

ATHLETICS DEPARTMENT STAFF CONTACT INFORMATION

University of Missouri-Kansas City
Department of Intercollegiate Athletics
5100 Rockhill Road
Kansas City, MO 64110
(816) 235-1036 (Phone)
(816) 235-1035 (Fax)

GENERAL DEPARTMENT POLICIES AND PROCEDURES

STUDENT-ATHLETE OBLIGATIONS:

You are responsible for reading and following all policies in your Student-Athlete Handbook, Student-Athlete Discipline Policy, team rules, athletic scholarship and those outlined by UMKC. The penalties for non-compliance are stringent, which could include, but are not limited to, the following: dismissal from the team and/or non-renewal of scholarship. Make sure you understand all policies clearly.

STUDENT-ATHLETE AND DEPARTMENT CONDUCT:

Being a UMKC student-athlete is a privilege, not a right. You are expected to demonstrate good sportsmanship, honesty, and integrity at all times, on and off the field. You are also expected to follow student-athlete policies, outlined in this Student-Athlete Handbook, Student-Athlete Discipline Policy, your team rules, athletic scholarship and by UMKC, at all times.

UMKC staff, including UMKC Athletics staff, will try and assist you in meeting your educational, athletic, and ethical priorities. But ultimately, you are responsible for your personal conduct, academic progress, and athletic success. Our hope is that your experience will be one of personal growth, academic achievement, and athletic success.

As a UMKC student, you are subject to all University policies and regulations, in addition to those set forth by UMKC Athletics that govern team participation and scholarship renewal. In addition, you must face the challenges that go along with being a part of a team (i.e. time commitments, physical demands, and public visibility) that other UMKC students may not experience. Therefore, you can expect more obligations and responsibilities than other students.

Unethical conduct by a prospective, enrolled student-athlete or former student-athlete or a current or former UMKC staff member (i.e., coach, athletic administrator, professor, tutor, teaching assistant, student manager, and student trainer) is strictly forbidden and may include, but is not limited to, the following:

- a) Refusal to furnish information relevant to an investigation of a possible violation of an NCAA regulation when requested to do so by the NCAA or the individual's institution;
- b) Knowing involvement in offering or providing a prospective or an enrolled student-athlete an improper inducement or extra benefit or improper financial aid;
- c) Knowingly furnishing the NCAA or the individual's institution false or misleading information concerning the individual's involvement in or knowledge of matters relevant to a possible violation of an NCAA regulation; or
- d) Receipt of benefits by an institutional staff member for facilitating or arranging a meeting between a student-athlete and an agent, financial advisor or a representative of an agent or advisor (i.e., "runner");
- e) Knowing involvement in providing a banned substance or impermissible supplement to student-athletes, or knowingly providing medications to student-athletes contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state and federal law. This provision shall not apply to banned substances for

- which the student-athlete has received a medical exception; however the substance must be provided in accordance with medical licensure, commonly accepted standards of care and state or federal law;
- f) Engaging in any athletics competition under an assumed name or with intent to otherwise deceive; or
 - g) Failure to provide complete and accurate information to the NCAA, the NCAA Eligibility Center or the institution's athletics department regarding an individual's amateur status;
 - h) Failure to provide complete and accurate information regarding a student-athlete's use at any time of a substance within the banned-drug classes;
 - i) Knowing participation in sports wagering activities or providing information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition;
 - j) Knowing involvement in arranging for fraudulent academic credit/work or false transcripts for a prospective or an enrolled student-athlete;
 - k) Committing academic misconduct and/or fraud;
 - l) Failing to adhere to all UMKC Academic Policies and Procedures;
 - m) Knowing involvement in offering or providing a prospective or an enrolled student-athlete an improper inducement or extra benefit or improper financial aid;
 - n) Jeopardizing student-athlete welfare or putting them in harm's way (i.e. driving them while intoxicated/under the influence of alcohol and/or drugs.);
 - o) Failure to provide complete and accurate information to the NCAA, the NCAA Eligibility Center or institution's admissions office regarding an individual's academic record (e.g., schools attended, completion of coursework, grades and test scores);
 - p) Fraudulence or misconduct in connection with entrance or placement examinations;
 - q) Failure to provide Sports Medicine, Sports Performance and coaching staff with accurate information about any injuries or possible injuries;
 - r) Failure to provide your coach notice with regards to lateness and/or absence from practice and/or competition;
 - s) Failure to show respect for teammates, coaches, administrators, trainers, UMKC faculty and staff;
 - t) Failure to wear attire that represents UMKC while representing the institution;
 - u) Failure to adhere to all NCAA, conference, UMKC, and UMKC Athletics requirements to maintain eligibility and financial aid.

SPORTSMANSHIP:

You are responsible for representing the people, values, ideals, and traditions associated with UMKC with integrity. You are responsible for obeying the rules and regulations of the NCAA, The Western Athletic Conference, UMKC, and UMKC Athletics.

Pursuant to NCAA legislation, all student-athletes shall act with honesty and sportsmanship at all times. Student-athletes shall play fair and honorably, and in a manner consistent with the high standards associated with competitive sports.

Additionally, at UMKC we expect our student-athletes exhibit a positive attitude and show respect to our opponents. With that in mind, you should look for ways to encourage high-quality play and effort, regardless of whether it is exhibited by a teammate or an opponent.

Even though games are intense and emotional, you should never demean the opponent. With that in mind, you are prohibited from fighting, taunting, "showing up", or disrespecting any opponent, official, or fan. You are also prohibited from inciting crowd

hostility or using profanity directed at an opponent, fan, or official.

Unsportsmanlike or unethical conduct will subject you to disciplinary action by the Western Athletic Conference. The inappropriate conduct may also subject UMKC Athletics to disciplinary action. If the conduct results in bodily injury, penalties may be increased. Furthermore, any actions contrary to these expectations may result in immediate action by UMKC, including, but not limited to: suspension, removal from the team, or scholarship revocation.

STUDENT-ATHLETE DISCIPLINE POLICY:

The purpose of the UMKC Student-Athlete Discipline Policy is to establish standards of personal conduct expected for all student-athletes. Participation in intercollegiate athletics at UMKC is a privilege and there are responsibilities associated with that privilege. This document outlines the potential consequences for a student-athlete's behavior as it relates to violations of local, state or federal laws. In addition to this policy, UMKC student-athletes are subject to the rules and regulations of their individual team, the NCAA, the Western Athletic Conference and the University of Missouri-Kansas City. The Director of Athletics or designee has the authority to review and modify sanctions if circumstances of the violation warrant such action.

A. CRIMINAL VIOLATIONS OF LOCAL, STATE OR FEDERAL LAWS:

LEVEL I. SUSPENSION FOR CRIMINAL OR TITLE IX VIOLATIONS

If the UMKC Athletics Department has information which leads it to conclude a student-athlete has been arrested or charged with a violation of local, state, or federal law involving violence (e.g. rape, assault), theft, drugs (e.g. possession, distribution and/or possession with intent to distribute), major alcohol infractions (e.g. operating a motor vehicle under the influence, supplying liquor to underage person), felony charges of any kind, or violation of Title IX or university policy, then the student-athlete shall be automatically suspended from intercollegiate athletics competition and may be suspended from practice. Any suspension imposed remains in effect until charges have been resolved by the legal system, applicable university or departmental disciplinary measure have been issued and/or the department lifts or modifies the suspension. By suspending the student-athlete, the Athletics Department is not prejudging guilt or innocence nor whether department discipline is necessary. Rather, the suspension protects the integrity of the department in instances where a student-athlete has been arrested or charged with a criminal offense.

First Infraction: The student-athlete shall be indefinitely suspended from competition and the head coach or director of athletics may add further sanctions as deemed necessary.

Second Infraction: The student-athlete shall be indefinitely suspended from competition and the head coach or director of athletics may add further sanctions as deemed necessary.

Third Infraction: The student-athlete shall be dismissed from the team.

LEVEL II. OTHER INFRACTIONS

A student-athlete arrested or charged with other infractions (non-Level I violations such as public intoxication, disorderly conduct, minor in possession), is subject to the following sanctions. The Athletics Department has the right to declare any infraction as Level I.

First Infraction: The student-athlete is required to meet with the Director of Athletics, or designee, to review the infraction. The student-athlete shall be required to (1) attend an assessment session with a licensed counseling provider to assess if more intervention is needed and (2) may be required to perform community service as set forth in the meeting.

Second Infraction: The student-athlete is required to meet with the Director of Athletics, or designee, to review the infraction. The student-athlete (1) shall be required to attend an assessment session with a licensed counseling provider to assess if more intervention is needed, (2) may be required to perform community service as set forth in the meeting and (3) shall miss 10% of all regularly scheduled competitions (including post-season, but not exhibitions), beginning with the next event.

Third Infraction: The student-athlete is required to meet with the Director of Athletics, or designee, to review the infraction. The student-athlete shall be indefinitely suspended from competition and the head coach or director of athletics may add further sanctions as deemed necessary.

NOTICE OF VIOLATION:

When a student-athlete violates the Discipline Policy, the Director of Athletics, or designee, shall immediately inform the head coach and student-athlete of the violation in writing. The written notice should be hand delivered (or if hand delivery is unsuccessful, other methods of delivery that insure receipt of the notice by the student-athlete) and include information about the appeal process.

The discipline for each case will be determined by Athletics Department staff members (select individuals from a group which includes the Director of Athletics, Sports Administrators, and Head Coaches) after review of available reports and discussions with accused student-athletes and/or witnesses.

SUSPENSION GUIDELINES:

If suspended from the team, the student-athlete will not be able to compete, but will be allowed use of the facilities for academic services, athletic training and strength and conditioning. The student-athlete may be suspended from practice activities. The student-athlete's name will remain on squad lists and financial aid will be continued.

DISMISSAL GUIDELINES:

If dismissed from the team, the student-athlete will not practice or compete nor use facilities for academic services, athletic training or strength and conditioning. The student-athlete's name will be deleted from the roster and financial aid may be discontinued and will not be renewed.

B. OTHER RELEVANT POLICIES:

1. VIOLATIONS OF UNIVERSITY REGULATIONS

Violations of the University's Student Standard of Conduct, available at http://www.umkc.edu/helpline/code_conduct.asp

are under the jurisdiction of the Dean of Students Office with recommendations for disciplinary sanctions provided by the Office of Judicial Affairs under the procedures set out in the Student Disciplinary regulations.

2. VIOLATIONS OF TEAM RULES

Each head coach may develop and enforce his or her own set of team rules to establish standards for team conduct. These rules may be more restrictive than athletics department, university, conference, or NCAA rules. Head coaches have the authority to suspend or dismiss student-athletes if violations of team rules warrant such a decision and the coach and administrator agree on the requisite action. Appeals of dismissals by the head coach as a result team rules violations are to be resolved by the Director of Athletics or designee.

3. VIOLATIONS OF NCAA REGULATIONS

Student-athletes, coaches and staff members are subject to the rules and regulations of the NCAA, which governs unsportsmanlike behavior, non-therapeutic drug use, impermissible awards, benefits and expenses, gambling and bribery and other forms of misconduct.

All such rules and regulations are available in the NCAA Manual or online at <http://www.ncaapublications.com/p-4339-2013-2014-ncaa-division-i-manual-january-version.aspx>

Student-athletes coaches and administrators have a duty to report suspicion of rule violations to the UMKC Compliance Office.

4. VIOLATIONS OF WESTERN ATHLETIC CONFERENCE REGULATIONS

UMKC and its Athletics Department fully endorse the policies of the Western Athletic Conference as they relate to student-athlete conduct, conference championship play and the intra-conference transfer of student-athletes. Contact the Compliance Office for questions regarding conference rules and regulations.

SUMMARY OF PENALTIES:

Policy	1st Offense	2nd Offense	3rd Offense
Level I (Student-Athlete Discipline Policy)	Indefinite suspension from competition (the head coach or director of athletics may add further sanctions as deemed necessary)	Indefinite suspension from competition (the head coach or director of athletics may add further sanctions as deemed necessary)	Dismissal from team
Level II (Student-Athlete Discipline Policy)	Counseling Community Service	Counseling Community Service Suspension of 10% (competitions)	Indefinite suspension from competition (suspension from practice discretionary)
University Student Standard of Conduct	See UMKC Student Standard of Conduct		
Team rules	Developed by Head Coach		
NCAA & The Western Athletic Conference regulations	See NCAA & The Western Athletic Conference Manuals		

THE COMMUNITY:

Your obligations extend beyond the classroom and athletic field. You are a member of the UMKC student-body, the UMKC community, and the Greater Kansas City community. Each expects its members to exhibit respectful and lawful behavior. Simply being a UMKC student-athlete does not mean you are exempt from being punished should you violate a policy, rule, or law. You will subject yourself to all possible penalties should you violate the rules or laws imposed by these communities.

ALCOHOL, DRUGS, AND TOBACCO:

The legal drinking age in Missouri and Kansas is 21. However, as a student-athlete, you are also prohibited from drinking alcoholic beverages when representing UMKC or attending UMKC-sponsored events.

Additionally, you are not to drink and drive. You are not to use alcohol to a degree that it affects your academic or athletic performance, affects your personal relationships or fi-

nances, or to a degree it leads to legal problems. You are not to drink alcohol in department-issued UMKC athletics apparel, or to drink alcohol with recruits or their associates. If you are involved in an alcohol-related incident in which there are no legal consequences, your Head Coach, the sport supervisor, and the Director of Athletics will determine whether suspension from practice and/or competition is warranted per the UMKC Discipline Policy.

The use of illegal or “performance enhancing” drugs is completely inconsistent with the purpose of intercollegiate athletics and creates a danger to the health and safety of all student-athletes. If you need to purchase an over-the-counter medication, or if your doctor prescribes a drug, you should notify your athletic trainer before consumption. UMKC Athletics upholds and enforces NCAA and UMKC regulations regarding alcohol, tobacco, non-therapeutic prescription drugs, and all NCAA banned drug classes.

Tobacco is prohibited by NCAA regulations and will not be permitted by UMKC student-athletes or staff members during any team functions. A team function is defined as any activity held as a team, including meetings, practices, informal workouts, games, or banquets, both on and off-campus. Additionally, UMKC Athletics discourages all UMKC student-athletes from using tobacco in their private lives. Violation of NCAA or University rules regarding tobacco will subject the student-athlete to discipline.

UMKC and UMKC Athletics do not condone the use, possession, sale, manufacture or distribution of drugs that are illegal, may involve medical or psychological hazards to individuals, or may lead to interference with the rights and privileges of others.

You shall sign a statement in which you consent to be tested for the use of drugs prohibited by NCAA rules and regulations prior to participating in intercollegiate competition. Failure to complete and sign the form shall result in your ineligibility for participation in all intercollegiate practice and competition. In addition, UMKC has an institutional drug-testing program and provides educational opportunities to enhance the student-athletes’ awareness of the effects of substance abuse.

From time to time, the NCAA will randomly drug test student-athletes across the country. When the NCAA seeks to test a particular UMKC student-athlete, it will email the Sports Medicine Staff prior to the test with the names of the student-athletes who are to be tested. The student-athletes who are to be tested will be contacted and instructed to report to the designated location at the designated day and time. An absence or tardy is considered a “positive” test. Therefore, it is recommended that any UMKC student-athlete who is summoned for testing arrive to the Athletic Training Room **at least 15 minutes early**. A first positive NCAA drug test for banned drugs other than illicit drugs will result in the loss of one season of competition for the student-athlete, and the student-athlete must sit out one calendar year from the date of testing. A first positive NCAA drug test for illicit drugs will result in ineligibility from competition for 50% of a season. For a further description of the NCAA Drug-Testing program, refer to the NCAA at: <http://www.ncaa.org/health-and-safety/policy/drug-testing>.

In addition to the random drug tests conducted by the NCAA, UMKC Athletics may randomly test any student-athlete at any time. A positive test from a UMKC drug test will be referred to the Director of Athletics for appropriate action as outlined in the Drug Testing Policy.

YOUR PHYSICAL WELFARE:

Participation in athletics is contingent upon being medically approved by the UMKC Athletics Team Physicians and UMKC Athletics Training Staff. You are required to show evidence of proper medical insurance and provide a current medical history before you may participate in practice or competition. You are expected to keep yourself in top physical condition and you are responsible for continuing training programs prescribed by medical and coaching staffs.

Being prepared to train and compete requires attention to proper sleeping and nutritional habits. The UMKC Student-Athlete Eating Disorder Policy outlines the collaboration and communication of student-athletes with eating disorders in the University setting. Eating disorders can affect the physical and psychological well-being of the student-athlete and may become a life-threatening condition.

INJURIES AND REHABILITATION:

If you require rehabilitation for an injury that affects your physical performance during the academic year, you are required to attend all scheduled rehabilitation sessions until cleared by the UMKC Athletics Training Staff. Also, you must be present at all team practices, home events, and other official team functions unless excused by the head coach. You must alert the UMKC Athletics Training Staff of other doctor visits and suggestions for treatment or rehabilitation. Failure to follow these rules could result in suspension or dismissal from athletics participation at UMKC.

SEXUAL ASSAULT AND ABUSE:

Sexual assault and abuse is broadly defined as nonconsensual, physical contact of a sexual nature. Sexual assault and abuse can occur between acquaintances or unknown parties. Sexual abuse also includes amorous or sexual relationships between student-athletes and Athletics Department personnel (coach or other supervisory staff), even when these relationships are perceived by both parties to be consensual. Amorous or sexual relationships can be defined as any relationship that includes sexual touching, talking, or flirting; engaging in any form of sex; or otherwise developing a private, personal relationship that goes beyond the context of a staff and student professional relationship. UMKC and UMKC Athletics will not tolerate any act of sexual assault or abuse. Violations of this policy will result in disciplinary action, which may include separation from UMKC. For information on the University of Missouri System Policies, including the newly adopted Collected Rules and Regulations, please visit <http://info.umkc.edu/title9/about/>.

