12 – 16 credit hours;
- Repeat all failed courses that are part of SAGE or are required for their major as offered;
- Meet with their academic advisor at least once per month during the semester; and,
- Attend “How to Get Good Grades” short course.

Students on academic probation must adhere to the following:

- Enroll in 12-16 credit hours;
- Repeat all failed courses that are part of SAGE or are required for their major as offered;
- Meet with their academic advisor at least once per month during the semester;
- Develop a written contract (academic plan) for the semester in consultation with the Associate Dean for Academic Affairs and their advisor. This plan must be filed with the Office of the Vice-President for Academic Affairs no later than the tenth day of classes in the semester.
- May not be eligible to participate in any major extracurricular activity, e.g.; intercollegiate athletics, drama productions, offices and standing Student Association committees, and musical organizations; and,
- Attend “How to Get Good Grades” short course

Students who have not regained good academic standing (as defined above) at the end of the semester for which they have been placed on academic probation are subject to suspension. The Faculty Executive Committee makes the final determination of the student’s status. In lieu of academic suspension, this committee may, based on a review of the relevant academic records, elect to place certain students on continued academic probation for the next full (Fall or Spring) semester.

Students suspended at the end of the fall semester may not attend during the spring semester. Students suspended at the end of the spring semester may not attend the fall semester. Students suspended for a second time are subject to permanent dismissal from the college.

Students who are readmitted after having been placed on academic suspension, but who fail to make acceptable progress towards achieving the minimum

Athletics at St. Andrews

G.P.A. needed to regain good academic standing (as defined above), are subject to permanent academic dismissal. Students who fail to make reasonable progress toward the degree are also subject to dismissal. The Faculty Executive Committee makes these decisions. Appeal of the Committee's decision must be made in writing to the Dean of the College. Appeals must be received in the Office of Academic Affairs within two weeks of the student's receipt of formal notification of suspension or dismissal.

Any student suspended under the academic probation regulations may appeal the action to the Office of Academic Affairs, which considers each request on the basis of merit and probability of likely academic success.

Students who have been suspended for any of the above reasons may apply for readmittance after the period of suspension is over by submitting an application to the Associate Dean for Academic Affairs. The application for readmission may be obtained from the registrar's office. The completed application, which must be accompanied by a \$100 deposit, is returned to the registrar's office. The deposit is non-refundable even if the applicant cancels. Students who are readmitted after being formally separated from the College as the result of being placed on academic suspension must satisfy the graduation and program requirements as specified in the catalog that is in effect at the time of readmission.

(St. Andrews Academic Catalog 2008-2009, P. 51-53)

Seasons of Competition

In the NCAA, you are not eligible to compete in more than four seasons of intercollegiate competition. At the Division II level, these four seasons must be completed within your first ten semesters of full-time enrollment in a collegiate institution.

Any competition (including scrimmage with outside competition) regardless of amount of time played, during a season in an intercollegiate sport shall be counted as a season of competition in that sport. The only exception to this rule is in the case of an incapacitating illness or injury early in the season that excludes you from participation for the rest of the season. Your coach will let you know if he or she thinks this hardship exception can be applied to you.

The Student-Athlete Bill of Rights

All students at St. Andrews have the right to live, study and participate in extracurricular activities in a safe environment in accord with the purposes of the College without fear, without humiliation, and without destruction or diminu-

Athletics at St. Andrews

tion of self-esteem, integrity and personal character. In accord with the NCAA and in addition to the student rights and responsibilities, the rights and responsibilities of student-athletes are amplified in the following ways:

- In accord with NCAA rules, the Student-Athlete has the right to live in a residence hall of his/her choice, with the roommate of his/her choice.
- The student-athlete has the right to take courses, including possible international travel, that best suits his/her course of study.
- In accord with College policy, the Student-Athlete can expect that absences from classes that result from participation in official college events will be considered “excused.”
- The Student-Athlete has the right to expect quality medical attention, coaching, and mentoring.
- The Student-Athlete has the right to expect equipment, facilities and officiating that provide for safe and adequate practice and competition conditions.
- In accord with NCAA rules, the Student-Athlete has the right to expect that participation on an athletic team will not make demands on his/her time beyond what can be justified as reasonable requirements for the team’s success.
- The Student-Athlete has the right to be heard from concerns about his/her respective programs either directly with Athletic Administration or through the student-athlete Advisory Committee.
- The Student-Athlete has the responsibility to maintain and develop his/her athletic ability to its maximum level through conscientious practice, preparation and training.
- The Student-Athlete has the responsibility to maintain good academic standing and citizenship standing with the College and the team.
- The Student-Athlete has the responsibility to follow team rules and regulations, and make a commitment of time, talent, and dedication to team goals.

(Approved by the FEC in the name of the Faculty, July 10, 2002)

Study Abroad

All Student-Athletes are encouraged to participate in a study abroad program during their non-championship season. If you are interested in studying abroad, you should discuss your interest with your coach as soon as possible so any disruption to the sport(s) program can be addressed. International travel is an experience that will enhance your learning while at St. Andrews.

Athletics at St. Andrews

Student-Athletes who are dual sport athletes or who participate in the sport of basketball should discuss their interest with their respective coach(es) as soon as possible. It is a student-athlete's right to be able to participate in a study abroad program, but not to the detriment of an entire sport(s) program.

Academic Expectations/Missed Classes

Academic performance is of the utmost importance. Student-athletes are generally successful in the classroom. You are strongly encouraged to work closely with all of your professors as well as your academic advisor.