Title IX prohibits discrimination on the basis of sex in educational programs and activities that receive Federal financial assistance. Sexual harassment is a form of sex discrimination prohibited by Title IX and sexual violence is a form of sexual harassment.

UMKC's Title IX Officer is Mikah Thompson, Director of Affirmative Action and Title IX Coordinator, thompsonmikah@umkc.edu, 816-235-6910. UMKC Athletic's Deputy Title IX Coordinator is Ursula Gurney, gurneyu@umkc.edu, 816-235-5093. Please also refer to UMKC's Title IX Website: <http://info.umkc.edu/title9/>.

DISCRIMINATION, INTIMIDATION, AND SEXUAL HARASSMENT; REPORTING:

Any form of discrimination or coercion based on race, ethnicity, gender, class, religion, sexual orientation, age, rank, or any other characteristic will not be tolerated.

If you experience or witness anything coercive or discriminatory, you should report it immediately to the Director of Athletics, or the Senior Woman Administrator. The Affirmative Action Office, which is ultimately responsible for investigating all complaints of discrimination or sexual harassment, is located at 218A Administrative Center, 5115 Oak Street; the office may be contacted at 816-235-1323. All formal complaints will be investigated and appropriate action taken.

HAZING:

You shall not encourage or participate in any form of hazing. Hazing is defined as an act that endangers the mental or physical health or safety of a student, or which destroys or removes public or private property, for the purpose of initiation, admission into, affiliation with or as a condition of continued membership in a group or organization. Also, the expressed or implied consent of the student will not serve as a defense. Apathy or acquiescence in the presence of hazing are not neutral acts; they are violations of this

policy (i.e. if you see hazing and do nothing to stop it, you may be found complicit in the hazing).

If you are found to be in violation of this policy, you are subject to suspension from practice and competition, dismissal from the team, and removal of grant-in-aid at the discretion of the Director of Athletics.

Hazing policy cited from the Missouri State University 2009-10 Student-Athlete Handbook.

SOCIAL NETWORKING:

You may have a profile on social networking websites such as Instagram, Snapchat, Facebook and Twitter, so long as there is no offensive or inappropriate content posted or displayed. You are encouraged to use these online communities in constructive and positive ways such as communicating important information to peers, finding people with similar interests, and forming special interest groups. It is your responsibility to ensure the content on your page does not violate the ethics and intent behind the UMKC Student Code of Conduct, the Athletics Department Student-Athlete Conduct Policies, and the UMKC Substance Abuse Policy.

It is important that you understand and use the privacy settings on social networking sites. You should exercise extreme caution in maintaining your website or page. Please understand that anything posted online is available to anyone including potential employers, universities, scholarship committees, media, and predators, even if your page is set to "private". Be aware of whom you add as a friend or follower, and do not provide personal identifying information or your team's travel plans to anyone. Do not infringe on the privacy of your teammates and your fellow student-athletes. Do not post photos of others that could be embarrassing to them, your team or the University. Do not post anything related to prospective student-athletes until they have signed a National Letter of Intent. Actions that indicate approval ("likes," "favorites," "retweets," etc.) are acceptable, but any original posts regarding prospective student-athletes ("status update," "snapchat," "tweets," "quoting a tweet," etc.) are unacceptable. You are responsible for the content you place on other people's sites, not just your own. Any material that is prohibited on your own site is prohibited elsewhere.

WEAPONS:

Possession of dangerous weapons, either concealed or unconcealed, on UMKC property, at UMKC-sponsored or supervised events, in UMKC vehicles, or in personal vehicles when on the UMKC property, is a violation of UMKC policy. Dangerous weapons include guns, knives, explosives, or any other devices as determined by UMKC, which in the manner used or intended are capable of producing death or bodily injury.

UNIVERSITY DISCIPLINE:

Violations of the University's Student Standard of Conduct, available at

<http://www.umkc.edu/>

[helpline/code_conduct.asp](#) are under the jurisdiction of the Dean of Students Office with recommendations for disciplinary sanctions provided by the Office of Judicial Affairs under the procedures set out in the Student Disciplinary regulations. Any student-athlete who is brought before Judicial Affairs will have their case reviewed by the Athletics Director and Head Coach to determine whether additional disciplinary action is appropriate.

Each head coach may develop and enforce his or her own set of team rules to establish standards for team conduct. These rules may be more restrictive than athletics department, university, conference, or NCAA rules. Head coaches have the authority to suspend or dismiss student-athletes if violations of team rules warrant such a decision and the coach and administrator agree on the requisite action. Appeals of dismissals by the head coach as a result of team rules violations are to be resolved by the Director of Ath-

letics or designee.

SEASON-END EVALUATIONS/EXIT INTERVIEW PROCESS:

At the conclusion of each sport season, UMKC Athletics staff will conduct confidential interviews and administer a written evaluation with each team on a random basis. You will have the opportunity to provide input regarding the value of your athletics experiences and the extent of the athletic time demands you encountered. Additionally, you may comment on proposed changes in intercollegiate athletics and concerns related to the administration of the student-athlete's specific sports.

Exit interviews will be conducted immediately after the season for all student-athletes who have exhausted eligibility, have declared intention to graduate or transfer, or for other reasons have indicated they will not be returning to participate in intercollegiate athletics at UMKC. It is incumbent upon the student-athlete to contact the Director of Athletics to schedule his or her exit interview. A student-athlete's failure to participate in the exit interview process could result in a hold being placed on the student's account, which could result in a delay of receiving a diploma or transcript.

ACADEMICS

THE STUDENT-ATHLETE SUPPORT SERVICES OFFICE (SASSO)

SASSO OVERVIEW:

The Student-Athlete Support Services Office (SASSO) provides a variety of educational support to ensure student-athletes acquire the tools to meet their academic, professional and personal goals. SASSO integrates its services within the mission of UMKC and the Department of Intercollegiate Athletics to promote the overall development of the student-athletes. To foster the positive growth of student-athletes, SASSO provides a comprehensive support unit which includes, but is not limited to: academic counseling, academic mentoring, degree and NCAA eligibility monitoring, assessment, tutoring, computer access, academic and individual skill development, individualized study plans, a comprehensive Summer Bridge Program, academic workshops, knowledge of on-campus resources and Student-Athlete development.

The SASSO staff will continue to be innovative in meeting the educational, personal and professional needs of our student-athletes while upholding the academic integrity of the University and maintaining compliance with NCAA, conference, and UMKC regulations.

SASSO GOALS:

The goals of the Student-Athlete Support Services Office are to:

- Maintain the highest level of integrity in our dedication to the academic, personal and professional development of student-athletes.
- Ensure compliance with NCAA, conference, and UMKC academic eligibility requirements, policies and procedures.
- Inform student-athletes of the resources available to them on the UMKC campus in order to better assist them in their academic pursuits.
- Provide an environment which supports the goal of graduation for all student-athletes.
- Develop values which emphasize leadership, accountability, integrity, communication, and inter-personal skills.
- Enhance the experience of the student-athlete by providing opportunities to be involved in the University, Athletic Department and the greater Kansas City community.
- Promote respect for diversity and gender equity.
- Encourage the development of well-balanced life styles.

- Support student-athlete initiatives through our dedication to Student-Athlete Development and the Student-Athlete Advisory Committee (SAAC).

SASSO STAFF:

Ursula Gurney
Deputy Athletic Director/SWA
Email: gurneyu@umkc.edu
Phone: (816) 235-5093

Amelia Howard
Assistant Director of Academic Support
Email: howarda@umkc.edu
Phone: (816) 235-5763

ACADEMIC & ATHLETIC ADVISING:

All student-athletes are assigned two advisors at UMKC, an Academic Advisor & Athletic Advisor.

1. Academic Advisor:

UMKC assigns you to a college and/or departmental advisor, known as your **Academic Advisor**. Your Academic Advisor guides you through the academic requirements of the University, and will assist you with the selection of courses and choosing a major. If you change majors, the University will assign you to a new and appropriate Academic Advisor. SASSO requires you to meet with your Academic Advisor each semester, prior to enrollment, to fill out an Athletic Academic Degree Projection Form.

2. Athletic Advisor:

SASSO assigns you an **Athletic Advisor** with whom you will discuss your progress toward your degree, course selection and major selection. In addition, you will discuss strategies that will assist you in balancing athletics, academics and personal commitments. Athletic Advisors are the experts with issues of academic eligibility and how academic procedures affect the unique life of a student-athlete.

Athletics: (816) 235-5093, (816) 235-5763

Arts & Sciences: (816) 235-1148

Business: (816) 235-2215

Education: (816) 235-2234

Biology: (816) 235-2580

Computer Science and Engineering: (816) 235-2399

Conservatory: (816) 235-2900

Nursing: (816) 235-1700

Health Sciences: (816) 235-5788

Pharmacy: (816) 235-1613

Medical: (816) 235-1900

University College: (816) 235-8648

COLLEGE DEGREE AUDITS:

It is important that student-athletes be aware of their degree hours earned and future classes needed. You are able to track this by following these steps: please go to the Degree Audit Reporting System (DARS) at <http://www.umkc.edu/registrar/majors-degrees/dars.asp>. DARS automatically generates a report reflecting a student's academic progress toward the completion of a degree. If you have questions about your DARS, please see your Athletic Advisor or your Academic

Advisor.

REGISTRATION:

1. Priority Registration:

Each semester, continuing student-athletes in good academic standing are given the opportunity to enroll in advance of the general UMKC student population for the following semester. All student-athletes are strongly encouraged to take advantage of the opportunity for early registration in order to increase their chances of getting the courses that are required or desired.

All student-athletes will be expected to meet with their Academic Advisor and Athletic Advisor prior to registering. Enrollment can only occur once an Athletic Academic Degree Projection Form has been turned into SASSO.

2. Web Registration:

1. Go to the UMKC home page (www.umkc.edu) and click on "Pathway." Enter your Single Sign On (SSO) ID and password.
2. Click on "Self Service" and then "Enrollment."
3. Use the drop down menu to select the semester in which you are registering.
4. Click search for classes.
5. Enter the subject, and class number and then search.
6. Select class time and day, you will see a green circle if the class is available.

SCHEDULE CHANGES:

Once the semester begins, class changes need to be approved by your Athletic Advisor.

In week one, all class changes can occur on Pathway, but you must email your Athletic Advisor first before a class can be changed. There is a hold on your account which will be released once you email your Athletic Advisor, allowing you to then adjust your schedule.

After week one, changes must occur with an Add/Drop Form that must be signed by your Athletic Advisor and Academic Advisor. You may also need the signature of the faculty member whose class you are attempting to enroll in.

Changing courses on your schedule can affect your eligibility, thus approval is necessary. Failure to notify your Athletic Advisor may result in an NCAA violation and forfeiture of team competition(s).

The University's withdraw policy is as follows: Eligible students may withdraw from their classes during the withdraw schedule period that is provided in the Academic Calendar. After the fourth week through the twelfth week students will receive an automatic W on their transcript. After the twelfth week, students will need to follow the Late/Retroactive Withdrawal Policy. Students who want to withdraw from all of their classes must follow the Total Withdraw Policy. Students in 8-week courses follow a similar schedule. See the academic calendar for specific dates.

DECLARING & CHANGING A MAJOR:

After your second year of full-time enrollment (start of 5th semester), you are required to declare a major. Student-athletes should discuss the procedures and requirements for declaring or changing a major with their Academic Advisors in their respective colleges and departments, as well as their Athletic Advisor. To complete this process, please see your Academic or Athletic Advisor for the paperwork.

To declare or change a major, paperwork must be signed by both your Academic and Athletic Advisor, before the paperwork is submitted to the Registrar's Office. It is necessary to obtain the signature of your Athletic Advisor prior to declaring or changing a major in order to ensure compliance with NCAA progress toward degree requirements.

HOLDS:

Administrative holds may be placed on your records for several reasons, including financial and academic. It is your responsibility to have these holds removed before you register. To check for holds go to Pathway > Self Service > Student Center.

SASSO places “NCAA Holds” on all student-athlete accounts at the beginning of each semester; this hold only prevents you from adding and dropping classes to ensure compliance with NCAA regulations. You cannot make changes to your class schedule unless you obtain your Athletic Advisor’s approval. Only your Athletic Advisor can release your “NCAA Hold”.

REPEATING COURSES:

If you need to repeat a failed course, be advised that additional attempts to repeat a failed course may not be paid by UMKC Athletics. UMKC Athletics will not pay for a class repeated more than twice. UMKC Athletics will not pay for second attempts at classes which are not degree applicable.

SUMMER SCHOOL:

Summer school aid is not guaranteed at UMKC; rather, it is a privilege. All UMKC student-athletes are required to fill out the Summer School Grant-in-Aid Request Form to obtain approval to receive aid for summer classes. Please see your SASSO Athletic Advisor for the paperwork to complete this process; it must be returned to SASSO by the noted deadline. You will be notified by email concerning the approval/denial of your summer aid. Summer School is tuition only, unless otherwise stated in your approval email.

If a student-athlete is granted summer school aid (i.e. tuition, fees, books and/or room & board/stipend) and transfers institutions the fall semester immediately following the aid approval, summer school aid will be revoked, barring extenuating circumstances. Additionally, if you withdraw from a class(es), you will be responsible for all charges for that class (tuition, fees, etc.) as well as the refund of any stipend received (room and board).

Summer aid is tuition only, with the exception of full scholarship student-athletes. UMKC Athletics will not pay for classes in the summer semester which do not count towards your declared degree in Pathway, degree applicable.

Student-athletes who are eligible to receive a stipend must be approved to enroll full time (6 hours) in both sessions (June and July) to obtain two stipends (June and July). Student-athletes who are eligible to receive a stipend and are approved to enroll in 3 or more hours in one semester (June or July) will receive one stipend for the semester in which they are enrolled. Student-athletes will not receive a stipend if enrolled in on-line classes only, or after eligibility has been exhausted. Summer coursework can be taken, at the student-athlete’s expense, at other institutions with prior approval.

5TH YEAR EXHAUSTED ELIGIBILITY AID:

5th year Exhausted Eligibility aid is not guaranteed at UMKC; rather it is a privilege. All student-athletes who have exhausted their eligibility and desire aid need to fill out an Exhausted Eligibility Grant-in-Aid Request Form. Please see your SASSO Athletic Advisor for the paperwork to complete this process; it must be returned to SASSO by the noted deadline. All those receiving 5th year exhausted eligibility grant-in-aid will be required to attend a 5th year orientation, SASSO events, and work up to 15 hours per week within the athletic department. Please note that all 5th year exhausted eligibility student-athletes who are awarded aid will receive tuition only.

LATE/RETROACTIVE WITHDRAWAL POLICY:

UMKC’s Late/Retroactive Withdrawal Policy states: A student may petition for Late/Retroactive Withdrawal from a course(s) or from the university (all courses taken

during that semester), if circumstances of a serious and compelling nature prevented the completion of coursework and extenuating circumstances prevented withdrawal by the deadline on the Academic Calendar. In filing a Petition for Late/Retroactive Withdrawal, withdrawal from all courses taken during the term in question is normally expected since 'extenuating circumstances' are not course-specific.

Petitions must be submitted to the University Late/Retroactive Withdrawal Committee, after consultation with student's academic advisor. A

University Late/Retroactive Withdrawal Committee is designated to make decisions on all retroactive withdrawal petitions. Approved retroactive withdrawal petitions which require a change of grade will follow standard change of grade procedures. A copy of the approved petition and supporting documentation should be attached to the grade change form when it is submitted to the Registration and Records office.

Students who submit a retroactive withdrawal are not typically candidates for fee refunds. For courses taken while enrolled in the Interdisciplinary Ph.D. program in the School of Graduate Studies and in the Schools of Dentistry, Law,

Medicine, and Pharmacy, students should refer to the retroactive withdrawals policies and procedures of these schools, as they may have more stringent requirements.

Students are not a candidate for late/retroactive withdrawal if any of the following conditions are true:

- You are applying because you are not satisfied with the grade you earned.
- You are applying because you neglected to formally withdraw from the course(s) in question.
- You were not aware of the withdrawal deadlines.
- You changed your major and are now working towards a major or degree which does not require this course.
- You assumed non-academic activities which restricted your time for academic pursuit.
- You were ill or you suffered stress as the result of an accident, death, family crisis, or other crisis early enough in the semester to have
- withdrawn during the semester.
- You have already received a UMKC degree for which the course(s) in question were applied towards degree requirements and/or your UM
- GPA.

If any of the above are found to be true of your case, your request for retroactive withdrawal will be denied.

Students may be candidates for late/retroactive withdrawal if any of the following conditions are true:

- There was a documented administrative error that affected your enrollment in one or more courses.
- You have documentation of a serious illness that affected your ability to complete all of your coursework after the withdrawal date.
- You encountered documented extreme and unusual circumstances which a) were beyond your control, b) occurred after the withdrawal
- date, and c) could not have been addressed during the term in which the course(s) was taken.

CANCELLATION OF ENROLLMENT:

If you pre-register for an academic semester and decide not to return to UMKC, it is your responsibility to cancel your enrollment through the Registrar's Office. An online Exit Survey must be taken prior to the complete withdrawal from a semester.

Go to <https://www.umkc.edu/stu-aff/exit/login.cfm> to complete this survey. If you fail to cancel your registration, you will be held responsible for all charges resulting from this action.

UMKC CREDIT FOR PRIOR LEARNING POLICY:

UMKC allows a maximum of 30 credit hours* for prior learning toward the completion of an undergraduate bachelor's degree. Prior learning must be documented, evaluated, and appropriate to the level of degree awarded. Students may earn prior learning credit at UMKC through the following options:

- Advanced Placement (AP) examinations may count for UMKC degree credit if the exams and scores are acceptable. (Note: UMKC awards credit for specific scores on certain Advanced Placement exams that are administered by the College Board, not simply for enrollment in advanced placement courses at the high school level. In order to receive AP credit, students must have official AP score reports sent to UMKC directly from the College Board. Credit cannot be determined from high school or previous college transcripts.)
- International Baccalaureate (IB) examinations are tests taken as the culmination of a special high school study program. Several of the Higher Level exams count for credit if the score earned is a 5 or higher.
- College Level Examination Program (CLEP) exams are acceptable for credit in certain areas of study. UMKC accepts only the CLEP Subject Exams. Not all subjects are accepted. Credit is not given for any CLEP General examination. No CLEP Subject Exam may be taken in the final 30 hours of coursework leading to a degree.
- Credit by Departmental Examination may be earned if a student has previous knowledge or proficiency in an area of study and arranges to take a departmentally administered examination. If a department chooses to offer credit by examination, the department must provide a test that measures the same level of proficiency as is required to earn credit for enrollment in the course. Frequently this is the final exam for the course. Before taking a departmental examination, students must register in the Registration and Records office and obtain a Credit by Departmental Examination form:
 - (http://www.umkc.edu/registrar/forms/credit_by_exam.pdf).
 - The charge for attempting credit by departmental exam is equal to one credit hour.
 - Eligibility for credit by departmental examination requires:
 - Enrollment at UMKC in the semester in which the examination is administered
 - No enrollment in the course that is subject of the examination during the last three terms.
 - Achieve a grade of C or above on the examination in order to receive credit.

*This does not apply to courses transferred from other institutions.

ATTENDANCE POLICY:

UMKC Athletics require all student-athletes to attend classes regularly. Student-athletes are responsible for informing their instructors of all impending class absences that are due to competition. Additionally every UMKC student-athlete is to inform his or her instructor of missed classes at least two class periods before they depart for competition.

It is your responsibility as the student-athlete to make arrangements to complete all missed class work due to athletics competition. Problems in completing missed assignments due to athletic competition are to be reported to the Senior Associate Athletics Director for Internal Operations/SWA.

Student-athletes are to miss no more than twelve class days per term due to athletic competition. Exceeding twelve absences must be approved by the Senior Associate Athletics Director for Internal Operations/SWA.

Student-athletes who miss more than six classes (for all classes combined) per semester for unexcused reasons will be subject to consequences assessed by UMKC Athletics.

Level One (6-7 unexcused absences) will be reported to head coach, sport administrator, and student-athlete. The student-athlete will be required to meet with the Senior Associate AD for Internal Operations/SWA.

Level Two (8-9 unexcused absences) will be reported to the head coach, sport administrator and student-athlete. The student-athlete will be required to attend a SASSO Academic Workshop within 2 weeks of notification of the Level Two violation.

Level Three (10-11 unexcused absences) will be reported to the head coach, sport administrator, Director of Athletics and student-athlete. The student-athlete will be held out of his/her next practice.

Level Four (12 or more unexcused absences) will be reported to the head coach, sport administrator, Director of Athletics, and student-athlete. The student-athlete will be held out of the next competition, with the number of games to be determined by the Director of Athletics.

Student-athletes may appeal any class attendance sanctions in writing/email to the Senior Associate Athletics Director for Internal Operations/SWA. He or she has 24 business hours from the time of notification of the first unexcused absence to personally submit documented proof of attendance to the Senior Associate Athletics Director for Internal Operations/SWA. A final appeal may be made to the Director of Athletics.

EXCUSED ABSENCE POLICY:

Student-athletes traveling for University sponsored athletic events are subject to UMKC's Excused Absence Policy through the Chancellor's Office. You will be given multiple travel letters during the first week of each semester. These travel letters list the dates you will be absent due to competition, document your excused absences, and explains that you are responsible to make arrangements with your instructors to make up missed work or exams. It is your responsibility to give your instructors these travel letters during the first two weeks of each semester. Student-athletes are responsible for informing their instructors of upcoming travel two class periods before they depart.

If you miss class as a result of a University-sponsored athletic event, you are responsible to make up all course work by contacting your instructor prior to travelling for competition.

If you are going to miss an exam because of a university-sponsored athletic event, you are responsible for coordinating missed exams with your instructor. Your instructor will determine the form and date in which the work and exams will be made up. Please note, no missed exams or quizzes can be taken on the road or in SASSO and cannot be proctored by a coach, athletic personal or SASSO staff member.

For information on missing class due to illness, please refer to the Sports Medicine sec-

tion of this handbook.

ADHD AND LEARNING DISABILITY ASSESSMENT POLICY:

In order to maintain and uphold professional integrity, all ADHD and learning disability assessment financially sponsored through UMKC Athletics must be coordinated with the UMKC Counseling and Testing Center. Student-athletes interested in seeking assessment for ADHD, test anxiety and/or a learning disability are encouraged to meet with the Assistant Director of Academic Support to assist in the arrangement and completion of assessment with the UMKC Counseling and Testing Center staff. The Assistant Director of Academic Support serves as the main liaison between the Athletic Department and the Assessment Coordinator at the UMKC Counseling and Testing Center. It is because of the thorough nature of the assessment results provided by the UMKC Counseling and Testing Center staff that UMKC Athletics has chosen them to be the main contact for student-athlete assessment needs. Their detailed reports more readily provide comprehensive assistance for student-athletes' academic and medical needs.

Student-athletes who choose not to utilize the UMKC Counseling and Testing Center for assessment are strongly encouraged to use providers outside of the UMKC Athletic Department to maintain professional integrity.

The Assistant Director of Academic Support works directly with the Director of the Office of Services for Students with Disabilities to ensure student-athletes are receiving both long-term and temporary accommodations. If student-athletes are diagnosed with an education impacting disability (ADHD, LD, etc.), or need temporary accommodations for injury, the Assistant Director of Academic Support coordinates an appointment for registration with the OSSD and attends appointments with the student-athlete.

CONCUSSION POLICY:

If a student-athlete suffers a concussion during practice or competition, the Sports Medicine staff will notify the Assistant Director of Academic Support, after evaluated by the Team Physicians, if the student-athlete will be missing class and/or will need academic accommodations. The Sports Medicine staff, in conjunction with a team physician, will provide a letter on behalf of the student-athlete to the Assistant Director of Academic Support that outlines the date of the concussion, possible symptoms of the concussion, and recommended academic accommodations. The Assistant Director of Academic Support will communicate with the Office of Services for Students with Disabilities, providing them the team doctor's letter, and coordinate an immediate appointment for the student-athlete with the Director of Disability Services. It is up to the student-athlete to distribute temporary accommodation letters to their professors after their meeting with Disability Services. The Assistant Director of Academic Support will help facilitate meetings with professors and will contact them in the event a student-athlete will miss class due to a concussion.

ADD/ADHD MEDICATION POLICY:

The NCAA bans classes of drugs because they can harm student-athletes and can create an unfair advantage in competition. Some legitimate medications contain NCAA banned substances, and student-athletes may need to use these medications to support their academics and their general health. The NCAA has a procedure to review and approve legitimate use of medication that contains NCAA banned substances through an exceptions process. In order for the NCAA to review an exception the Sports Medicine department must have the proper documentation from qualified medical/health care professionals. The documentation requires the student-athlete and health care professional to go through a rigorous evaluation, testing, and prescription documentation process in advance of any drug test. If a medication has been prescribed for ADD/ADHD, and there is a failure to produce the proper documentation from those health care professionals, it can and will be grounds for a positive result on any drug test. The student-athlete

must inform their sport athletic trainer and the Assistant Director of Academic Support if they have been previously diagnosed, currently are diagnosed, or are being tested for ADD/ADHD and/or taking prescription medications for such conditions. The Sports Medicine staff will then provide the proper guidelines for the physician/psychiatrist/counselor to formally produce their evaluation documentation. Updated documentation is required upon any changes to the treatment of such conditions as well as **annually** at the beginning of every school year.

BE A WINNER IN THE CLASSROOM:

1. Attend the first day of class.
2. Read the course syllabi carefully, it is the roadmap to your success in the class.
3. Attend every class (even if attendance is not taken or required).
4. Interact with your instructor in the classroom and office hours.
5. Manage your study time.
6. Use tutors, SASSO and campus resources. Consult with the Assistant Director of Academic Support to arrange tutor assistance.
7. Ask questions and ask for help.
8. Communicate honestly with your instructors and SASSO staff.

Be an Active Participant in Your Learning

STUDY HALL:

SASSO study hall (located in Swinney Recreation Center room 251) is designed to provide you with a place where you can effectively work outside of the classroom. There are resources available, including athletic advisors, mentors, tutors, textbook checkout, computers, printers, and scanners. Our goal is to assist you in achieving success in the classroom. We understand how your athletic responsibilities can impact your academic study schedule, and we think this learning environment will help you overcome some of those challenges.

STUDY HALL REQUIREMENTS:

The Student-Athlete Support Services Office (SASSO) at the University of Missouri – Kansas City provides a study hall program for all student-athletes. The purpose of study hall is to provide an atmosphere conducive to learning. During study hall, student-athletes can meet with tutors, mentors, use computers or study individually.

All new student-athletes at UMKC are required to attend study hall during their first semester of enrollment. This includes freshman and transfer student-athletes. After the first semester, required attendance in study hall is based on academic achievement, grade point average and recommendations from coaches and/or Senior Associate AD for Internal Operations/SWA.

Freshman (Year One)	6 Hours	> 3.0 = 4 Hours < 3.0 = 6 Hours
Sophomore (Year Two)	< 2.5 = 4 Hours < 2.25 = 6 Hours	< 2.5 = 4 Hours < 2.25 = 6 Hours
Junior (Year Three)	< 2.5 = 4 Hours < 2.25 = 6 Hours	< 2.5 = 4 Hours < 2.25 = 6 Hours

Senior (Year Four and Five)	< 2.25 = 4 Hours	< 2.25 = 4 Hours
Transfer 2-4 (Year One)	6 Hours	> 3.0 = 4 Hours < 3.0 = 6 Hours
Transfer 4-4 (Year One)	4 Hours	< 2.5 = 4 Hours

**Student-athletes on the Mentoring Program may have required hours that deviate from the above chart. Study hall assignments are based on academic performance, in addition to several other factors, and are made at the discretion of the Senior Associate AD for Internal Operations/SWA.

STUDY HALL LOCATION AND HOURS:

SRC 251

Sunday 12-6pm

Monday-Thursday 8am-9pm

Friday 9am-4pm

STUDY HALL RULES:

- You must have your ID to enter study hall. You will be allowed to enter two times without your ID during the semester; after that one time, you cannot enter study hall without it.
- You must swipe in/out every time you enter/exit study hall.
- Study Hall is for studying only. It is not a social or recreation space. Please minimize conversations in SRC 251, 251C and 251A. The study area is designated as a quiet area just as a library is considered a quiet area. If the proctor must ask you more than once to be quiet, you will be swiped out and/or asked to leave.
- No proctored exams or quizzes can be taken in Study Hall or the SASSO offices.
- Come to study hall prepared to study – bring books, notes and class materials. Do not come to study hall with nothing to do. If you do not have anything to work on, ask the SASSO staff for suggestions.
- The computers are to be used for academic purposes only; those using non-academic sites will be told to stop or asked to leave. The same rule applies if you are using your personal laptop in study hall.
- No food, tobacco products or any other items that can ruin the furnishings in SRC 251, 251A, 251C. Beverages must be in spill proof containers.
- Cell phone use will be limited inside Study Hall. If you are on your cell phone in study hall for long periods of time you will be swiped out and/or asked to leave. This includes texting.
- Tutoring must take place in 251 C and 251 A – these are designated tutor spaces. If both tutor rooms are occupied during your scheduled appointment, you and your tutor may work in the SASSO lobby or the study hall. All tutoring must take place in these locations only.
- All student-athletes are expected to comply with the Study Hall proctor on duty. Anyone who fails to obey these rules and regulations will be asked to leave and will be reported to the Senior Associate AD for Internal Operations/SWA and your Head Coach.

Being asked to leave for the day is not a justifiable excuse for not completing your required hours.

ALTERNATIVE STUDY HALL:

Situations may arise in which you complete a portion of your study hall hours outside of SASSO's study hall. Alternative Study Hall Forms are available for these situations. Your alternative study hall hours must be approved with the Assistant Director of Academic Support. You must fill out the form and have it signed by the appropriate person to have the hour(s) count; coaches and guardians cannot sign Alternative Study Hall forms. Forms are due to the Assistant Director of Academic Support by 4pm on Friday.

TRAVEL STUDY HALL HOURS:

When you are traveling for competition, there may be time to accumulate study hall hours while on the road. Any time that you spend studying while on the road needs to be documented by a coach. It is the coach's responsibility to report any student-athlete's study hall time on the road to the Assistant Director of Academic Support by 4pm on Friday. Student-athletes with required hours must complete half of their required study hall time in SASSO prior to or following travel for competition.

TUTORING SERVICES:

SASSO offers a free comprehensive tutorial program. UMKC Athletics employs undergraduate and graduate student tutors to provide assistance in a wide variety of academic areas. Tutoring services offered through SASSO are available to all student-athletes with equal access for all sports.

To request a tutor, fill out a Tutor Request Form located in SRC 251. For weekly appointments, the form should be filled out during the first week of the semester. Return the form to the Assistant Director of Academic Support's office (249). For a one time appointment, return the form to the Assistant Director of Academic Support at least 48 hours before your requested appointment.

There may be times and occasions where there is not a tutor available for a specific course. If this is the case, the Assistant Director of Academic Support will find a campus resource that offers tutoring for that class (i.e. Language Lab, Math and Science Tutoring, Writing Studio). You are also encouraged to speak with your professor or a department faculty member about academic resources.

In order to get the most out of our tutoring services, class attendance, organization, and preparation are required. It must be understood that you are accountable for your own behavior regarding the utilization of academic support services, including tutoring. UMKC tutorial services are designed to teach and reinforce healthy study habits, test taking techniques and strategic writing skills. The primary focus of tutoring is the teaching of skills and strategies that support independent learning. Tutoring services are a privilege and may be revoked if abused. Tardiness and No Shows will be reported to the Head Coach and Senior Associate AD for Internal Operations/SWA, and could result in the loss of tutoring privileges.

ACADEMIC WORKSHOPS:

SASSO provides academic skill workshops to its student-athletes. These workshops are designed to help student-athletes gain practical skills to be successful in the classroom and in their transition to college athletics. Some topics include, but are not limited to:

- Learning Styles
- Freshman Experience
- Communication with Faculty
- Motivation
- Time Management
- Focus Skills

- Managing Stress
- Test Anxiety
- Career Development & Preparation

Workshops can be offered at an individual team's request. All workshops are coordinated and/or conducted by a SASSO staff member.

MENTORING PROGRAM:

The Mentoring Program is provided for student-athletes that enter college academically under-prepared, who may have social and/or academic challenges, or have a learning disability. The goal of the Mentoring Program is to help the individuals who have been placed in this program to become confident, successful, independent learners. Student-athletes in the Mentoring Program meet each week with their academic mentor to track academic progress and learn specific skill instruction.

Student-athletes who are part of the Mentoring Program are notified of this requirement one week prior to the start of each semester.

TRANSITION PROGRAMMING:

All incoming freshmen student-athletes are required to meet with a SASSO staff member once per week for their first year of enrollment. During these weekly meetings, student-athletes will discuss progress in their classes and learn various skills that will help them with a successful transition to college and to UMKC Athletics.

All incoming 2-4 transfer student-athletes are also required to meet with a SASSO staff member once a week, at a minimum, for the first semester of enrollment. These student-athletes will discuss progress in their classes and learn various skills that will help them with a successful transition to college and to UMKC Athletics.

ACADEMIC ELIGIBILITY:

In order to maintain athletic eligibility, UMKC student-athletes must meet minimum standards established by the NCAA, conference, and UMKC. Student-athletes are responsible for maintaining their eligibility. If you have any questions or concerns regarding your eligibility, please see SASSO staff immediately.

The following summarizes athletic eligibility; however, it is not an exhaustive list.

NCAA Satisfactory Academic Progress Requirements

- Each semester, fall and spring, registered for 12 hours (full-time undergraduate students) or 9 hours (full-time graduate students)*
- Each semester, fall and spring, must pass 6 degree applicable credit hours
- Each Academic Year, fall and spring, must earn 18 degree applicable hours
- Entering 2nd year (3rd semester) must have 24 credit hours completed
- Entering 5th semester must have major declared

**An exception may be granted if you are graduating during the semester of competition and are enrolled less than full-time (12 hours for undergraduate students or 9 hours for graduate students).*

NCAA DEGREE PROGRESS REQUIREMENTS

- Entering 5th semester 40%
- Entering 7th semester 60%
- Entering 9th semester 80%

NCAA GPA REQUIREMENTS

- Entering 2nd year 1.8
- Entering 3rd year 1.9
- Entering 4th year 2.0
- Entering 5th year 2.0

GPA CALCULATOR:

Student-athletes can use the UMKC GPA Calculator to predict your GPA for a given semester or academic year. The calculator is located on the UMKC website at: http://www.umkc.edu/registrar/gpa_calculator.asp

Below is the GPA breakdown of the representation for each letter grade into a point equivalent:

A	4.0	C	2.0
A-	3.7	C-	1.7
B+	3.3	D+	1.3
B	3.0	D	1.0
B-	2.7	D-	0.7
C+	2.3	F	0.0

REQUIRED UNIVERSITY EXAMS:

RooWriter (formerly known as the WEPT)

ALL undergraduate students are required to take the RooWriter (formerly known as the WEPT) before they take a writing intensive course and as a requirement for graduation. The RooWriter exam must be taken after completion of English 225 or Discourse 200 and before a student has completed 90 credit hours. Incoming transfer students with more than 90 credit hours must take the RooWriter by the end of their first semester of enrollment.