During your championship season, you are required during the first week of class to discuss with your professors any conflicts you have with class because of games. Any assigned work/tests due on the date you will miss class due to a college event must be turned into the respective professor(s) *PRIOR* to that class.

It is the responsibility of the student-athlete to discuss with his professor(s) any course material he may miss and make arrangements. The Academic Resource Center has tutors for a variety of subject areas. Hours for tutoring are posted on the web. In addition, the Academic Resource Center also houses the Writing Center. Students can get help in writing papers for any subject area.

It is also college and NCAA policy that a student-athlete may not miss class for practice. This is true during both the championship and non-championship segments for any given sport.

Countable Activities

NCAA rules govern the following:

17.5.1.1 Daily and Weekly Hour Limitations – Playing Season. A student-athlete's participation in countable athletically related activities shall be limited to a maximum of four hours per day and 20 hours per week.

17.1.5.1.1 Golf Practice Round Exception. A practice round of golf may exceed the four hours per day limitation, but the weekly limit of 20 hours shall remain in effect. A practice round played on the day before the start of a collegiate golf tournament at the tournament site shall count as three hours regardless of the actual duration of the round.

17.1.5.2 Weekly Hour Limitations – Outside of Playing Season. Outside of the playing season during the academic year, only a student-athlete's participa-

Athletics at St. Andrews

tion in weight training, conditioning, and individual skill instruction shall be permitted. A student-athlete's participation in such activities shall be limited to a max of 8 hours per week, of which not more than two hours per week may be spent on individual skill workouts. A student-athlete may not participate in any countable athletically related activities outside the playing season during any institutional vacation period.

17.1.5.4 Required Day Off – Playing Season. During the playing season, all countable athletically related activities shall be prohibited during one calendar day per week, except during participation in one conference and postseason championship and any postseason certified bowl games or National Invitation Tournaments, during participation in NCAA Championships.

17.1.5.5 Required Days Off – Outside the Playing Season. Outside the playing season, during the academic year, all countable athletically related activities shall be prohibited during two calendar days per week.

- Practice
 - Field, floor or on-court activity
 - Setting up offensive or defensive alignment
 - Chalk Talk
 - Lecture on or discussion of strategy related to sport
 - Activities using equipment related to the sport
 - Discussion/Review of game films, motion pictures or videotapes related to the sport
- Competition
- Required Weight Training and Conditioning
- Physical fitness classes other than those regularly offered in the course catalogue
- Individual skill instruction held at the request of the student-athlete
- Required participation in permissible tryout activities
- Required participation in camps, clinics, or workshops
- Field/court activities called by a team member(s), primarily confined to members of that team, and considered requisite for participation in that sport (e.g. captain's practice)
- Visiting the competition site in golf and cross country
- Use of St. Andrews athletic facilities when the activities are supervised by or held at the direction of the coaching staff member.

Required Forms

The following forms are needed for NCAA and/or institutional clearance.

Athletics at St. Andrews

Where indicated, there is a deadline for completing specific forms. Please note, failure to complete some forms may jeopardize your eligibility, your participation or your financial aid.

Initial Eligibility Center Certification	Freshman year, before allowed to compete
NCAA Student-Athlete Statement	Annually, prior to first competition date
NCAA Drug Testing Consent	Annually, prior to first competition date
Class Registration	Before 1st day of class, each semester
Declaration of Major	Before beginning 5th semester
Student Insurance Waiver	Before 1st practice date
Physical Exam	Annually, before 1st practice date
Medical History	Annually, before 1st practice date
Insurance Form	Annually, before 1st practice date
St. Andrews Drug Testing Consent	Annually, before 1st practice date
FAFSA	ASAP after January 1
Letter of Commitment	Annually, before July 1

Recruiting

As current student-athletes, you may be asked by your coach(es) to speak with or host a prospective student-athlete (recruit) during his or her visit to campus. Please familiarize yourself with both the NCAA recruiting guidelines as outlined below for official and unofficial visits. In addition, St. Andrews does have specific guidelines governing both official and unofficial visits made by prospective student-athletes. Your coach(es) should go over the guidelines listed below, but it is also your responsibility to educate yourself. If you have any questions concerning these guidelines, please ask your coach(es) or the Compliance Coordinator.

Unofficial Visits

A prospective student-athlete (recruit) may visit an institution's campus at his or her own expense an unlimited number of times. A prospective student-athlete may make unofficial visits before his or her senior year so long as those visits are not prearranged by members of the athletics department and are initiated and arranged by the prospect.

Meals on Unofficial Visits

An institution may provide a prospect (and the prospect's parents or legal guardians) with one meal in the institution's on-campus dining facility during

Athletics at St. Andrews

an unofficial visit. In addition, an institution may provide a meal in an off-campus dining facility when all on-campus dining facilities are closed.

Entertainment on Unofficial Visits

It is not permissible for an institution to pay for entertainment expenses of a prospect or that prospect's student host during an unofficial visit.

Official Visit

An institution may finance only one visit to its campus for a prospect. An official visit to an institution shall not exceed 48 hours.

Entertainment on an Official Visit

An institution may provide entertainment, which may not be excessive, on the official visit only for a prospect and the prospect's parents or legal guardians and only within a 30-mile radius of the institution's main campus.