In taking the RooWriter, a student writes a “documented, critical essay”, 750-1,500 words, about a “prompt” based on a Reading Packet of articles, and can select from among several posted choices of packets. The RooWriter is offered online at any time and place a student has access to the Internet. Once he or she starts an essay, a student has 72 hours to type and submit a RooWriter essay. However, rather than a grade (such as pass/fail) being assigned to the essay, a critical assessment of the essay will be composed by each of two RooWriter Evaluators and provided to the student. For more information and to sign up for the exam, please see the Assistant Director of Academic Support.

University Exit Exam (EPP Exam)

Every student must complete an exit exam (EPP exam) as a requirement for graduation. The only exception is if you have completed the C-BASE exam and/or the MOGEA and earned passing scores, which is required for education majors. To sign up for an exit exam, go to <https://net3.umkc.edu/intapps/exitexams/Home.aspx/>, sign in with your UMKC username and password, and select an available date and time. Exam dates are posted two weeks after the start of each semester, and it is important to sign up early.

Major Field Exams

Some majors require an additional Major Field Exam to assess students' knowledge of specific material learned in their respective majors. The degree programs that require a Major Field Exam are Biology, Business, Chemistry, Physics, and Psychology. Student can sign up for their Major Field Exam at the same time/place of their EPP exam at <https://net3.umkc.edu/intapps/exitexams/Home.aspx>.

UMKC ACADEMIC RESOURCES:

Writing Studio

The Writer Studio offers quality one-on-one tutoring to help students improve both their papers and their ability as writers. Tutors will meet with students at any point in the writing process. The Writing Studio also provides Roo Writer preparation workshops before every test date.

Atterbury Student Success Center and Miller Nichols Library
(816) 235-1146
<http://www.umkc.edu/writingstudio/>

Math & Science Tutoring

The Math & Science Tutoring (MaST) is dedicated to providing individual attention to math and science students. Students work with tutors individually or in small groups; textbooks, solution materials, content-specific handouts and study guides are also available.

Miller Nichols Library Third Floor (west end)
816-235-1179
<http://www.umkc.edu/asm/mast/>

Supplemental Instruction

Supplemental Instruction (SI) is an academic support model that utilizes peer assisted study sessions. These study sessions are informal seminars in which students compare notes, discuss readings and develop organizational tools.

Atterbury Student Success Center 2nd Floor
(816) 235-6708
<http://www.umkc.edu/asm/umkcsi/>

Language Resource Center

The Language Resource Center (LRC) is a language lab available to all UMKC students. LRC provides tutoring in French, German, and Spanish, as well as a computer lab with Mac computers and audio/visual resources.

109 Scofield Hall
816-235-2824
<http://cas2.umkc.edu/ForeignLanguages/LRC/>

Office of Services for Students w/ Disabilities

The Office of Services for Students with Disabilities partners with students with disabilities to ensure they have equal access to all that UMKC offers. They work with professors to provide reasonable accommodations which allow students to demonstrate their ability, knowledge and skills.

5110 Oak St., Suite 225
(816) 235-5612
www.umkc.edu/disability

Counseling, Health & Testing Center

The mission of the UMKC Counseling, Health and Testing Center is to provide high quality comprehensive psychological, health, testing and disability services which sup-

port the personal and academic potential of individuals and programs in a diverse campus community.

5110 Oak St., Suite 225
(816) 235-1635
www.umkc.edu/chtc

STUDENT-ATHLETE DEVELOPMENT:

UMKC is dedicated to providing quality support services for all student-athletes through SASSO's Student-Athlete Development program. Balancing academics and athletics is a challenge and requires effort. SASSO's Student-Athlete Development program strives to support student-athlete development in the areas of career preparation, mental health, financial literacy, community service, and leadership.

Additionally, SASSO's Student-Athlete Development program is committed to promoting diversity initiatives. This program is committed to support and celebrate the diversity of people by respecting individual dignity regardless of mental/physical ability, race, religion, learning style, education level, socioeconomic status, sexual orientation, gender, appearance, job, nationality and any other social construct/label that intends to diminish individual or group diversity, inclusion and respect. Acknowledging and supporting the various UMKC Diversity initiatives is a core goal of the Student-Athlete Development program.

We make the following commitments to our student-athletes:

- 1. Academic Excellence:** To support the academic progress of the student-athlete toward intellectual development and graduation.
- 2. Personal Development:** To support the development of a well-balanced lifestyle for student-athletes, encouraging emotional well-being, personal growth, and decision making-skills.
- 3. Career Development:** To encourage the student-athlete to develop and pursue career and life goals.
- 4. Community Service:** To engage the student-athlete in service to his/her campus and surrounding community.

Student-Athlete Development Program efforts are coordinated with various groups on campus and in the community to increase awareness about opportunities for student-athletes and to encourage student-athlete participation in activities to enhance their UMKC experience. Examples of past and future projects of the UMKC Student-Athlete Development Program are:

- Resume and Cover Letter Writing Workshops
- Mock Interview Workshops
- Mental Health Workshops
- Etiquette Dinners
- Career Fairs
- Community Outreach
- Diversity Activities
- Campus Outreach
- Speaker Series
- Financial Literacy Workshops
- Leadership Skill Development Workshops
- APPLE Team Programming

Community Service

Student-athletes also take part in community service in the Kansas City area. The following partnerships include:

- **Habitat for Humanity:** Student-athletes participate in groups to build homes for lower income families in the Kansas City Metro area. Some of the tasks involved are: painting walls, laying flooring, siding houses, and working with power tools.
- **Morning Glory Café:** Student-athletes have the opportunity to prepare and serve breakfast to lower income families in downtown Kansas City frequently throughout the semester.
- **Center Middle School/Center High School:** Student-athletes have the chance serve as mentors for students in the Center School District. Through campus visits and panel discussions at the middle school, student-athletes promote college awareness and readiness.
- **Boys and Girls Club of Kansas City:** Student-athletes have the chance to interact with elementary and middle school students in after school programming at local Boys and Girls Club centers.
- **The Gardens on Barry Road:** An assisted living community that holds care for elderly residents where student-athletes will participate in activities such as arts and crafts, daily work out activities (chair aerobics), bingo and any special events that are going on in the community.
- **Children’s Mercy “Partners in Play”:** Partners in Play is a program that allows organizations to come in for an hour every Wednesday Night and spend time with the patients. Student-athletes engage the young patients in ice-breaker activities, arts and crafts, and games.
- **YMCA:** Student-athletes have the opportunity to volunteer at various before and after school programs at local YMCA school. Through their programming, student-athletes assist local elementary and middle school students in the development of sports, art projects and group activities.
- **Turn the Page KC:** Student-athletes have the opportunity to volunteer with K-8 students in after school programs focused on building literacy.
- **Kangaroo Food Pantry:** Student-athletes who volunteer at UMKC’s Kangaroo Food Pantry will be sorting and organizing donations to the campus food pantry.
-

Annual Student-Athlete Development Events

In addition to community service opportunities, there are other events provided by the UMKC Student-Athlete Development Program:

- Targeted Networking Events
- Step UP! Bystander Intervention Training
- Mental Health Training
- Rockin’ Roo Talent Show
- Champion’s Banquet

Step UP! Bystander Intervention Training

All new UMKC student-athletes (freshman and transfer) are required to attend and complete Step UP! Bystander Intervention training within their first fall semester. Step UP! Bystander Intervention training is facilitated by SASSO staff members and teaches proactive strategies for intervening in harmful situations. The goal is to provide participants with education and resources to be active bystanders.

SAAC (STUDENT-ATHLETE ADVISORY COMMITTEE):

The mission of UMKC’s SAAC is to enhance the total student-athlete experience by

promoting student-athlete welfare and fostering a positive student-athlete image. SAAC meets every three weeks to discuss a variety of issues impacting UMKC's student-athletes. All meetings are open to all UMKC student-athletes.

1. **Goals**

- A. To provide an effective bridge and a good line of communication between student-athletes, coaches, and the athletic department about policies, procedures, student-athlete welfare and NCAA regulations.
- B. Take part in community service opportunities throughout campus and around the Kansas City community.
- C. Develop leaders out of the student-athlete body who want to grow and become more involved with athletics.

All SAAC representatives are selected from each team and provide support for their fellow student-athletes. They encourage all student-athletes to attend the meetings and to voice their concerns. Follow SAAC on Twitter @UMKC_SAAC.

STUDENT-ATHLETE EMAIL LIST & BLACKBOARD:

SASSO manages a student-athlete email distribution list on Blackboard. As a member of a varsity team you will automatically be subscribed to this list. Emails are sent from SASSO to all student-athletes' UMKC email accounts. It is important to check your UMKC email as SASSO will send out important emails regarding dates, deadlines and upcoming events. In addition, SASSO will post information on Blackboard in the section "My Organizations" in the group UMKC Varsity Student-Athletes. Please check this Blackboard site regularly for information.

SASSO FACEBOOK PAGE:

SASSO manages a Facebook community page which is updated weekly with important academic dates and SAAC events. The community page is called "UMKC Student-Athlete Support Services Office". If you have a Facebook profile, you can "Like" this community page to receive updates in your newsfeed and stay more connected with SASSO and UMKC Athletics.

SASSO TWITTER PAGE:

SASSO manages a Twitter page which is updated daily with important academic dates, campus activities, and SAAC events. If you have a Twitter page, you can "follow" us at @UMKCSASSO to received updates in your newsfeed and stay more connected with SASSO and UMKC Athletics. SASSO manages an Instagram account which is updated with pictures from various Life Skills, SAAC and study hall events. If you have an Instagram profile, you can follow SASSO @UMKCSASSO.

SASSO INSTAGRAM:

SASSO manages an Instagram account which is updated with pictures from various Life Skills, SAAC and study hall events. If you have an Instagram profile, you can follow SASSO @UMKCSASSO.

SASSO PINTEREST ACCOUNT:

SASSO manages a Pinterest account which is updated weekly with various pins about Athletic news, study and organization tips, and inspirational quotes. If you have a Pinterest account, you can follow SASSO's boards with the username UMKCSASSO.

SASSO YOUTUBE CHANNEL:

SASSO manages a YouTube Channel which is updated regularly with videos of academic, SAAC, and Life Skills events. The YouTube Channel is UMKCSASSO, and if you have a YouTube account, you can "subscribe" to SASSO's channel. If you do not have a YouTube account, you can still view any of the videos at

<http://www.youtube.com/user/UMKCSASSO>.

AWARDS & RECOGNITION:

Each academic year, eligible student-athletes can be nominated and receive NCAA, conference and/or UMKC Awards & Recognition. For more information about how to receive these and other awards, see your coach and Athletic Academic Advisor.

1. NCAA:

Postgraduate Scholarship – Scholarships are awarded annually to student-athletes who have excelled academically and athletically and who are in their last year of intercollegiate competition. Nominees must have a minimum GPA of 3.0 and must have signified the intention to continue academic work as a graduate student at an academically accredited institution.

Ethnic Minority & Women's Enhancement Post-Graduate Scholarship for Careers in Athletics – The NCAA awards 13 scholarships to ethnic minorities and 13 scholarships to female college graduates who will be entering their initial year of graduate studies. The applicant must be seeking admission or have been accepted into a sports administration or related program.

2. DIVISION I-AAA:

Men's Basketball Scholar-Athlete Team – Each of the nominees is required to have a minimum grade point average of 3.20 (on a 4.00 scale) in undergraduate study and have been a starter or important reserve with legitimate athletics credentials. He must have reached junior athletics and academic standing at the nominated institution (true freshmen, red-shirt freshmen and ineligible athletics transfers are not eligible) and have completed at least three academic semesters/five quarters at the nominated institution. Nominated student-athletes must have participated in at least 50 percent of the team's games listed on the nomination form.

Women's Basketball Scholar-Athlete Team – Each of the nominees is required to have a minimum grade point average of 3.20 (on a 4.00 scale) in undergraduate study and have been a starter or important reserve with legitimate athletics credentials. She must have reached junior athletics and academic standing at the nominated institution (true freshmen, red-shirt freshmen and ineligible athletics transfers are not eligible) and have completed at least three academic semesters/five quarters at the nominated institution. Nominated student-athletes must have participated in at least 50 percent of the team's games listed on the nomination form.

Men's Basketball Scholar-Athlete of the Year – From the Men's Basketball Scholar-Athlete Team, one student-athlete is chosen as the overall Scholar-Athlete of the Year.

Women's Basketball Scholar-Athlete of the Year – From the Women's Basketball Scholar-Athlete Team, one student-athlete is chosen as the overall Scholar-Athlete of the Year.

Postgraduate Scholarship – Each of the nominees is required to have a minimum grade point average of 3.20 (on a 4.00 scale) in undergraduate study and have been a starter or important reserve with legitimate athletics credentials. He/she must have completed eight semesters or the equivalent number of quarters at one institution. Nominated student-athletes must have participated in at least 50 percent of the team's games listed on the nomination form.

3. WESTERN ATHLETIC CONFERENCE:

Academic All-Conference

The academic all-conference award shall be given to student-athletes who participate in Conference sponsored sports. Student-athletes who have completed one academic year at the member institution, have a 3.2 or better cumulative grade point average, have partici-

pated in at least fifty (50) percent of the team's contests, with the exception of starting baseball and softball pitchers who shall have participated in at least twenty-five (25) percent of the team's contests, and are nominated by the institution's faculty athletics representative after consultation with the head coach, shall be named Academic All-Conference. Indoor track and field and outdoor track and field shall be considered two separate sports. Student-athletes shall be listed by their academic year in school rather than by their athletic eligibility status. Student-athletes in graduate school shall be nominated according to their graduate school GPA.

Scholar-Athlete Honor Roll

Student-athletes who have completed two semesters or three quarters at the certifying institution, have a 3.0 or better cumulative grade point average, or 3.0 grade point average for the past two semesters or three quarters, shall receive the Scholar-Athlete Award. The institution's faculty athletics representative shall recommend every student-athlete who qualifies. Any student-athlete who participates in an NCAA recognized sport is eligible to receive the award.

Stan Bates Award

In honor of former Commissioner Stan Bates (1971-80), the Conference office shall circulate annually to each member institution nomination forms for the Stan Bates Award. These nomination forms shall require one-page recommendation letters from the athletics director, the coach, and a faculty member and should comment on each candidate as a student, an athlete and a person. The awards shall signify the most outstanding male and female student-athletes who have a 3.2 cumulative grade point average or better and who are in their final year of eligibility. The awards shall include a \$3,000 postgraduate scholarship with a five-year time limitation from the September following its presentation for acceptance or refusal. The scholarships are non-transferable and shall remain with the Conference if not accepted as specified. The five-year time limit may be appealed to the Faculty Athletics Representatives Committee for extenuating circumstances. Any student-athlete in his/her final year of eligibility who participates in a Conference sponsored sport is eligible to receive the award. Selection shall be made in July of each year by a committee of Faculty Athletics Representatives. Student-athletes from affiliate members are not eligible to receive the award.

4. UMKC ATHLETIC DEPARTMENT:

Scholar-Athlete* – Awarded annually to student-athletes who earn a 3.5 or higher cumulative GPA. Recipients are awarded at the Champions' Banquet each spring semester.

Academic All-Stars* – Awarded at the end of each academic year to the team with the highest GPA.

Circle of Champions* – Presented annually to the best overall female and male athlete. This award is based on the individual's athletic performance while at UMKC.

Sam Davidson Award* – Awarded annually to an athlete attending UMKC who best exemplifies the ideals of scholarship, sportsmanship and goodwill.

Dutton Brookfield Award* – Awarded annually to a talented student-athlete who demonstrates great potential for the future.

Lester Milgram Award* – Awarded annually to a student-athlete who demonstrates excellent sportsmanship on and off the playing fields.

Stan Durwood Award* – Awarded annually to a student-athlete with the highest grade point average at a minimum of 100 hours passed.

Jack Gant Award* – Awarded annually to the best overall student-athlete at UMKC, which includes both athletic and academic performance.

David B. Milner Award* – Awarded annually to a student-athlete who, through persis-

tence and determination, has been an inspiration to others.

Jim and Sally Job Award* – Awarded annually to a promising student-athlete.

Lee Hunt Award* – Awarded annually to a basketball student-athlete who demonstrates academic ability, moral character and leadership.

Dr. Henry A. Mitchell/People-to-People Award* – Awarded annually to the UMKC basketball player who most exemplifies Dr. Henry A. Mitchell's qualities of friendship, enthusiasm, sportsmanship and humanitarianism.

Cynthia Joy Gabel Memorial Scholarship Fund* – In memory of former Assistant AD for Internal Operations, this award is presented annually to an outstanding student-athlete.

Keith and Sammy Schreiman Award* – Awarded annually to student-athletes who participate in Women's Basketball and Men's Soccer.

Guy H. Bailey Scholarship* – In honor of past UMKC President, this award is presented annually to a well-rounded student-athlete.

Charles and Kay Hanson* – Awarded annually to a member of the Men's or Women's Golf team.

Kenneth and Eva Smith* – Awarded annually to a member of the Men's or Women's Golf team.

Bill Ross Scholarship* – Named after Hall of Fame and former Golf Coach, awarded annually to an outstanding student-athlete.

Ralph and Rolaine Anderson I Scholarship* – Awarded annually to students participating in intercollegiate athletics, preferably Basketball.

AMC Theater Award* – Awarded annually based on need as determined by Federal Student Aid (FAFSA).

UMKC Foundation Award* – Awarded annually based on need as determined by Federal Student Aid (FAFSA).

Stanley H. Durwood Award* – Awarded annually based on need as determined by Federal Student Aid (FAFSA).

Ralph and Rolaine Anderson II Award* – Awarded annually based on need as determined by Federal Student Aid (FAFSA), preferably Basketball.

* Award only open to student-athletes in NCAA and/or UMKC Varsity sponsored sports.

5. UMKC (ALL STUDENTS):

Dean's List – Full-time student-athletes with certain GPAs in the College receive Dean's List recognition each fall and spring.

Vice Chancellor's Honors Award – Awarded to graduating seniors and honors the truly unique students who maintain high scholastic performance while actively participating in University and community activities outside the classroom.

COMPLIANCE POLICIES

NCAA & CONFERENCE RULES:

You are expected to know and follow NCAA and conference rules, and you should know whether an award, benefit, or expense is permissible. You should also know the rules regarding complimentary tickets, student hosts, amateur athletic status, gambling, drug-testing, bribery, and how to deal with agents, boosters, or other supporters of UMKC Athletics.

You must participate in all mandatory educational programs, and assist UMKC Athletics by providing information regarding eligibility whenever asked. **You are responsible**

for notifying UMKC Athletics Compliance if you have knowledge of, or suspect, a violation of NCAA or conference rules.

GAMBLING:

Pursuant to NCAA rules, you may not provide information to individuals involved in organized gambling on intercollegiate athletics competition. Also, you shall not solicit or accept a bet on **any** intercollegiate team or participate in **any** gambling activity that involves intercollegiate athletics or professional athletics in which the NCAA conducts a championship in.

Participating in these impermissible gambling activities could result in immediate loss of eligibility in a sport, as well as dismissal from the team and loss of one's athletic scholarship.

INTRAMURALS AND OUTSIDE COMPETITION:

Outside competition is athletics competition against any other athletics team that does not represent a student-athlete's respective varsity team at UMKC. An outside team is any team that does not represent a student-athlete's respective varsity team at UMKC or a team that includes individuals other than eligible UMKC student-athletes. As a student-athlete on an intercollegiate athletics team squad list, you may only participate or compete with an outside team, in outside competition, or in an intramural activity with permission from your Head Coach and the Compliance Office via the Outside Competition Approval Form, prior to participation or competition. You may not participate in intramural activities in which you play the same varsity sport.

EQUIPMENT AND UNIFORMS:

You are responsible for the equipment issued to you. If items are lost, stolen, or not returned, you will be billed. UMKC rules prohibit you from keeping any uniforms. NCAA rules prohibit you from selling any apparel, gear, or equipment that you are issued by UMKC. If you would like additional equipment beyond what is provided to you by your coach, you may purchase additional from UMKC athletics, but you may not do so at a discounted rate.

COUNTABLE ATHLETICALLY-RELATED ACTIVITIES (CARA):

NCAA legislation limits the amount of time you as a student-athlete may spend per week and per month on athletically-related activities. In-season, you may not be required to spend more than 20 hours per week, or 4 hours per day, participating in countable athletically-related activities (practice, weights, mandatory film study, competition, meetings, etc.) and must have one day off per week. Out-of-season, you may not be required to spend more than 8 hours per week, or 4 hours per day, participating in countable athletically-related activities (weights, conditioning, workouts, etc.) and must have 2 days off per week.

In sports other than basketball, student-athletes at UMKC may not be required to participate in countable athletically-related activities (CARA) outside of their declared season between the end of the spring semester and the beginning of the fall semester. Basketball student-athletes may participate in up to eight weeks of summer CARA, depending on their academic standing per NCAA Bylaw 17. All other returning student-athletes are encouraged to make use of UMKC facilities over the summer for the purpose of voluntary practice and conditioning. In order for the Athletics department to cover the costs associated with using the facilities for all student-athletes, they must be registered for summer or fall classes, or both. Coaches may reserve and set up facilities for students who make such a re-request, but may not observe or take attendance. Student-athletes in individual sports may request to workout with their coach. This request must be made in writing to the coach to ensure that the request for such assistance is voluntarily coming from the student-athlete. Students may receive workout routines from their coach or from

the Sports Performance staff, but may not be required to keep logs on their progress to be submitted at a later date. The UMKC Sports Information Department, however, may post stories of a student-athlete's athletic achievements over the summer, if the student informs the office.

Throughout the year, student-athletes may receive an email from JumpForward requesting they review and verify the accuracy of practice logs for a particular week. If the student-athlete notices any discrepancies, they should complete the questions on the log as they see fit and submit it to the Compliance Office for review. The Compliance Office will review and visit with the student-athlete as needed.

COMPLIMENTARY ADMISSIONS:

As a student-athlete, you may request up to four complimentary passes per game (home and away) for your sport. You must request home passes at least 24 hours before the game by completing the Online Pass List Submission through JumpForward. For away games, you must work with the appropriate designee on your coaching staff. For selected away games, complimentary passes may be restricted to family, may be limited to two passes per game and in some cases not available at all. Hard tickets will not be issued. In addition, you must provide the name and relationship of the person(s) to be given complimentary passes. Additionally, please advise your guests that they must provide a picture I.D. and signature at the Pass List table. Be advised that for the Western Athletic Conference Championship games, a pass list may not be available for your guests. If available, you may be restricted to family or limited to two guests. The request must be submitted by the prescribed deadline (set by the conference office).

You are not to sell complimentary tickets. It is a violation of NCAA rules to sell complimentary tickets and will likely result in the revocation of the student-athlete's ticket privileges. A student-athlete's eligibility would also be compromised by being involved in something contrary to NCAA rules (e.g., receipt of more than the permissible four complimentary admissions or the sale or exchange of a complimentary admission for cash or any item of value).

STUDENT HOSTS:

You must be enrolled at UMKC to serve as a student host for any prospective student-athlete making an official visit. If you are a host, you may be given money to entertain yourself, the PSA, the PSA's parents (or guardian) and any other permissible guests allowed under NCAA rules. Other student-athletes may assist with hosting the prospect but shall pay for their own entertainment.

You may be provided a maximum of **\$40 per day** to cover entertainment expenses for yourself and the PSA. You may be provided with an additional \$20 per day for each additional PSA you host. You shall not give cash to the PSA or anyone else. You may not use the money to purchase gifts or any other tangible items for the PSA, the PSA's parents (or guardian) or any other permissible guests allowed under NCAA rules.

You may not use vehicles provided or arranged by any institutional staff member or booster. You may not transport the PSA or anyone accompanying the PSA more than 30 miles from campus.

You should not allow recruiting conversations to occur, whether on or off campus, between the PSA and a booster, except for on campus conversations between the PSA, the PSA's parents (or guardian), any other permissible guests allowed under NCAA rules, current student-athlete parents and/or former student-athletes. You may receive a complimentary admission when accompanying a PSA to a campus athletics event. You may not provide the PSA any opportunity to participate in underage use of alcohol, gambling, drugs, sex or any other activity that violates criminal law. Adult entertainment and gambling venues are off limits.

All current students wishing to serve as a student host will sign off on the student host

form.

BOOSTERS AND AGENTS:

A “booster” is a representative of UMKC’s athletics interests who is involved in promoting, contributing money to, or assists in recruiting prospective student-athletes to UMKC Athletics. NCAA legislation permits UMKC student-athletes to have very little access or contact with a booster. Before contacting a booster, please see the UMKC Compliance Office for approval.

With respect to professional sports agents, NCAA rules absolutely prohibit a student-athlete from agreeing, either verbally or in writing, to be represented by an agent or professional organization in the marketing of athletic ability or reputation until after the student-athlete has completed his or her last competition (including post-season). You may not accept any payment for expenses or receive gifts of any kind from an agent; to do so would jeopardize your athletic eligibility. Sports Agents licensed in the state of Missouri are allowed to visit with you on campus in the presence of the Compliance Office. If you have any questions about whether it is permissible to interact or accept something from an agent, consult the Compliance Office immediately.

TEAM TRAVEL:

When traveling, you are expected to adhere to your team’s dress code, nutritional plan, and curfew. You are expected to depart, **and return**, with your team unless you are officially released. Please see the Travel Release and Hold Harmless Agreement for details.

Additionally, illegal substance abuse is prohibited at all times. Also, alcohol or tobacco use is not permitted at any time when on an away trip. All hotel lounges, local nightclubs, and bars are off limits on away trips. You may not leave the team hotel without prior approval of your head coach.

STUDENT-ATHLETE EMPLOYMENT:

Student-athletes at Division I institutions are permitted to earn legitimate on and off-campus employment income. International student-athletes may only work on campus. Student-athletes can be compensated only for work actually performed. Student-athletes cannot be paid more than the going rate in the locale for similar work or services.

Compensation may not include any extra pay or bonus for value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame or personal following that he or she has obtained because of athletics ability.

Student-athletes may receive compensation for teaching or coaching sports skills or techniques in their sport on a fee-for-lesson basis. Student-athletes wishing to conduct fee-for-lessons must see the Compliance Office prior to conducting any lessons.

It is not permissible for a student-athlete to receive expenses for transportation to or from the site of employment, or any other benefit, unless such expenses or benefits are provided for all employees in that employment situation.

Student-athletes who will be employed during the academic year should first inform their head coach.

Student-athletes must complete and sign the Student-Athlete Employment Verification Form prior to employment. The Compliance Office will review any employment arrangement for permissibility.

DISCIPLINE:

Student-athletes are subject to the rules and regulations of the NCAA, which governs unsportsmanlike behavior, non-therapeutic drug use, impermissible awards, benefits and expenses, gambling and bribery and other forms of misconduct. All such rules and regulations are available in the NCAA Manual or online at <http://ncaapublications.com/p-4224-2018-2019-ncaa-division-i-manuel-august-2018.aspx>

UMKC and its Athletics Department fully endorse the policies of The Western Athletic Conference as they relate to the student-athlete conduct, conference championship play and the intra-conference transfer of student-athletes. Contact the Compliance Office for questions regarding conference rules and regulations.

TRANSFER REGULATIONS:

If a student-athlete wishes to transfer to another institution, the student-athlete must first visit with their head coach. Then, the student-athlete must come to the Compliance Office. Upon validation from the student-athlete, the student-athlete's name will be entered into the national transfer database within two days. If the student-athlete then wishes to remove their name from the national transfer database, then they must come to the Compliance Office.

Under NCAA regulations, a student-athlete in the sport of men's and women's basketball cannot transfer to another Division I institution and be immediately eligible (the student-athlete must sit out of competition for one year). Student-athletes in all other sports may transfer and be immediately eligible if that student-athlete receives a one-time transfer waiver from UMKC.

Finally, no UMKC student-athlete should be subject to any ridicule for indicating a desire to transfer to another institution.

TRANSFER APPEALS:

If you have been denied the use of the one-time transfer exception to be immediately eligible upon transfer, you are entitled to an appeal hearing. You have 3 business days to submit your appeal to the Compliance office once you have been informed that you have been denied the use of the one-time transfer exception. The Compliance office will arrange a hearing and this hearing must be conducted within 15 business days of receiving the student's request. Appeal hearings are conducted by a Hearing Panel appointed by the Faculty Athletics Representative (FAR). This panel may not include athletics staff members. The FAR will serve as chair. This hearing panel makes the final decision.

If your scholarship has been reduced or removed, you are also entitled to an appeal hearing. Appeal hearings are conducted by a Hearing Panel appointed by the Vice Chancellor for Student Affairs and Enrollment Management. The Panel is comprised of three members of the Student Financial Aid Advisory Committee. The Vice Chancellor will appoint one of the three as chair. This hearing panel makes their recommendation to the Vice Chancellor, who issues a final decision. Once notified that your aid will be reduced or cancelled, you will have 10 business days in which to file an appeal to the Financial Aid and Scholarship office. The institution shall conduct the hearing and provide written results of the hearing to the student-athlete within 15 business days of receipt of the student-athletes written request for a hearing.

EXTRA BENEFITS

Student-athletes may not benefit from any type of arrangement provided by a UMKC employee or booster that is not generally available to other students on campus. This rule also pertains to the family members of student-athletes. For example, a booster could not give a student-athlete a free ticket to a professional sporting event; but a student-athlete could go to such a game with the UMKC Office of Student Involvement. Also, student-athletes may not receive a free tattoo as a prize for winning an athletics contest or simply because of their status as a student athlete; but they could enter a drawing for a free tattoo if it is open to all students. If a student-athlete suspects or any member of the Athletic Department/University suspects that a student-athlete has received or been offered an "extra benefit", they have an obligation to report it to the Compliance Office.

AUTOMOBILE MONITORING

All UMKC student-athletes must complete the Automobile Registration Form prior to the

beginning of the year meeting and are responsible for alerting the Compliance Office of any changes to the status of their automobile throughout the year.

HOUSING INFORMATION

All UMKC student-athletes not living in UMKC housing must present lease information to the Compliance office. If housing arrangements change throughout the year, the student-athlete is responsible for alerting the Compliance Office of those changes.

SPORTS MEDICINE

The UMKC Sports Medicine staff will strive to provide effective health care to the student-athlete as a whole through injury prevention, evaluation, treatment, and rehabilitation. The Athletic Training Center and staff offices are located in the Swinney Recreation Center room 130. The Athletic Training Center hours will vary depending on season and sport scheduling. All injuries and illnesses related to athletics must be reported to an athletic trainer in a timely manner.

SPORTS MEDICINE STAFF:

The UMKC Sports Medicine staff includes a head athletic trainer, assistant athletic trainers, and graduate assistant athletic trainers. The staff also includes family practice physicians trained in sports medicine, sports medicine practice fellows, as well as sports medicine orthopedic surgeons. Being in the Kansas City area, through referrals of our team physicians, we have a large resource of other physicians, surgeons, and health care providers that specialize in certain areas of medicine.

All UMKC athletic trainers are nationally certified by the Board of Certification© for Athletic Trainers (BOC <http://www.bocatc.org>) and licensed in the state of Missouri to practice Athletic Training. UMKC Team physicians are Board Certified in Sports Medicine, and licensed in the state of Missouri.

ATHLETIC TRAINING FACILITY RULES:

The Athletic Training Room is a medical facility. In order to maintain a positive and professional environment, the following conduct is required:

1. No offensive language.
2. Voices must be kept at a conversational level.
3. No horseplay.
4. Electronic devices:
 - a. May not be used while performing activities that require focus and attentiveness.
 - b. May not be used during hydrotherapy or in hydrotherapy areas.
 - c. May not be a distraction to others: must be kept silent, no phone conversations.
 - d. May not be used to display offensive material
5. Only individuals receiving injury care or rehabilitation may be in the athletic training room.
6. Towels are not to be removed from the athletic training room.
7. Student-Athletes may not use the telephones or computers without permission.
8. No food or drinks, including water.
9. Sports equipment, book bags, backpacks, and personal items must be left at the in the designated area by the entrance.
10. No shoes on the tables.
11. Clean up rehab equipment or treatment area when you are finished with your treatment.
12. Respect the staff and fellow student athletes.
13. Be on time for all appointments.
14. You must shower before entering the cold tubs.

PRE-PARTICIPATION MEDICAL EXAM:

Prior to any participation with UMKC athletics you are required to complete a pre-participation medical exam, administered by the athletic training staff and conducted by a UMKC team physician, to determine whether you are medically prepared to engage in sports. Returning student-athletes must complete returner's paperwork and be cleared by UMKC team physicians every year prior to participation.

INSURANCE:

UMKC student-athletes are required to carry primary insurance, whether on their own, through parents or the UMKC student policy, before/during any and all participation with their designated team. UMKC athletic insurance is only a secondary insurance policy that covers hospital and medical bills associated with injuries caused by participation in UMKC supervised team events. UMKC's secondary athletic insurance covers the medical costs that the student-athlete's primary insurance does not cover. This secondary insurance policy cannot/will not be used towards any injury or illness which did not occur during a UMKC supervised team event, even if the injury or illness affects athletic participation. Non-sport related injuries and illnesses and non-sanctioned sport-related injuries may be treated in the athletic training room, but student-athletes are responsible for all off campus site costs not covered by their primary insurance, including any diagnostic testing (X-ray, MRI, etc), and any health care professional service (physicians, physical therapy, etc), or any necessary prescription.

INCIDENT REPORTING:

You are responsible for immediately reporting injuries or illnesses to the athletic training staff. If necessary, the supervising athletic trainer will refer the athlete to a team physician for further evaluation and/or treatment determination. Until the team physician and/or athletic training staff releases you from treatment, you must report daily to the athletic trainer for physical treatment and rehabilitation, if necessary, and follow-up treatment by a team physician.

In the event you suffer an injury and/or illness that occurs outside of athletics participation, you should attempt to contact your sport supervising athletic trainer as soon as possible. If your injury is an emergency and an athletic trainer is unavailable, you should report to the most available hospital for immediate care and treatment (local hospitals listed under Emergency Action Plan). You must report the condition to your sport supervising athletic trainer after the incident so you can be referred to a team physician and your status reported to the head coach.

PHYSICIANS CLINIC:

UMKC team physicians hold a physician's clinic within the athletic training room during the normal work week. Days and times are designated by the team physicians prior to each semester. Appointments can be made to be seen by team physicians through the referral of your sport supervising athletic trainer. Team physicians are also present at most home events for many sports. If necessary, team physicians will refer student-athletes to an outside physician, surgeon, or health care provider, who is specialized in certain medical concerns.