Student Host

Your role as a student host is very important in the recruiting process for our athletic teams. You have the responsibility to understand and abide by NCAA and institutional regulations. Please carefully review the following rules:

1. Only one student-athlete per day from our institution can serve as an official host for each prospect. If you are a freshman, you must have been a high school qualifier. Other students may assist with hosting the prospect, but shall pay for their own entertainment and meals.
2. A maximum of \$30 for each day of the visit may be provided to cover all actual costs of entertaining yourself, the prospect and the prospect's parents, legal guardians, or spouse excluding the cost of meals and admission to campus athletic events. These funds may not be used for the purchase of souvenirs such as T-shirts or other institutional mementoes. It is permissible for you to receive an additional \$15 per day for each additional prospect you entertain.
3. No cash may be given to the visiting prospect or to anyone accompanying the prospect.
4. You may not use vehicles provided or arranged for by any coach, institutional staff member or booster of the university. NEVER allow the prospect to use or drive your car.
5. You may not transport the prospect or anyone accompanying the prospect more than 30 miles from the campus.
6. You should not allow recruiting conversations to occur on or off campus between the prospect and a booster of the athletics program. If an

Athletics at St. Andrews

unplanned meeting occurs, only an exchange of greetings is permissible.

7. You may receive complimentary admission when accompanying a prospect to a campus athletic event.
8. Obey all campus rule and regulations, especially all policies on alcohol and other drug use. **Remember, if you are under 21 years of age, it is ILLEGAL for you to consume alcoholic beverages consistent with NC State Law.**
9. **All recruits must be off campus and at their hotel by 12 midnight. NO EXCEPTIONS.**

Nonqualifier prohibition of hosting

The student host must be enrolled in the member institution being visited by the prospect. A nonqualifier may not serve as student host during his/her first academic year in residence.

Prospective Recruit Expectations

A. What you may expect during a college visit.

Remember: The purpose of the campus visit is for you to learn as much as you can about the school, the athletic program, and your future team(s).

1. To meet with the coaching staff.
2. To have your visit “hosted” by a member of your future team.
3. To attend classes.
4. To observe a practice or a game
5. To eat meals with your host and other teammates at an on campus dining facility.
6. To enjoy free time with student-athletes and students.
7. To attend a college function, e.g. sporting event, play, etc.
8. To tour the campus and athletic facilities.
9. To meet with an Admissions Counselor or Financial Aid Staff Member.
10. To meet with a faculty member from the department of your academic interest.
11. To meet with the administration from the college.

B. What shouldn't happen during your visit?

1. You should not be forced into awkward or inappropriate social situation which make you feel uncomfortable or threatened.
2. You should not be involved in or associate with any illegal activities.
3. You should not be involved in any activities which violate NCAA rules and regulations such as:
 - Being entertained at a site more than 30 miles from the college

Athletics at St. Andrews

- Being offered or accepting any college souvenirs or gifts other than those given to you by the Office of Admissions
- Having a conversation, on or off campus, with any boosters of the athletic program
- Riding in a car borrowed from the coach, college, or athletic boosters
- Accepting cash from a student, coach, or athletic booster

C. What is expected of you on your visit?

Remember: While you are visiting a college to see if you want to attend, the college is also looking to see if you are “fit” for their program and school, so act properly.

1. Be prepared to ask questions about college life and the academic and athletic programs.
2. Bring and wear appropriate clothing for both social and academic activities.
3. Be on time for all appointments and meeting scheduled for you on your visit.
4. Be considerate of the academic responsibilities of your host and other students.
5. Obey all campus rules and regulations, especially all policies on alcohol and other drug use. **If you are under 21 years of age, it is ILLEGAL for you to consume alcoholic beverages consistent with NC state law.**
6. **If your visit requires overnight stay, you must be off campus and at your hotel by midnight. NO EXCEPTIONS.**

Housing Accommodations for Unofficial and Official Visits

Per St. Andrews Presbyterian College’s institutional policy, it is not permissible for prospective student-athletes (recruits) to stay overnight on campus in any of the dorms. This policy is effective for both official and unofficial visits that have been arranged by any members of the athletic department’s coaching staff.

Prospective student-athletes visiting the campus for more than one day must be off campus by 12 midnight. For prospects making official visits, it is permissible for members of the coaching staff to arrange overnight accommodations at area hotels. There are no exceptions to this policy.

Suggested activities for student hosts entertaining prospects

- Attending any on-campus athletic events
- Intramurals
- SAU or Student Life sponsored activities (bands, d.j., plays, etc.)
- Game Room

Athletics at St. Andrews

- Video Games in dorms
- Movies
- Board Games
- Poetry or other readings on campus
- Use of the pool during normal operating hours
- Use of the fitness center/weight room during normal operating hours

For questions on other activities while entertaining your prospect on campus please see your coach(s) or the Compliance Coordinator.

Athletic Scholarships

The NCAA, Conference Carolinas, and St. Andrews each set limits on the amount of athletic grant-in-aid, which can be awarded, to individual student-athletes and athletic teams. Student-athletes receiving more than the permissible amount of individual aid must have their financial aid awards reduced. For a student-athlete to receive a scholarship, he/she must be enrolled as a full-time undergraduate student with NCAA eligibility remaining.

Athletic aid is awarded for one academic year. There is no four-year guarantee of receiving athletic aid. The Head Coach, in consultation with the Director of Athletics will determine renewals, reduction, or cancellation of awards. Initial athletic scholarship offers and renewals will be done through the signing of the St. Andrews Athletics Letter of Commitment. This contract is St. Andrews' financial commitment to you and your athletic commitment to St. Andrews. If your award is reduced or cancelled, you will be informed in writing, and you may appeal that decision by contacting the chair of the Admission, Retention and Financial Aid (ARFA) Committee.