MEDICATION:

Not all medications are provided by the Sports Medicine department. The athletic training room has a limited supply of necessary medication for the use by student-athletes. However, by law the athletic training room staffs are not allowed to dispense medication to student-athletes. This means that the athletic training staff can give one dose of medication but it is the athlete's responsibility for the continued use of the medication. Team physicians are allowed to prescribe and distribute medication within the athletic training room. Prescriptions related to issues that are not caused by participation in UMKC supervised team events (for example, prescriptions for antibiotics, birth control, ADD/ADHD, blood pressure and asthma) are the responsibility of the student-athlete.

CLASS ABSENCE DUE TO ILLNESS:

As an UMKC student-athlete there may be an occasion where a class is missed due to an illness of some kind. It is the student-athlete's responsibility to communicate with each professor, sport athletic trainer and athletic academic advisor, as soon as possible, about such illnesses if classes have been missed or will be missed. If any professor has asked for an excuse letter or doctor's note to return to class or to allow any make-up work, it is also the student-athlete's responsibility to inform their supervising athletic trainer of such requirement. Class excuses can only be written by the physician that evaluated the student-athlete. The Student-Athlete Support Services Office (SASSO) is aware of this policy and requires student-athletes to report absence(s) due to illness to SASSO staff and to follow through for any assistance with professors in such a case.

DRUG TESTING:

The University of Missouri-Kansas City (UMKC) is committed to the physical and mental health and well-being of its student-athletes. The University recognizes that the use of certain drugs and substances, legal or illegal, is not in the best interest of the student-athlete or UMKC Athletics. In an effort to eliminate the use of illegal drugs and other substances, UMKC has implemented a comprehensive substance abuse education and testing program to promote healthy and responsible lifestyles for student-athletes.

This policy is separate from the National Collegiate Athletic Association (NCAA) Drug-Testing Program and carries with it separate sanctions to be imposed by the UMKC Athletic Department

The purpose of the UMKC Substance Abuse Education and Testing Program is multifaceted. The program focuses on the following objectives:

- Deterring the use of drugs and alcohol by providing drug education and imposing significant sanctions on offenders;
- Identifying substance abuse users;
- Providing rehabilitation and educational services;
- Promoting the role of UMKC student-athletes as representatives of the University and positive role models for the youth in the community; and
- Counseling student-athletes who do not adhere to the requirements of the program.

FIRST POSITIVE TEST:

The Director of Athletics, sport supervising Athletic Director, Head Coach, Head Athletic Trainer, and Team Physician will be notified of a student-athlete's positive test results.

- The aforementioned individuals will have a confidential meeting with the student-athlete who tested positive.
- The student-athlete will be required to notify his/her parent(s), and/or guardian(s), or spouse of the positive drug test in the presence of one or more of the above individuals.
- The student-athlete will be suspended from the next (1) countable contest/competition; that can and will carry over into subsequent championship seasons if the positive occurs during the off-season or during such a time that it cannot be completed during the season.
- The student-athlete is required to participate in a substance abuse treatment program (BASICS), held at the UMKC Counseling Center. Refusal to complete the BASICS program or multiple missed appointments will result in a second positive test.
- The student-athlete will be subject to retests until tested negative. A second positive test will result if levels do not show a negative result or declining trend. The student-athlete will also be subject to unannounced follow-up drug testing for one year after the date of the first violation.

The student athlete may appeal the above conditions to the drug-testing appeals committee. The Director of Athletics and/or Head Coaches may impose sanctions beyond those listed above. Additional sanctions or penalties will also be determined based on individual situations.

SECOND POSITIVE TEST:

The Director of Athletics, sport supervising Athletic Director, Head Coach, Head Athletic Trainer, and Team Physician will be notified of a student-athlete's second positive test result.

- The aforementioned individuals will have a confidential meeting with the student-athlete who tested positive.
- The student-athlete will be required to notify his/her parent(s), and/or guardian(s), or spouse of the positive drug test in the presence of one or more of the above individuals.
- The student-athlete will be suspended from 10% of the maximum number of contests/competitions allowed per sport by the NCAA; applied to the next countable contests/competitions and will carry over into subsequent championship seasons if the positive occurs during the off-season or during such a time that it cannot be completed during the season.
- The student-athlete is required to participate in a substance abuse treatment program

(BASICS), held at the UMKC Counseling Center. Refusal to complete the BASICS program or multiple missed appointments will result in a third positive test.

- The student-athlete will be subject to retests until tested negative. A third positive test will result if levels do not show a negative result or declining trend. The student-athlete will also be subject to unannounced follow-up drug testing for one year after the date of the first violation.

The student athlete may appeal the above conditions to the drug-testing appeals committee. The Director of Athletics and/or Head Coaches may impose sanctions beyond those listed above. Additional sanctions or penalties will also be determined based on individual situations.

THIRD POSITIVE TEST:

A student-athlete who tests positive for a third time shall immediately lose all remaining eligibility for athletics participation. In addition, any existing athletics financial aid will be terminated immediately and will not be renewed the following year. The student-athlete may appeal the above conditions to the drug-testing appeals committee. The Director of Athletics and/or Head Coaches may impose sanctions beyond those listed above. Additional sanctions or penalties will also be determined based on individual situations.

ADD/ADHD MEDICATION:

The NCAA bans classes of drugs because they can harm student-athletes and can create an unfair advantage in competition. Some legitimate medications contain NCAA banned substances, and student-athletes may need to use these medications to support their academics and their general health. The NCAA has a procedure to review and approve legitimate use of medication that contains NCAA banned substances through an exceptions process. In order for the NCAA to review an exception the sports medicine department must have the proper documentation from qualified medical/health care professionals. The documentation requires the student-athlete and health care professional to go through a rigorous evaluation, testing, and prescription documentation process in advance of any drug test. If a medication has been prescribed for ADD/ADHD, and there is a failure to produce the proper documentation from those health care professionals, it can and will be grounds for a positive result on any drug test. The student-athlete must inform their sport athletic trainer and the SASSO Assistant Director of Academic Support if they have been previously diagnosed, currently are diagnosed, or are being tested for ADD/ADHD and/or taking prescription medications for such conditions. The Sports Medicine staff will then provide the proper guidelines for the physician/psychiatrist/counselor to formally produce their evaluation documentation. Updated documentation is required upon any changes to the treatment of such conditions as well as **annually** at the beginning of every school year.

For information regarding ADHD assessment, please refer to the Student-Athlete Support Services Office section of this handbook.

SUPPLEMENT USE:

Nutritional and dietary supplements are marketed to student-athletes to improve performance, recovery time and muscle-building capability. Many student-athletes use nutritional supplements despite the lack of proof of effectiveness. In addition, such substances are expensive and may potentially be harmful to health or performance. Of greater concern is the lack of regulation and safety in the manufacture of dietary supplements. Most compounds obtained from specialty "nutrition" stores and mail-order businesses are not subject to the strict regulations set by the U.S. Food and Drug Administration. Therefore, the contents of many of these compounds are not represented accurately on the list of ingredients and may contain impurities or banned substances, which may cause a student-athlete to test positive. Positive drug-test appeals based on the claim that the student-athletes did not know the substances they were taking contained banned drugs have

not been successful. Student-athletes must consult with the institution's sports medicine staff before taking ANY nutritional supplement.

It is not worth risking eligibility for products that have not been scientifically proven to improve performance and may contain banned substances. The use of supplements is at the student athlete's own risk.

The NCAA subscribes to the Drug Free Sport Axis. The Axis provides accurate information on performance-enhancing drugs, dietary supplements, medications, new ingredients and validity of product claims, and whether a substance is banned by the NCAA. This service is provided 24 hours a day via a password-protected website for all NCAA member schools and their student athletes and athletics personnel. To access the Axis, go to <https://dfsaxis.com>. The password is ncaa1.

MENTAL HEALTH AND WELLNESS:

The UMKC Sports Medicine department is committed to supporting the student-athletes in all aspects of their health, safety, and sport success. At times, health issues may arise that affect more than the physical. With the many resources available to the student-athlete we strive to help student-athletes break down barriers that may be keeping them from having the most successful collegiate athletic experience. UMKC Student-Athletes have access to our Team Psychologist as needed throughout the school year. In addition, each UMKC student has the opportunity (with 8 free sessions each academic year) to utilize the UMKC Counseling Center (<http://www.umkc.edu/counselingcenter/default.asp>) located at 51st and Oak. Professional staff are available to assist a wide range of difficulties. The UMKC Counseling Center is also an integral part of the sports medicine department's eating disorder team. UMKC student-athletes can consult with an athletic trainer to assist them in finding the right resource or can call the counseling center at 816-235-1635 to make an appointment. Also, the UMKC Student Health and Wellness Center, in collaboration with the Counseling Center bring the Mind Body Connection (<http://www.umkc.edu/mindbody>)

to the Student Success Center as a great resource for providing a space where students can learn skills to manage academic and personal stressors.

MENTAL HEALTH EMERGENCY:

If you or someone you know experiences a sudden change in mental status, which presents a danger to yourself or others, call 911 or campus police (816-235-1515) immediately. Once emergency assistance is secured, notify your team's athletic trainer so that appropriate support can be arranged.

MENTAL HEALTH CRISIS:

If you or someone you know experiences a sudden change in mental status, which does not present a danger to yourself or others, notify an athletic trainer so that a rapid referral to a trained mental health professional can be. Examples of crisis situations include having suicidal feelings, experiencing severe feelings of anxiety, or learning of the death of a loved one.

ROUTINE MENTAL HEALTH CONCERNS:

If you or someone you know experiences a mental health concern, you can speak with any member of the sports medicine staff or Student-Athlete Support Services Office, who can arrange for appropriate mental health support.

The confidentiality of each student-athlete is paramount, and information regarding mental health concerns will not be released by any member of the sports medicine staff without the permission of the student-athlete. Further, the sports medicine staff can assist in developing a plan to inform individuals as necessary.

PREGNANCY:

In order to ensure a safe environment for a pregnant athlete to participate in sports, the sports medicine department depends on the athlete to:

- Report the pregnancy to a team physician early
- Obtain and comply with recommendations of an obstetrician
- Know and report any adverse symptoms resulting from physical activity during pregnancy

The confidentiality of each student-athlete is paramount, and information regarding pregnancy will not be released by any member of the sports medicine staff without the permission of the student-athlete. Further, the sports medicine staff can assist in developing a plan to inform individuals as necessary.

CONCUSSION:

The goal of concussion management is to prevent a catastrophic outcome and return student-athletes to competition in a safe manner which minimizes the possibility of second-impact syndrome, other catastrophic head injury, and time away from athletic activity. In order to minimize these risks, student-athletes must:

- Know and report any symptoms of head injury to an athletic trainer immediately
- Stop activity immediately if you experience symptoms
- Honestly report symptoms to team physicians and athletic trainers during the recovery process, and follow recommendations regarding participation status, treatment, and symptom management
- Work with the Student-Athlete Support Services Office to arrange for academic accommodations, if necessary, and follow the recommendations of team physicians, athletic trainers, and athletic academic advisors regarding appropriate levels of academic work

EMERGENCY PROCEDURES:

The following is the standard procedure for all locations in case of an emergency (site-specific Emergency Action Plans are posted or available at each UMKC Athletics facility):

1. Perform initial assessment and determine EMS activation.
2. Call 911
3. Communicate with EMS personnel:

“We have an injured student-athlete in need of emergency medical treatment. Report to [current location and address] and meet [name of designated person] at the [specific designated location].”

Provide necessary information to EMS personnel:

- a) name, address, telephone number of caller
- b) number of victims; condition of victims
- c) first-aid treatment initiated

- d) specific directions as needed to locate scene
 - e) other information requested by dispatcher
4. Provide appropriate emergency care until arrival of EMS personnel
 5. Upon arrival of EMS personnel, provide pertinent information
 - Method of injury, vital signs, treatment rendered, medical history

A list of local emergency rooms are below (in order of proximity to campus):

St. Lukes Hospital of KC

4401 Wornall Rd
Kansas City, MO
(816) 932-2000

Research Medical Center

2316 E Meyer Blvd
Kansas City, MO 64132
(816) 276-4000

Truman Med Center – Hospital Hill

2301 Holmes
Kansas City, MO 64108
(816) 404-1000

KU Medical Center

3901 Rainbow Boulevard
Kansas City, KS 66160
(913) 588-5000

CATASTROPHIC INCIDENT PLAN:

Should a catastrophic incident occur related to competition or team travel, the UMKC Sports Medicine staff member responsible for that team will contact the Head Athletic Trainer, who will begin the process of notifying appropriate Athletics administrators, team physician, and family members of the student-athlete, coach, and/or ICA member. Arrangements will also be made with the team affected by the incident. Details of this plan are available in the UMKC Sports Medicine Policies and Procedures Manual as well as linked to the sports medicine website.

STRENGTH AND CONDITIONING

MISSION STATEMENT:

To foster an environment which is positive, enthusiastic, competitive, and intense with the goals of reducing injuries and increasing athletic performance in our student-athletes. To provide strength and conditioning programs for every sport that are based on sound scientific principles and proven methods to prepare student-athletes for competition.

In accordance to the Mission Statement of the University of Missouri-Kansas City Department of Athletics it is our goal that each student-athlete receives a “Championship” experience.

DUTTON BROOKFIELD STRENGTH AND CONDITIONING CENTER:

Rules of Conduct and Operation:

All student-athletes and staff members who use the Weight Room are required to comply with the rules of operation regarding conduct and equipment use. Violators of rules are subject to discipline and possible suspension of Weight Room privileges. Respective head coaches are notified of all disciplinary actions. The following rules have been es-

established to ensure a safe environment in the Weight Room.

A. Facility Rules:

- The Dutton Brookfield Strength and Conditioning Center is locked at all times unless a trained and authorized supervisor is present. Student-athletes are to lift only when their sport is scheduled or as arranged with strength coach.
- Prior to participation, student-athletes must get physical clearance.
- Alcohol, chewing tobacco, and illegal substances are not allowed in the Weight Room.
- NO CELL PHONES while lifting.
- Individuals are expected to be courteous to others and respectful to the facility (e.g., defacing of walls or equipment is prohibited).
- Athletics Department personnel, with approval of the Head Strength Coach, and as designated by the Athletics Director, may use the Weight Room for personal workouts provided they do not interfere with the needs of the student-athletes using the facilities.
- Non-Athletics Department personnel, with the permission of the Athletics Director, may be allowed to use the facilities after signing a waiver form.
- The office, including the computers, phones, and stereo, are off-limits, except to Weight Room staff.
- Every athlete must wear a shirt, shorts/pants and shoes at all times. No one will be allowed to lift in street clothes. No tank top t-shirts or hats will be allowed. No hats or headgear to be worn while lifting with the exception of headbands.
- It is preferable that student-athletes wear UMKC issued attire or colors while using the facility. Neutral colors are acceptable (white, gray, black), absolutely no attire with another school's logo.
- No iPods (this is for safety purposes).
- No equipment is to leave the Weight Room for any reason unless there is prior approval from the Strength Coach.
- At least one Strength Coach must be present during assigned team training hours.
- Injuries of any type are to be reported immediately.

B. Lifting Rules:

- Each weight shall be returned to its designated place on the rack after use.
- Clothing must be worn appropriately; e.g., shoes tied, shorts not to be worn low.
- Food, drinks, gum, Powerbars, etc., are not permitted during the workout. Water bottles are allowed, but not paper cups.
- Always return equipment to the proper place.
- Don't set plates on the floor or against equipment, walls, or posts. Don't throw or drop plates or dumbbells.

DISCIPLINARY ACTIONS:

Disciplinary actions are based on the severity of the Rules of Conduct and Operation violation as appropriate. The discipline may include physical workouts, required community service, cleaning duties, or suspension from the facility. The Strength Coach consults with the sport's head coach when disciplining student-athletes.

- All absences and tardiness must be cleared prior to scheduled workout time. Do this by calling us or stopping in and talking with us before your training time.
- A progressive approach to punishment will be taken.
- If problems persist, group/position/team punishment may be warranted.
- Extreme cases shall be referred to Head Coach.

PRIOR TO PARTICIPATION:

A medical examination and doctor's approval must be on file with the Athletics Training Staff. Participants must be adequately oriented to the program's policies, rules and regulations, and instructed in the proper execution of exercises and use the equipment. All participants must understand the consequences and dangers involved with improper technique or utilization.

INJURIES AND REHABILITATION:

Any injuries that inhibit any portion of a work out must be seen by the Athletic Training Staff. Any student-athlete that willingly forfeits their position on a team roster or is dismissed by their coach will no longer have access to the athletic weight room.

DISCIPLINE POLICY:

Definitions:

1. Late: Reporting to a workout after the scheduled starting time without prior communication (text or a phone call) to the strength and conditioning coach. 1 second-15 minutes late has a lesser degree of punishment than more 15 minutes late.
2. Miss: Not reporting to a workout at all without prior communication (text or a phone call) to the strength and conditioning coach.

Student athletes who abuse the "call or text ahead policy" are subject to disciplinary action as well as the discretion of the strength coach.

1st	Policy will be enforced at Strength Coaches discretion.
2nd	Policy will be enforced at Strength Coaches discretion.
3rd	Policy will be enforced at Strength Coaches discretion.
1st	1 second-15 minutes late will result in Plate Pushes (3x down and back, length of BB court). More than 15 minutes late will result in Plate Pushes (5x down and back).
2nd	1 second-15 minutes late will result in Plate Pushes (5x down and back, length of BB court). More than 15 minutes late will result in Plate Pushes (8x down and back).
3rd	1 second-15 minutes late will result in Plate Pushes (8x down and back, length of BB court). More than 15 minutes will result in Plate Pushes (12x down and back). More than 3 offenses will result in a suspension.
1st	The missed workout will be made up + Plate Pushes (8x down and back).
2nd	The missed workout will be made up + Plate Pushes (12x down and back).
3rd	Weight Room privileges will be revoked pending a meeting to be scheduled with the Head Coach of that team, the student athlete, the Strength Coach

	for that sport & the Director of Strength & Conditioning to discuss terms of reinstatement. All discipline must be completed before return to Weight Room.
1st	Weight Room privileges will be revoked pending a meeting to be scheduled with the Head Coach of that team, the student athlete, the Strength Coach for that sport & the Director of Strength & Conditioning to discuss terms of reinstatement. All discipline and/or punishment must be completed before return to Weight Room.
2nd	Consequences as stated earlier.
3rd	Consequences as stated earlier.