The letter to you will detail the reason(s) for the non-renewal. Further, the letter will inform you that you may appeal the decision to the ARFA Committee. You must appeal the decision in writing. The letter shall be addressed to the current ARFA chair, and shall be within two weeks of the written notification you received from the Director of Financial Aid stating that your aid would be reduced, cancelled, or not renewed. After ARFA reviews the appeal, the Chair shall notify the student-athlete in writing of the Committee's decision. The Chair shall also forward a copy of the letter to the Director of Financial Aid.

NCAA Regulations

According to NCAA regulations, you are **not eligible** to receive financial aid other than that which is distributed by St. Andrews. However it is permissible

Athletics at St. Andrews

to receive:

- Money from anyone upon whom you are naturally or legally dependent;
- Financial aid that has been awarded to you with no emphasis on athletics ability; or
- Financial aid from an entity outside of St. Andrews that meets the requirements specified in the NCAA Division II Manual.

You must report to the Office of Student Financial Planning any monies that you receive from sources other than your parents or guardians. If you receive any type of scholarship that is not included on your St. Andrews Financial Aid letter (like from your local church or other community group), simply call the Director of Student Financial Aid and report the amount and the source.

15.3.4 Reduction and Cancellation during Period of Award

15.3.4.1 Reduction or Cancellation Permitted.

Institutional financial aid based in any degree on athletics ability may be reduced or canceled during the period of the award, if the recipient:

- (a) Renders himself or herself ineligible for intercollegiate competition;
- (b) Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement;
- (c) Engages in serious misconduct warranting substantial disciplinary penalty; or
- (d) Voluntarily withdraws from a sport at any time for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the term in which the aid was reduced or canceled. Further, if the financial aid is canceled before a regular academic term, the aid may not be provided to another student-athlete during the ensuing academic term.

15.3.4.1.1 Fraudulent Misrepresentation.

If a student-athlete is awarded institutional financial aid on the basis of declaring intention to participate in a particular sport by signing a letter of intent, application or tender, action on the part of the grantee not to participate (either by not reporting for practice or after making only token appearances as determined by the institution) would constitute fraudulent misrepresentation of information on the grantee's application, letter of intent, or financial aid agreement and would permit the institution to cancel or reduce the financial aid.

15.3.4.1.2 Misconduct.

An institution may cancel or reduce the financial aid of a student-athlete who is found to have engaged in misconduct by the university's regular student dis-

Athletics at St. Andrews

ciplinary authority, even if the loss of aid requirement does not apply to the student body in general.

15.3.5 Renewals and Nonrenewals

15.3.5.1 Institutional Obligation.

The renewal of institutional financial aid based in any degree on athletics ability shall be made on or before July 1 before the academic year in which it is to be effective. The institution shall promptly notify in writing each student-athlete who received an award the previous academic year and who has eligibility remaining in the sport in which financial aid was awarded the previous academic year whether the grant has been renewed or not renewed for the ensuing academic year. Notification of financial aid renewals and nonrenewals must come from the institution's regular financial aid authority and not from the institution's athletic department.

15.3.2.4 Hearing Opportunity

The institution's regular financial aid authority shall notify the student-athlete in writing of the opportunity for a hearing when institutional financial aid based in any degree on athletics ability is reduced or canceled during the period of the award, or not renewed. The institution shall have established reasonable procedures for promptly hearing such a request and shall not delegate the responsibility for conducting the hearing to the university's athletics department or its faculty athletics committee.

Office of Student Financial Planning

The office of Student Financial Planning is located in the LA Building, next to the Admissions Office. All of your grants, loans and scholarships will be routed through this office. If you ever have questions about financial assistance, or are looking for additional financial aid sources, see the staff in the office of Student Financial Planning.

Employment

If you need to obtain an off-campus job during the academic year, take some time to discuss it with your coach first to be sure that it will not interfere with your academic and athletic success.

There is no limit on the amount of money you can earn through legitimate employment, as long as the following rules are followed:

- Neither an athletics department staff member nor any representative of St. Andrews' athletic interests are involved in arranging the employment;

Athletics at St. Andrews

- You are paid only for actual work performed; and
- The compensation is at a rate commensurate with the going rate in this area for similar services.

To retain your amateur status, you may not receive any compensation that includes any remuneration for value or utility that you may have for the employer because of your athletics reputation.

Athletics Facilities

All athletics facilities are free for use to all students except for the varsity facilities. When using St. Andrews' facilities, it is expected that you will respect posted hours and rules and will behave in a manner representative of a St. Andrews student-athlete.

PE Building

The PE Building is centrally located on the residential side of Lake Ansley Moore. It houses Harris Court, where the Varsity Volleyball and Basketball teams compete, the Carl F. Ullrich Weight Room, the Training Room, Offices for the Athletic Department Staff, Racquetball Courts, Sports Studies Classrooms, the O'Herron Swimming Pool, a practice gymnasium, and the Athletic Hall of Fame room.

The building is open Monday thru Saturday during posted hours. On game days, the fitness center and pool may be closed. Students and student-athletes may use the facility; however, scheduled Varsity practices and other scheduled events take precedence over individual use. Student-athletes are **NOT** permitted to use the facilities outside of posted hours except in conjunction with an official practice.

Outdoor Facilities

On campus, there are two sand volleyball courts, a three-hole pitch-and-putt golf course, a quarter-mile track, and acres of grass fields that students may use at any time. Varsity teams will occasionally practice on some of the fields; their scheduled practices take precedence over recreational activities.

Also, there are game fields for baseball, softball, soccer, and lacrosse. It is requested that you not use the game fields without permission from the Head Coach of the particular sport.

Athletics at St. Andrews

Athletic Training

St. Andrews is proud to employ three full-time Certified Athletic Trainers. Their primary responsibilities are to prevent, recognize, manage and rehabilitate sports injuries. They will fulfill these responsibilities through organized pre-participation physical screenings, by preparing athletes for practice and competition, evaluating injuries, developing injury rehabilitation programs and administering the St. Andrews College Athletic Department Drug Testing Program. The Athletic Trainers are also available for consultation for any health concerns you may have, and may refer you to the appropriate physician or counselor.

In addition to the Certified Athletic Trainers, there may be several Student Athletic Trainers who work with you or your team. It is expected that you treat the students with the same respect you would treat the Athletic Trainers or your Coach.

While in the Training Room it is asked that you observe the following rules:

- 1) Always sign in on the Daily Treatment Log before entering the Training Room.
- 2) Appropriate clothing is required. Shorts and T-shirts allow the easiest access to your injured body part while remaining appropriate for a co-ed facility.
- 3) If you get injured, inform an Athletic Trainer as soon as possible. Early detection and treatment of a problem, however minor it may seem at the time, is key to keeping you in your sport.
- 4) Do not self-treat your injuries in the Training Room. See an Athletic Trainer to determine what your treatment protocol should be on a daily basis.
- 5) Do not play around with any of the equipment or horseplay with another person while in the Training Room.
- 6) Please shower immediately after practice and prior to reporting to the Training Room.
- 7) No profanity or other disrespectful or inappropriate conduct is allowed in the Training Room.

Medical Insurance

All students are required to carry medical insurance. If an athlete is not covered by a parent's policy, student health insurance may be purchased through St. Andrews.

The Athletic Department carries secondary, or excess, medical insurance

Athletics at St. Andrews

through First Agency, Inc. This policy will cover athletic injuries sustained during supervised practice or competition and during travel to and from athletic events. If you are injured, report the incident to an **Athletic Trainer** as soon as possible. The Athletic Trainers will provide you with the appropriate treatment and referral to a physician, if necessary. The Intercollegiate Athletic Insurance Policy will not cover medical attention sought by an athlete without proper referral by an Athletic Trainer and all bills incurred will be the responsibility of the athlete and/or family.

Medical bills must first be filled through the athlete's primary provider (parent's insurance). The Athletic Department policy will begin coverage after the primary insurance has paid benefits. If you should still receive medical bills bring them to the Athletic Training Department for the Athletic Trainers to file appropriately.

NCAA Tobacco Policy

The NCAA bans the use of all tobacco products by all game personnel during practice and competitions. This includes the use of smoked and smokeless products by the officials, coaches, players, managers, and trainers. The NCAA also bans tobacco use during practices and games in NCAA approved summer baseball leagues.

NCAA Drug Testing

The NCAA conducts year-around and championship testing in all varsity sports. Each year, student-athletes are required to sign a consent form for NCAA drug testing. If an athlete tests positive during an NCAA drug test, he/she will be declared ineligible for a period of one (1) calendar year and will be charged with a minimum of one (1) season of competition in all sports in which he/she participates. A second positive test for any banned substances will result in the loss of all remaining eligibility.

Banned Drugs

For a complete list of all banned substances from the NCAA, please visit the website at: http://www1.ncaa.org/membership/ed_outreach/health-safety/drug_testing/banned_drug_classes.pdf. This website can be changed daily. If you have any questions about a substance you are taking, please bring the entire bottle and all labeling/instructions to the Head Athletic Trainer. Remember, if you test positive for a banned substance, ignorance is not an excuse.

Athletics at St. Andrews

St. Andrews Athletics Drug Testing Policy 2008-2009

The purpose of drug testing at St. Andrews is to provide for the health and safety of athletes who participate in Intercollegiate Athletics. The Athletic Department views drug use as an unacceptable behavior choice and detrimental to our efforts to fulfill the mission of the College. The drug-testing program will seek to identify student-athletes in need of assistance with a drug use problem and provide them with appropriate intervention, education, and supportive counseling.

Procedures

Random drug testing will take place on a regular basis with each student-athlete being eligible for selection at each drawing, regardless of whether or not the athlete has been tested previously. Each student-athlete is eligible for drug testing during the Championship and Non-Championship segment of competition. Further, the NCAA conducts year-round drug testing including during the summer months. Each student-athlete is eligible for selection by the NCAA for drug testing.

Any student-athlete may also be tested at the request of the Head Coach, Athletic Trainer, or Athletic Director if reasonable suspicion exists that the athlete has participated in prohibited drug or substance abuse.

There are four circumstances that constitute a positive drug test:

1. A positive identification of an NCAA banned substance in the urinalysis.
2. A refusal or failure to take the test when notified.
3. Any manipulation or tampering with the urinalysis that may alter the results of the test.
4. Failure to report to the Athletic training room, or mandated testing site, within 20 minutes of contact.

If you are selected for drug testing, an Athletic Trainer will notify you. At that time, you must report to the athletic training room within 20 minutes of contact. The student-athlete must reply to any attempt of contact by the athletic trainer or it is deemed as refusal to take the test. A member of the Athletics Staff may provide you with transportation to the testing site. All drug testing, unless at the request of the NCAA, will be conducted at the Occupational Health Center of Scotland Memorial Hospital.