BASIC NUTRITION GUIDELINES:

Sound sports nutrition is essential to full recovery from training and competition. Recoverability will dictate improved sports performance. Training sessions are simply the stimulus without recovery will lead to overtraining, increased risk of injury and decreased sports performance.

Recoverability is regulated by the food and water you consume and the rest you get. Good nutrition habits will ensure that the following occurs:

- Full recovery from each training or practice session so as to ensure that the optimal benefit is achieved from each session.
- An increase in energy throughout the day and during each training and practice session.
- A much lower incidence of missed training and practice sessions due to illness.
- Proper hydration so as to ensure optimal performance and decreased risk of injury in all training and practice sessions.

Basic Rules for Eating Right:

- Eat breakfast every day.
- Drink a gallon of water per day.
- Eat 5 fruit and vegetables per day.
- Consume a lean protein source at every meal – Intake 2 grams of protein per kilogram of bodyweight per day (1 kilogram = 2.2 pounds).
- Eat 4-6 smaller meals each day.
- Consume a post-workout meal within one hour of completing the workout.
- Avoid eating high (saturated) fat foods.
- Avoid eating simple sugars and caffeine.

Individuals should also strive to eat proportions of food each day according to USDA MyPlate.

ALCOHOL & ATHLETIC PERFORMANCE:

It is important to understand the effects alcohol can have on athletic performance. Alcohol contributes to dehydration, makes you fatigue much faster, weakens the pumping force of the heart and increases your risk of injury. It also slows muscle recovery, slows

your reaction time and slows running and cycling time. If you or another student-athlete needs help, please contact any of the following resources:

Dr. Dale Voigt-Catlin, UMKC Counseling Center: voigtcatlind@umkc.edu, (816) 235-5352

FINANCIAL AID

ELIGIBILITY:

You must meet applicable NCAA, conference and UMKC regulations to be eligible for institutional financial aid. You must be enrolled as a full-time student at UMKC, you must have eligibility remaining on your five-year clock (or you are within the six years of initial enrollment), you are an undergraduate or you meet the NCAA eligibility regulations for graduate student participation, and if you are an incoming freshman, you are an NCAA qualifier for eligibility.

PERMISSIBLE FINANCIAL AID:

Student-athletes may receive most types of financial aid administered by an educational institution and some types of financial aid not administered by an educational institution so long as the financial aid does not conflict with NCAA legislation and is specifically approved under NCAA Amateurism Rules. **All non-institutional financial aid must be reported to the Office of Financial Aid and Scholarships.**

NON PERMISSIBLE AID:

Any student-athlete who received financial aid other than that permitted by the NCAA shall not be eligible for intercollegiate athletics.

PRINCIPAL TERMS AND CONDITIONS OF ATHLETICS FINANCIAL AID:

Financial aid is a contract between the athletics department and the student-athlete. If a student-athlete's athletic ability is considered in any degree in awarding financial aid, the aid shall not be awarded for a period less than one academic year, nor for a period that would exceed the student-athlete's five-year period of eligibility (Bylaw 15.3.3.1) unless meeting an exception to receive aid for less than one academic year.

1. The financial aid award must conform to the rules, regulations, and policies of UMKC and the NCAA.
2. Financial aid may be awarded for any term or session during which the student-athlete is in attendance as a regularly enrolled undergraduate, but cannot exceed one academic year. The renewal or non-renewal of a scholarship or grant-in-aid award shall be made by July 1st prior to the academic year it is to be effective and in which a student-athlete has remaining eligibility.
3. Maximum permissible financial aid may not exceed "commonly accepted educational expenses" (i.e., tuition and fees, room and board, required course-related supplies, books and monies not exceeding cost of attendance as determined by the institution). The grant may be renewed each year for a maximum of five years within six years of enrollment.
4. Financial assistance and special awards of any type not administered by the institution must be reported and cleared through the Financial Aid and Scholarships Office and the Athletics Department.
5. When unearned financial aid is awarded to a student-athlete and athletics ability is taken into consideration in making the award, such aid combined with other aid the student-athlete may receive during the semester or term time, other scholarships and grants-in-aid (including government grants for education purposes) and like sources may not exceed commonly accepted educational expenses as defined in #3. NCAA legislation limits exceptions to this requirement. Exceptions will be cleared through the Financial Aid and Scholarships Office and the Athletics Department.

6. In the event a student-athlete's financial aid from all non-exempted sources exceeds a full grant-in-aid for the balance of the academic year, the institution shall reduce institutional financial aid so as not to exceed a full grant.
7. A student-athlete may apply for summer school financial aid.
8. A student-athlete may apply for fifth-year financial aid to assist in completing a four-year degree. Receipt of fifth-year aid is conditioned upon review of the student-athlete's activities during his or her tenure at UMKC. Also, the student-athlete will be asked to assist the athletics department with projects during his or her fifth year on aid. Generally, fifth-year aid will be limited to tuition only. However, it may be awarded at the discretion of the Director of Athletics.
9. Student-Athletes receiving aid will be allowed to retake one course, one time in their career at UMKC and the Athletics Department will cover the tuition for both attempts. If the class needs to be attempted a third time, or if a second course should have to be repeated, the student-athlete is responsible for paying the tuition up front with the possibility of being reimbursed, if a suitable grade is earned. Determination of "suitable" will be made by the Senior Associate Athletic Director for Internal Operations/SWA.

RENEWAL/NON-RENEWAL:

Athletics grants-in-aid are awarded on an annual basis. Recommendations for renewals, reductions and/or cancellations must be made by the respective coach or athletic department staff and communicated to the student-athlete in writing from the Office of Financial Aid and Scholarships by July 1, each year.

Athletics grants may be renewed if the student-athlete remains eligible, continues to show improved athletic performance, maintains good citizenship on and off-campus, and exhibits a positive attitude and behavior toward his or her team, the athletics department and the University.

Institutional aid may be reduced or cancelled during the period of award if the recipient (see the scholarship agreement that you signed for a complete list):

- a. Does not satisfy the stated institutional academic requirements for like scholarships or grants-in-aid.
- b. Voluntarily renders himself or herself ineligible for intercollegiate athletics competition.
- c. Fraudulently misrepresents any information on this application, letter of intent or tender.
- d. Engages in serious misconduct warranting substantial disciplinary penalty by the appropriate institutional committee or agency. (Serious misconduct of sufficient gravity is if comparable conduct occurred in other departments of the institution, similar substantial disciplinary penalty could properly be imposed. Serious misconduct includes manifest disobedience through violation of institutional regulations or established athletics department policies, NCAA regulations, and rules applicable to all student-athletes.)
- e. Refuses to participate in or fails to comply with the appropriate provisions of the UMKC Athletics Department Substance Abuse Program.
- f. Voluntarily withdraws from the team.
- g. Signs a professional contract, agrees to be represented by an agent, or accepts money or benefits from an agent while still eligible.
- h. Accepts money for playing in an athletic contest.
- i. Receives any other aid or employment that has not been approved and/or exceeds individual limits.

j. Misses an excessive number of classes in any one term.

Institutional aid may not be reduced or cancelled during the period of its award because of an injury or illness that prevents the recipient from participating in athletics.

There is no appeal process in regards to the reduction of monies related to cost of attendance. If you would voluntarily quit your team for any reason, monies related to cost of attendance would cease beginning with the month after you voluntarily leave the team.

APPEAL PROCEDURE FOR NON-RENEWAL:

If your scholarship has been reduced or cancelled, you are also entitled to an appeal hearing. Appeal hearings are conducted by a Hearing Panel appointed by the Vice Chancellor for Student Affairs and Enrollment Management. The Panel is comprised of three members of the Student Financial Aid Advisory Committee. The Vice Chancellor will appoint one of the three as chair. This hearing panel makes their recommendation to the Vice Chancellor, who issues a final decision. Once notified that your aid will be reduced or cancelled, you will have 10 business days in which to file a letter for appeal to the Financial Aid and Scholarship office. The institution shall conduct the hearing and provide written results of the hearing to the student-athlete within 15 business days of receipt of the student-athletes written request for a hearing.

The letter of appeal should outline your rationale for the appeal; additional supporting documentation may be appended to the letter. Only information contained in the letter of appeal and supporting documentation, if any, will be considered in the appeal hearing and decision. The Office of the Vice Provost for Institutional Effectiveness will notify the Athletics Department and the Hearing Panel Chair (Chair) of the appeal request within five working days after receipt of the appeal.

The following are procedures related to the hearing:

1. The Vice Provost for Institutional Effectiveness will notify the Director of Athletics in writing of a student-athlete's request for a hearing and will provide a copy of the student-athlete's appeal documentation;
2. The Athletics Department will prepare a written response to the appeal and forward it to the Chair within 5 working days of their receipt of the student's letter;
3. The Chair will provide a copy of all written materials to each member of the Panel, the student-athlete, and the Athletics Director;
4. The Athletics Director will advise the Chair of those individuals who will be present at the hearing as representatives of the Athletics Department;
5. The student-athlete has the right to attend the hearing in person and to have an advisor or counselor present. The student-athlete will notify the Chair of his/her plans to attend the hearing, as well as the names of advisors/counselors who will be present, no later than five working days prior to the hearing. The advisor/counselor may confer with the student but may not present evidence or cross-examine.
8. The Chair will notify all parties in writing of the date, time and location of the hearing, which will occur within a reasonable time frame.
9. The hearing shall consist of a statement by the student, should he/she be present and wish to do so, followed by questioning by the Hearing Panel. A representative of the Athletics Department will then make a statement, after which the Panel may question him/her. Both the student and the Athletics Department representative may ask witnesses to offer testimony in support of their statements. At this point the student may ask appropriate questions of clarification from the Athletics Department representative; the Athletics Department representative may do the same. Both sides can then offer rebuttals, with the student going first. Final closing statements are then allowed, not to exceed ten

minutes per party.

10. The student-athlete and his/her advisor and the Athletics Departments representatives will be dismissed from the hearing, and the Panel will conduct private deliberations. The chair will submit the Panel's recommendation to the Vice Provost for Institutional Effectiveness.

11. Both the Athletics Department and student will be notified of the final decision in writing by the Vice Provost for Institutional Effectiveness no later than five working days from the date of the hearing.

12. The Vice Provost for Institutional Effectiveness's decision is final. If you are informed that your aid is not being renewed, or that it is being reduced, and you have a valid reason to question the decision, the following procedures will be used:

APPEAL HEARING PROCEDURE:

The student has the right to attend the hearing in person and to have an advisor or counselor present. The advisor/counselor may confer with the student but may not present evidence or cross examine. The following represents the order of the Hearing:

1. Statement by the student, followed by questioning by the Hearing Panel
2. Statement by the representative of the Athletic Department, followed by questioning by the Panel
3. Both the student and the Athletic Department representative may ask witnesses to offer testimony in support of their statements
4. Student may ask questions of clarification from the Athletic Department representative
5. The Athletic Department representative may ask questions of clarification of the student
6. Rebuttal can then be offered by the student
7. Rebuttal can be offered by the Athletic Department representative
8. Final closing statement by the student, not to exceed ten minutes
9. Final closing statement by the Athletic Department representative, not to exceed ten minutes
10. Adjournment by the Chair

After the Hearing

The Hearing Panel will conduct private deliberations and the Chair will present a recommendation to the Vice Provost for Institutional Effectiveness.

The Vice Provost for Institutional Effectiveness will notify the student-athlete and the Athletic Department in writing of the decision. This decision is final.

STIPEND CHECKS:

Stipend checks are distributed to those student-athletes who are receiving scholarship money combination of room, board and/or cost of attendance monies. The earliest that stipend checks may be picked up is the last Friday of the month for those receiving monthly or semester stipends. For those receiving checks by the semester, they may be picked up on the last Friday of the month in August and the last Friday of the month in January. If a holiday falls on the pickup day, contact the business office to find out when you may pick up your check. If you have a hold for outstanding bills or fines, those bills or fines may be required to be paid prior to receiving a stipend check. Stipend checks may be picked up at the office of the Business Office in the Athletics Department.

TEXTBOOKS:

If you received a scholarship that included money toward books, the following procedures should be followed:

Student-athletes receiving full ride scholarships will pick pre-packaged books up at SASSO at a designated time prior to the start of the semester. Student-athletes on a partial scholarship, in which includes a portion of books (amounts less than full/\$ amount indicated), will receive the monies in check form in order to purchase your books. Students on partial book scholarships may purchase their books using the method that is most convenient.

Please keep in mind that only books can be purchased with a bookstore requisition. No paper, notebooks, candy, gum, etc. can be purchased. If you are in need of a clicker see the Administrative Assistant in the main Athletic Office in SRC 201. It is against NCAA rules and regulations for UMKC to purchase supplies of this nature for student-athletes.

When a class is dropped, the book for that class should be immediately dropped off to the Administrative Assistant in the main Athletic Office.

If you are adding a class late, a book requisition will need to be picked up with the Administrative Assistant and then taken to the UMKC Bookstore to obtain your book. Within 24 hours the book requisition will need to be returned to the Administrative Assistant.

At the end of the fall and spring term for those student-athletes on full book scholarship, all books must be returned to the administrative assistant by the Thursday the week Final Exams end. If you fail to return the books by the aforementioned date, you will be charged 30 percent of the total cost of the books, unless you have made prior arrangements with Deputy Director of Athletics/SWA. Until you pay the reflective cost (30 percent) for the books, a hold will be placed on your student account and you will not be allowed to register for the following semester's classes. Transcripts will be held on all seniors and non-returning students until full payment has been made to the UMKC athletics department. Stipend checks may be held as well, until payment has been made.

STUDENT ASSISTANCE FUND (SAF):

The SAF will provide direct benefits to student-athletes or their families as determined by the conference office. As a guiding principle, the fund shall be used to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics, enrollment in an academic curriculum or recognition of an academic achievement. Accordingly, receipt of Student Assistance Fund monies shall not be included in determining the permissible amount of financial aid that a member institution may award to a student-athlete. Further, inasmuch as the fund is designed to pro-

vide direct benefits to student-athletes, the fund is not intended to be used to replace existing budget items.

All student-athletes, including international, are eligible to receive SAF benefits, regardless of whether they are grant-in-aid recipients, have demonstrated need or have either exhausted eligibility or no longer participate due to medical reasons.

Examples of uses of the SAF are as follows:

- Institutional administered required medical insurance (i.e. international medical insurance)
- Medical or dental costs not covered by another insurance program
 - Medical/Dental/Vision/Hearing
- Costs associated with student-athlete or family emergencies

Throughout the academic year, please contact the Director of Athletics or SWA if you have an emergency or are met with an unexpected financial need that you think may be covered.

CHARGES NOT PAID BY THE ATHLETIC DEPARTMENT:

The following types of expenses are not covered by the athletic department, and are the responsibility to be paid by the student-athlete:

- Miscellaneous Bookstore charges (iPod, computer, t-shirt, etc...)
- Library or parking fines/tickets
- Damage to University property, including residence halls and/or apartments
- Cost for lost keys or lost student IDs
- Orientation fees or late registration charges
- Cost of treatment for injuries not sustained in practice or competition or injuries sustained during the summer

UMKC 'ROO CLUB

The 'Roo Club Athletic Fund is the principal fundraising arm of the UMKC Intercollegiate Athletics Department. The 'Roo Club provides an opportunity for supporters to help UMKC's 250 student-athletes receive a top tier education while pursuing their goals in competition, in the classroom and in society.

Contributions given to the 'Roo Club are used to cover scholarship expenses such as tuition, room, board, academic counseling, tutors and other life skills programs for UMKC student-athletes. In addition, the 'Roo Club is also focused on raising money for facilities upgrades and other needs as prioritized by the Athletics Department.

As a current UMKC Student, you are provided with a FREE membership to the 'Roo Club. Membership benefits include the following: corporate partner discounts, member gift, special event invitations and eligibility to participate in the 'Roo Rewards Loyalty Program. Upon graduation, membership to the 'Roo Club is still free for your first year out of school. We encourage you to stay involved by joining our Young Professional level, or by joining our exclusive Varsity Level. The Varsity portion of the 'Roo Club is exclusively for Former UMKC Student-Athletes and membership provides exclusive benefits.

If you have any questions about the 'Roo Club, feel free to contact UMKCROOCLUB@UMKC.EDU or 844-UMKC-FAN.

'ROO CLUB MEMBERSHIP LEVELS:

STUDENT <i>(FREE)</i>	RECENT GRADUATE <i>(FREE 1st Year after graduation)</i>	YOUNG PROFESSIONAL (UNDER 30) \$50	Varsity KC ALUMNI (Former Student Athlete Association)
---------------------------------	---	--	---

			\$50
<ul style="list-style-type: none"> • Member Gift • Special Event Invitations • Roo Rewards program eligible 	<ul style="list-style-type: none"> • Member Gift • Special Event Invitations • Hospitality Eligible 	<ul style="list-style-type: none"> • Member Gift • Special Event Invitation • Hospitality Eligible • \$35 donation is Tax Deductible 	<ul style="list-style-type: none"> • Varsity KC Gift • Exclusive Networking Events • Student-Athlete Reunions/Events • Hospitality Eligible • \$50 donation is Tax Deductible

UMKC ATHLETIC DEPARTMENT'S SOCIAL MEDIA

UMKC Athletics prides itself on being easy to follow from anywhere in the world. Follow the Roos through these avenues:

WEBSITE:

Follow the Roos on www.UMKCKangaroos.com to look at schedules, rosters, statistics, record books, player/coach/staff bios, features and releases. Live video and on-demand events are available with a small subscription fee.