You must bring your driver's license or other picture identification with you to the testing site. In addition, you must remain at the site until you provide a

Athletics at St. Andrews

viable urine sample to be tested. Results will be sent to the Athletic Trainer usually within 48-72 hours dependent upon the lab testing.

The college is aware of the possibility of “false positive” testing. If you are taking any prescription medications, have the pharmacy name, medication name and dose of the medications available for verification. If your test comes back positive for a banned substance, any questions or appeals must be directed to Fleet Screen Laboratories.

Sanctions:

A positive drug test for any of the substances on the NCAA list of banned drugs will result in the following sanctions:

First Offense

- Mandatory drug assessment and subsequent counseling with the St. Andrews counselor.
- Suspension from 50% of the championship competitive season. The 50% will be based upon the total number of scheduled competitions in the competitive season for the current academic year. If the suspension extends past the conclusion of the competitive, championship segment, that student-athlete will also be withheld from all competitions in the non-championship segment.
- The competitions in the non-championship segment do not count towards the total games the student-athlete must miss to serve the 50% suspension. In some cases, the suspension could extend into the championship segment of the next academic year.
- A dual sport student-athlete’s suspension will be equal to 50% of the competitions of the competitive season for the sport in which there was a positive test.
- A dual sport student-athlete’s suspension will be equally divided between the different sports. In addition, that student-athlete will not be permitted to participate in non-championship competition for either sport (if applicable) and those competitions will not count towards the total suspension.
- May result in a reduction or cancellation of athletics scholarship as determined in consultation with the Head Coach(s) and Director of Athletics.
- 10 Hours of Community Service at Scotland Enterprises

Athletics at St. Andrews

- Meeting with the Director of Athletics
- Notification of the student-athlete's parent(s) or legal guardian(s) by the Director of Athletics.
- During the suspension, the student-athlete may at any time be randomly selected for drug testing at the expense of the student-athlete.
- Prior to engaging in the competition at the conclusion of the suspension, the student-athlete will be required to complete a follow-up drug test at the student-athlete's expense at the Occupational Health Center of Scotland Memorial Hospital. Any member of the Department of Athletics may provide the student-athlete with transportation to the Occupational Health Center. The Head Athletic trainer must have documentation that this has occurred and that the test is negative prior to the student-athlete's full reinstatement on the athletic team.

Second Offense

- Dismissal from team(s)
- Loss of all Athletics Scholarship monies
- No opportunity to return to the team(s) during remaining eligibility
- Notification of parent(s) or legal guardian(s) by the Director of Athletics

Once a student-athlete has tested positive for a banned substance, a second positive test that occurs at any time during the student-athlete's collegiate career at St. Andrews Presbyterian college will result in the above mentioned sanctions.

Alcohol Policy

The purpose of the alcohol policy for student-athletes is to provide for the health and safety of students who participate in Intercollegiate Athletics. The use of alcohol has been demonstrated to affect the performance of athletes. Further, the law states that a person must be 21 years of age to purchase and consume alcohol. The alcohol policy will enable the Department of Athletics to work cooperatively with the Office of Student Affairs to control alcohol consumption. Further, it will enable the Department to identify student-athletes in need of assistance with an alcohol abuse problem and provide them with appropriate intervention, education, and supportive counseling.

Athletics at St. Andrews

St. Andrews Athletics Alcohol Policy for Student-Athletes

- I. Incident documented by Student Affairs – Possible Incident not involving consumption; Written Warning only
 - a. Three hours of community service

- II. First Offense of Consumption Will Likely Constitute
 - a. Six total hours of community service
 - b. Letter home to parent(s)/guardian(s) from the Director of Athletics

- III. Second Offense of Consumption Will Likely Constitute
 - a. Six hours total of community service
 - b. Letter home to parent(s)/guardian(s) from the Director of Athletics
 - c. Suspension from next date of competition in the Championship Segment
 - d. Alcohol Assessment with St. Andrews Counselor

- IV. Third Offense of Consumption Will Likely Constitute
 - a. Six hours total of community service
 - b. Letter home to parent(s)/guardian(s) from the Director of Athletics
 - c. Suspension for the remainder of the year from all competition
 - d. Loss or Reduction of Athletics Scholarship; amount to be determined by the Director of Athletics, respective Head Coach, and Vice President of Enrollment and Student Services
 - e. Alcohol Assessment and Treatment as recommended by St. Andrews Counselor

- V. Fourth Offense of Consumption Will Likely Constitute
 - a. Dismissal from the Team
 - b. Loss of Athletic Scholarship

Community Service

All community service hours must be completed by the student-athlete within 14 days of the date of notification. Community Service hours shall be coordinated by the respective Head Coach. Community Service Completion Form must be submitted to either the Director or Associate Director of Athletics within the 14 day time frame. Failure to complete community service hours will result in additional sanctions at the Director of Athletics' discretion. Suggested community service opportunities include:

- Public Safety – Gary Dimsdale

Athletics at St. Andrews

- Scotia Village - Coach Burris
- Physical Plant – Steve James
- PE Facilities – Elizabeth Hernandez
- Cafeteria – Leanne Balon
- Therapeutic Horsemanship – Pebbles Turbeville
- Other Areas as approved by the Director of Athletics

Notification of Incidents

There are two ways that the Director of Athletics can be informed of an incident involving a student-athlete and alcohol. First, the Director can be informed by Student Affairs. Secondly, the Director can be informed of a problem that has not been reported to Student Affairs by a member(s) of the campus community.

- Student Affairs – The Director of Athletics will receive notification from the Office of Student Affairs on all alcohol violations involving a student-athlete. The sanctions specified in the Alcohol Policy for student-athletes shall not be imposed by the Director until Student Affairs has found the student guilty of said offense and imposed sanctions. If the student-athlete desires to appeal these findings, he should utilize the appeal procedure available to all students as outlined in the *Saltire*. This appeal would be directed to the Office of Student Affairs. While the decision is being appealed, the Director of Athletics will stay any sanctions from the Department of Athletics pending the outcome of the appeal.
- Other – If the Director of Athletics is informed of an incident from another source, the Director will work cooperatively with the student-athlete in question and his respective coach to determine if a violation has occurred. The student-athlete can appeal sanctions given as a result of a violation not reported by Student Affairs. Such appeal shall be directed to the Director of Athletics in writing.
- The Director of Athletics can modify sanctions regarding offenses as deemed appropriate in consultation with head coach and Dean of Students if necessary.
- The Head Coach, in consultation with the Director of Athletics and the Dean of Students (when appropriate), may choose to impose additional sanctions.

Special Programs

Student-Athlete Advisory Committee

The SACC is made up of two representatives from each sport. They meet approximately once a month and serve as liaisons between the student-athlete and the staff. The SAAC also promotes involvement of the campus in athletic

Athletics at St. Andrews

activities as well as student-athlete involvement in campus and community service activities. If you are interested in representing your team on this committee, see your coach or Coach Burris, the SAAC Coordinator.

CHAMPS/Life Skills Program

In 1991, the NCAA foundation initiated efforts to create a total development program for student-athletes. Through the collaborative efforts of the NCAA Foundation and the Division 1A Athletic Directors' Association, the CHAMPS/Life Skills Program (Challenging Athletes' Minds for Personal Success) was created.

In 1994, after several years of development by the NCAA Foundation, the CHAMPS/Life Skills Program was launched to the NCAA Membership. That summer, 46 NCAA institutions participated in the first orientation for administrators from around the country. Since then, approximately 40 member institutions and conference offices have joined the CHAMPS/Life Skills Program each year.

Today, the NCAA Education Outreach staff oversees the development of the program, offering services, support and programs to participating institutions and conference offices throughout the year. The CHAMPS/Life Skills Program is supported through the promotional and financial efforts of the NCEE Leadership Advisory Board and the NCAA national office.

St. Andrews is a proud participant of the CHAMPS/Life Skills Program. The CHAMPS/Life Skills program will:

- Promote student-athletes' ownership of their academic, athletic, career, personal, and community responsibilities.
- Meet the changing needs of student-athletes.
- Promote respect for diversity and inclusion among student-athletes.
- Assist student-athletes in identifying and applying transferable skills.
- Enhance partnerships between the NCAA, member institutions and their communities for the purpose of education.
- Foster an environment that encourages student-athletes to effectively access campus resources.
- Encourage development of character, integrity and leadership skills.

Community Service

Knights' athletes regularly participate in community service events in the Laurinburg area. Such events include building houses for Habitat for Humanity,

Athletics at St. Andrews

and assisting the Chamber of Commerce, Scotia Villiage and Scotland County Schools.

College Services

As a St. Andrews student, there are many departments on campus that are available to assist you when you need it. If you have an issue and aren't sure where to go, talk to your coach and he or she will be glad to guide you to the department.

Health Services

St. Andrews is proud to offer a comprehensive Health and Wellness Services Department. The department is located in Pate Hall and is open Monday through Friday, 8:00 am to 4:00 pm.

If you are ill, go to Health Services to be examined by a nurse. The Nursing Staff is available 24 hours a day, however, only emergencies will be seen outside of the normal hours of operation. The nurse will take care of your needs and can also provide you with a referral to a doctor or hospital, should you need one, as well as verification for a medical reason to miss class or work. If you will miss athletic practice, you need to report to the Athletic Trainer as well.

Counseling services by professional counselors are available to students at no charge. The counselors can also assist you in finding a local mental health professional to help with any long-term problems you have. College is a stressful time with many issues bearing down on student-athletes. If you wish to seek personal counseling, call Wini Gay at ext. 5040 to make an appointment.

Often in conjunction with Scotland Memorial Hospital, the St. Andrews Health and Wellness Services routinely sponsors health education and prevention services. These seminars focus on wellness and a healthy lifestyle, substance abuse education and prevention, and human relationships and sexuality.

Career Services

The Career Services Department at St. Andrews is one of the best in the nation in job placement for graduates. The department works with all students to help prepare for life after graduation. The Career Services Department is located on the first floor of the William Henry Belk Center.

First-year students learn about basic personality types and the way those affect career choices. For sophomores and juniors, the focus shifts to research, internship placement, and individual career counseling and guidance.

Athletics at St. Andrews

For seniors, the obvious focus is on successful placement into either the world of work or graduate school. This includes preparing résumés, polishing interview skills and attending job fairs and interviews. For students who plan to continue their education, Career Services will help you in selecting/applying to graduate school.

St. Andrews Athletic Department Awards

Annually, near the conclusion of the academic year, the Athletic Department will conduct an Athletic Awards Ceremony. The purpose of the ceremony is to recognize teams, individuals, and coaches who are deserving of such honors as presented.

1. Senior Award

Senior Awards are given to graduating seniors who meet the following criteria:

- a. Have received approval from the registrar for graduation
- b. Have participated and lettered in the same sport for a minimum of two years.

2. Robert Renfrow “Peanut” Doak Award

The Robert Renfrow “Peanut” Doak Award is presented each spring to the Outstanding Senior Athlete at St. Andrews. The award is in honor of the legendary Robert Renfrow Doak. The award was established by former student-athletes at Presbyterian Junior College. The Junior College merged with Flora Macdonald College to form St. Andrews.

“Peanut” Doak was a highly successful coach at PJC. Doak was the Director of Athletics and coach of every team at PJC from 1947-1951. During that time his football, basketball and baseball teams won 111 games while coaching.

The award was created and funded by former athletes who admire Doak for the impact he was able to have in the lives of so many of those who he coached.

Doak was a three-sport star athlete at North Carolina State University from 1938-1942. He was instrumental in organizing the women’s basketball program at N.C. State in 1970. He was also responsible for the recruitment of Kay Yow to assume the head coaching position.

The award is given to the individual who, by the vote of the head coaches of each sport, is determined to be the outstanding senior athlete for that year.

Athletics at St. Andrews

3. Carl F. Ullrich Award

The Carl F. Ullrich Award is presented to a senior student-athlete in honor of Carl F. Ullrich.

Ullrich enlisted in the Navy on his 17th birthday, and served in the Pacific until the end of World War II. After graduating from Cornell University with a degree in mechanical engineering, he was called to active duty in the U. S. Marine Corps where he served in the Korean War as an Infantry Platoon Leader and Company Commander. After coaching crew at such schools as Cornell, Columbia and Boston University, he accepted a position at the United States Naval Academy, where he supervised admissions, counseling, recruiting, eligibility and Congressional liaison, while also coaching varsity crew. He later earned a Master's degree from the University of Baltimore in Public Administration.

His first service as Director of Athletics was at Western Michigan University. Subsequently, he was appointed Director of Intercollegiate Athletics at the U. S. Military Academy at West Point. He remained as Athletic Director at West Point for ten years. He eventually left the U. S. Military Academy to become the first full-time Commissioner of the Patriot League, comprising such well-known institutions as Army, Bucknell, Colgate, and Fordham.

After moving to Laurinburg with his wife Becky, he became involved with the athletics program at St. Andrews. He came out of retirement twice to serve as Director of Athletics at St. Andrews, first from 1995 to 1997, and then from 2002 to 2004. While at St. Andrews, he was instrumental in the college's move to NCAA Division II status.

The award is given to the individual who, by the vote of the head coach of each sport, best demonstrates the characteristics of leadership, courage, integrity, and sportsmanship.

The Head Coach from each sport will recognize two student-athletes. The Head Coach of the respective sport determines the criteria for these two awards:

1. **The Knight Award** is given to the member of the team, as determined by the coaches, who best represents the qualities of leadership, hard work, self-discipline, and conducts him/herself well as both a student and athlete.
2. **The Most Outstanding Player Award** is given to the student-athlete who the coach determines made the biggest impact on a team athletically.



Conference Carolinas Awards and Honors

Every year, the Conference Carolinas presents the following awards:

The Messick Trophy is awarded to the institution that displays the best overall sportsmanship during the year. Each institution votes on the award, which honors former East Carolina President, John D. Messick.

The Joby Hawn Trophy honors former Conference Commissioner H.C. "Joby" Hawn. It is awarded to the institution with the best overall intercollegiate athletics program. The winner is determined based on a point-system in championship events.

The Murphy Osborne Award which honors former Conference Commissioner Murphy Osborne, Jr., is awarded annually to the most outstanding senior athlete. The Faculty Athletic Representatives of each institution vote on the recipient.

All-Conference Academic Awards are awarded annually to all junior and senior athletes with a cumulative GPA of 3.25 or higher.

Conference Champion and Runner Up awards are presented annually to the champion and runner-up in each conference sport.

Presidential Honor Roll recognizes all student-athletes with an academic year GPA of 3.0 or higher.

Athletics at St. Andrews

Sports Information

The Sports Information Director at St. Andrews is responsible for media coverage of your team as well as tracking individual and team statistics for your sport. To assist the SID, you will be asked to complete a Sports Information Questionnaire at the beginning of each academic year. This information may be provided to media representatives who request information about you.

The situation may arise when a reporter may interview you. If possible, all interviews should be scheduled through the Sports Information Director.

Here are some tips to help you when dealing with the media:

1. Don't say anything you don't want to see in print!!!!
2. Organize your thoughts before a scheduled interview, so you are sure about the points you want to communicate.
3. Be sure you understand the reporter's question before answering it. Ask for clarification if you don't understand what he or she is asking.
4. Don't believe anything will be "off the record."
5. If possible, try not to be evasive or answer "no comment" to a question, as it raises suspicions. It is better to answer, "I am not familiar enough with that issue to give a fair answer."
6. Do not become overly sensitive about a particular question or story. Most reporters who interview St. Andrews athletes are attempting to write a positive piece.
7. Do not criticize your teammates, your coaches or the College through the media. If you have concerns, share them with your coach, the Athletic Director, or the direct source, not the public.
8. If you are ever uncomfortable with a reporter, politely refer them to your coach or SID.
9. Think about how others may read what you have said. Watch out for all those "I" statements.