SOCIAL MEDIA:

UMKC is very active in the social media circles; keep up with all of our official Facebook and Twitter accounts on our Social Media Central page under the multimedia tab on the main website.

Facebook: **UMKC Athletics**

Twitter: **@UMKCAthletics**

Instagram: **@umkcathletics**

Snapchat: **umkc_kangaroos**

Department/Team	Twitter Handle
UMKC Athletics	@UMKCAthletics
SASSO	@UMKCSASSO
Strength & Conditioning	@RooPerformance
Sports Medicine	@UMKC_ATC
Nutrition	@UMKCRooFuel
SAAC	@UMKC_SAAC
UMKC Compliance	@ComplianceUMKC
Varsity KC Club	@VarsityKCclub
Men's Soccer	@umkcmenssoccer

Women's Soccer	@UMKCwSoccer
Volleyball	@UMKCVB
Men's Basketball	@UMKCbmb
Women's Basketball	@UMKcWBB
Men's Golf	@UMKCMensGolf
Women's Golf	@UMKcwomensgolf
Softball	@UMKCSB
Tennis	@UMKCTennis
Track & Field	@UMKCtrackxc

WESTERN ATHLETIC CONFERENCE

HISTORY OF THE WAC

The WAC has a 50-year history of intercollegiate competition and continues to evolve and feature some of the nation's best programs. Throughout the years, the persistent nature of the schools in the WAC has not been altered as they continue to advance their programs to contend at the top levels of the NCAA.

The WAC provides its student-athletes the chance to travel to scenic destinations and gain exposure in some of the nation's most diverse markets. In addition, the WAC's student-athletes work to achieve the highest levels of success with the academic support of their respective institutions.

Dedicated to achieving the highest goals in the athletics and academic realms, UMKC becomes the ninth member of the Western Athletic Conference in 2013-14, joining California State University, Bakersfield; Chicago State University; Grand Canyon University; University of Idaho; New Mexico State University; Seattle University, The University of Texas Rio Grande Valley and Utah Valley University.

CHICAGO STATE COUGARS

	Location	Chicago, Illinois
	Founded	1867
	Enrollment	4,767
	President	Dr. Rachel Lindsey
	Athletics Director	Tracy Dildy
	Colors	Green & White
	Faculty Rep	Dr. Bernard Rowan

UMKC KANGAROOS

	Location	Kansas City, MO
	Founded	1929
	Enrollment	16,699

	Chancellor Interim Athletics Director Colors Faculty Rep	Dr. Mauli Agrawal Ursula Gurney Blue & Gold Ken Ferguson
--	---	---

UTRGV VAQUEROS

	Location Founded Enrollment President Athletics Director Colors Faculty Rep	Edinburg, TX 2015 28,584 Dr. Robert S. Nelsen Chris King Orange, Green & Blue Frederick Ernst
--	---	---

SEATTLE U REDHAWKS

	Location Founded Enrollment President Athletics Director Colors Faculty Rep	Seattle, WA 1891 7,755 Stephen V. Sundborg Shaney Fink Scarlet & White Sarah Bee
--	---	--

NEW MEXICO STATE AGGIES

	Location Founded Enrollment President Athletics Director Colors Faculty Rep	Las Cruces, NM 1888 15,490 Garrey Carruthers Mario Moccia Crimson & White Dr. Jack Thomas
--	---	---

GRAND CANYON ANTELOPES

	Location Founded Enrollment President Athletics Director Colors	Phoenix, AZ 1949 18,000 Brian Mueller Mike Vaught Purple, Black & White
--	--	--

	Faculty Rep	Claude Pensis
--	-------------	---------------

CSU BAKERSFIELD ROADRUNNERS

	Location	Bakersfield, CA
	Founded	1970
	Enrollment	9,000
	President	Dr. Horace Mitchell
	Athletics Director	Kenneth Siegfried
	Colors	Blue & Gold
	Faculty Rep	Dr. Roy LaFever

CALIFORNIA BAPTIST LANCERS

	Location	Riverside, CA
	Founded	1950
	Enrollment	9,944
	President	Dr. Ronald Ellis
	Athletics Director	Dr. Micah Parker
	Colors	Blue & Glod
	Faculty Rep	Dr. David Pearson

UTAH VALLEY WOLVERINES

	Location	Orem, UT
	Founded	1941
	Enrollment	33,500
	President	Matthew Holland
	Athletics Director	Vince Otoupal
	Colors	Green & White
	Faculty Rep	Dr. Michael Shively

WESTERN ATHLETIC CONFERENCE

	Location	Denver, CO
	Established	1962
	Commissioner	Jeff Hurd

CAMPUS RESOURCES

Women's Center

The mission of the Women's Center is to advocate, educate, and provide support services for the advancement of women's equity on campus and within the community at large. They also offer and promote programming that enhances the skills of women and assists in their development as students, scholars and professionals.

Haag Hall 105
(816) 235-1638
www.umkc.edu/womenc/

Career Services

The UMKC Career Services offers individual career counseling, career assessments, resume development, mock interviews, workshops, on-campus recruiting, job fairs, and other career resources. They provide interview practice and resume reviews for all students.

Atterbury Student Success Center
(816) 235-1636
www.career.umkc.edu/

Multicultural Student Affairs

The mission of the Multicultural Student Affairs is to enhance and improve the college experience for students of color at UMKC. They provide one-on-one counseling as well as educational, social and cultural programming.

Student Union, Suite 319
(816) 235-1109
www.umkc.edu/msa

Office of Student Involvement

College is more than classrooms. The Office of Student Involvement is UMKC's central resource for co-curricular and extracurricular involvement, making the University experience more educational, more interesting, and—most importantly—more fun! OSI consists of the following areas: The Activity and Program Council, Commuter Student Programs, Communiversity, Fraternity and Sorority Affairs, Leadership and Service Programs, LGBTQIA (Lesbian, Gay, Bisexual, Transgendered, Queer/Questioning, Intersex and Ally) programs, Student Activities and Student Organizations.

Student Union, Room 320
(816) 235-1407
www.umkc.edu/getinvolved/

Student Organizations – UMKC is proud to have approximately 250 active student organizations. At UMKC there is truly something for everyone, from politically and religiously focused groups to academic and social. There is truly something for everyone! To get more information on our student organizations you can visit our website at:

<https://roogroups.collegiatelink.net/organizations>

Residential Life and Student Housing

Student Housing at UMKC is about more than just offering students a place to eat and sleep – it is their home away from home. All student housing is located on the west side of campus, near the Student Union, Student Success Center (cafeteria), Swinney Recreation Center, and in walking distance of all Volker campus buildings. Student-athletes living on campus must follow a Standard of Conduct set by the University and the Office of Residential Life. Conduct for which students are subject to sanctions falls into the following categories, but are not limited to:

- Academic dishonesty. This includes cheating or plagiarizing.

- Forgery, alteration, or misuse of University documents, records or identification.
- Physical abuse or other conduct which threatens or endangers the health or safety of any person.
- Attempted or actual theft of, damage to, or possession without permission of property of the University or of a member of the University community or of a campus visitor.
- Unauthorized possession, duplication, or use of keys to any University facilities or unauthorized entry to or use of University facilities.
- Manufacture, use, possession, sale or distribution of alcoholic beverages or any controlled substance without proper prescription or required license or as expressly permitted by law or University regulations, including operating a vehicle on University property, or on streets or roadways adjacent to and abutting a campus, under the influence of alcohol or a controlled substance as prohibited by law of the state of Missouri.
- Disruptive or disorderly conduct or lewd, indecent, or obscene conduct or expression.
- The illegal or unauthorized possession or use of firearms, explosives, other weapons, or hazardous chemicals.

The Office of Residential Life stresses the importance of their policies and rules regarding alcohol and drug use in student housing. Residents who are in the same room as alcoholic beverages, regardless of whom the alcohol belongs to, are subject to disciplinary action. Residents who are in the same room as illegal drugs, or who are suspected of recently having used drugs – primarily from a distinct odor or from behaviors/physical symptoms – are subject to disciplinary action. Residents are not allowed to be in possession of prescription drugs that are not prescribed to them. Residents can be found in violation of this policy if they are not present in the room at the time the evidence of drug/alcohol use is discovered. This policy is enforced in order to promote individual responsibility and a substance-free living environment. Other violations of this policy may include alcohol containers – such as bottles, cans, etc. – and drug paraphernalia – such as pipes, hookahs, etc.

Residential Life staff members will confiscate and dispose of alcohol and alcoholic-beverage containers found in the possession of residents and/or their guests. Residents in violation of the policy will be asked to dispose of alcoholic beverages in the presence of a staff member. Residents entering the housing complex intoxicated and creating a disturbance will be subject to disciplinary action. Residential Life staff will contact the police if there is a suspicion of drug use. The police may request a search of Residential Life rooms/apartments. Residential Life staff or other University officials may search a resident room at any time if they suspect there is a policy violation.

Addition information on Student Housing policies can be reached at <http://info.umkc.edu/housing/contact/>.

Oak Street Residence Hall, room 2004
 (816) 235-8840
www.umkc.edu/housing/

Swinney Recreation Center

Swinney Recreation Center houses several departments, including Campus Recreation & Intramurals, Physical Education and Intercollegiate Athletics. In order to preserve the integrity and ensure enjoyment and safety of students and patrons alike, all users, including student-athletes are subject to the policies and procedures of the building. A few highlights are:

Checking Into the Facility

- Students may utilize their Student ID card or number in order to access the facility. Your Student ID card and number should be kept confidential. Please do not provide

your Student ID card or number to anyone else.

- Upon each entry, all users are required to check in at either the Control Center (2nd floor) or the Track Door (1st floor). All student-athletes are required check in **each time** they enter to use the facility, whether it be for practice, personal work outs, training room and/or study hall visits. For example, if one comes in for workouts at 6:30a, study hall at 10a, practice at 2p and visits the training room at 4p, this would be a total of 4 separate and distinct visits.

Exiting the Facility

- There exists but two entries and exits to Swinney Recreation Center – the Control Center and Track Door. All other doors are emergency exits only and are wired directly to the facility alarm and Campus Police. Please do not exit the facility through any doors posted as an emergency exit only.

Visiting Parents/Guests

- All visitors outside of scheduled practice times, including family members, are subject to the daily guest fee. Guests must be **18** years of age or older and present a valid state-issued photo ID.
- On limited occasions and/or special circumstances, arrangements may be made in advance with the Director of Swinney.

5030 Holmes
(816) 235-2712
www.umkc.edu/src/

UMKC GENERAL INFORMATION

PARKING AND TRANSPORTATION:

Despite the type of permit you purchase, the parking permit must be appropriately displayed. The parking permit allows parking at no charge in designated student parking areas.

If you do not purchase a parking permit, you may park in one of the designated metered parking lots. Metered parking is \$1.00 per hour.

No parking is permitted behind Swinney Recreation Center, Durwood, or on the circle drive outside of Swinney on the north side of the building. If you receive parking tickets, you may not be able to register for classes the following semester until that debt is paid. Unpaid tickets will result in a Cashiers Hold being placed on your student account.

Campus shuttle bus service is available Monday through Friday from 7:00 a.m. to 5:10 p.m. – look for the UMKC bus stop sign.

BOOKSTORES:

The University Bookstore is located on the main floor of the Student Union at 5100 Cherry Street. The bookstore carries all textbooks and a variety of UMKC merchandise. RooTech is also located in the bookstore. RooTech sells complete lines of educational software and products, including Apple, Dell and HP. Bookstore hours vary throughout the semester. Their contact information is www.umkcbookstore.com, (816) 235-2665.

The UMKC Health Sciences Bookstore is located at 2417 Charlotte Road on the Hospital Hill campus. Hours vary throughout the semester. Their contact information is <http://umkc-hsbookstore.com>, (816) 235- 2191.

UNIVERSITY CENTER CAFETERIA:

The Cafeteria is located on the main floor of the Atterbury Student Success Center. The cafeteria features an all-you-can-eat buffet, pizza, deli, grill, international dishes, and homemade entrees. Its hours of operation are:

Monday – Friday: 7am-7pm

Saturday – Sunday: 11am-1:30pm, 4:30-7pm

Other campus dining options include Starbucks Coffee, located on the first floor of the Atterbury Student Success Center. In the Student Union you can find Chick Fil-A, SubConnection, Baja Fresh and Jazzman's. There is an Einstein Brothers Bagel in Royall Hall, a Café a la Cart and Robot Café in the Miller Nichols Library, and a Smart Market in the Oak Street Residence hall.

UMKC ONE CARD:

The UMKC One Card is the official campus identification card. The One Card Office is located in the Student Union room 410 and provides campus IDs to faculty, students, staff and special programs on campus. UMKC One Cards can be used to attend UMKC sporting events, eat at dining service locations, make purchases at the Smart Market, check out materials at the campus library, charge books to your student account from the University Bookstore, enter secure campus buildings and residence halls and get discounts at local and national merchants. To receive your official ID, you must bring a valid, government-issued photo ID. If you lose your ID, the first replacement is \$10, the second is \$15, and the third is \$20. The One Card office is open Monday-Friday from 8:00am-5:00pm and more information can be found at www.umkc.edu/onecard/, (816) 235-6657.

UMKC RESOURCES:

Admissions Office

(816) 235-1111

<http://www.umkc.edu/admissions/>

Bookstore

(816) 235-2665

<http://www.umkcbookstore.com>

Counseling Center

- All enrolled students have access to eight free counseling sessions, in addition to the free initial consultation session.
- The center provides group, couple's and individual counseling sessions.

(816) 235-1635

<http://www.umkc.edu/counselingcenter>

Career Services

(816) 235-1636

<http://www.career.umkc.edu/>

Dining Services

(816) 235-1077

<http://www.umkc.edu/foodservice>

Disability Services

(816) 235-5612

<http://www.umkc.edu/disability>

Financial Aid

(816) 235-1154

<http://www.sfa.umkc.edu/>

Health Services

(816) 235-6133

<http://www.umkc.edu/studenthealth/>

International Office (ISAO)

(816) 235-1113

<http://www.umkc.edu/isao/>

Parking Operations Department

(816) 235-5256

<http://www.umkc.edu/adminfinance/parking>

Registrar's Office

(816) 235-1125

<http://www.umkc.edu/registrar/>

Residential Life

(816) 235-8840

<http://www.umkc.edu/housing>

Student Involvement

(816) 235-1407

<http://www.umkc.edu/getinvolved>

CAMPUS SAFETY AND EMERGENCY CONTACT INFORMATION:**CAMPUS POLICE:**

5005 Oak St.

816-235-1515

Fire Emergency 911

Medical Emergency 911

Police Emergency 911

**KCMO Police Department
(non-emergency)**

(816) 234-5000

1152 Locust Street

www.kcmo.org/police

**KCMO Fire Department
(non-emergency)**

(816) 784-9200

635 Woodland Avenue Suite 2100

<http://www.kcmo.org/CKCMO/Depts/Fire/>

Saint Luke's Hospital of Kansas City

(816) 932-2000

4401 Wornall Road

Truman Medical Center

(816) 404-1000

2301 Holmes Street

UMKC Student Health Center

(816) 235-6133

4825 Troost, Room 115

KANSAS CITY RESOURCES AND SERVICES

GROCERY AND PHARMACY:

Cosentino's Market in Brookside

(816) 523-3700

14 W 62nd Terr

www.costentinos.com

HyVee Grocery

(913) 383-8303

7620 State Line Road

www.hy-vee.com

Price Chopper

(816) 523-7700

6327 Brookside Plaza

www.mypricechopper.com

Sunfresh Market

(816) 931-1639

4001 Mill Street

www.mysunfresh.com

Walgreens

(816) 931-8337

4630 Troost Ave

www.walgreens.com

CVS Pharmacy

(816) 531- 4699

5011 Main Street

www.cvs.com

Target

(816) 444-6012

8509 State Line Road

www.target.com

Walmart

(913) 236-8898

5150 Roe Blvd

Roeland Park, KS

www.walmart.com

Whole Foods Market

(816) 708-3700

301 E. 51st Street

www.wholefoodsmarket.com

RESTAURANTS AND DINING:

Country Club Plaza

Between JC Nicholas & Jefferson

www.countryclubplaza.com

Planet Sub

(816) 960-6696

4928 Main Street

www.planetsub.com

Chipotle Mexican Grill

(816) 756-5158

4851 Main Street

www.chipotle.com

The Mixx

(816) 756-2300

4855 Main Street

www.mixingitup.com

Eggtc.

(816) 561-0116

5107 Main Street

www.eggtc-kc.com

Subway

(816) 756-1756

312 E 51st Street

www.subway.com

Kin Lin Chinese Restaurant

(816) 561-4334

314 E 51st Street

www.kinlinrestaurant.com

Yogurtini

(816) 531-2201

4853 Main Street

www.yogurtini.com

Winstead's

(816) 753-2244

101 Emanuel Clever II Blvd

www.winsteadssteakburger.com

Minsky's Pizza

(816) 561-5100

5105 Main St.

www.minskys.com

LIBRARIES AND MUSEUMS:

Kansas City Public Library

Plaza Branch: (816) 701-3481

4801 Main Street

www.kclibrary.org

Nelson-Atkins Museum of Art

(816) 751-1278

4525 Oak Street

www.nelson-atkins.org

Kemper Museum of Contemporary Art

(816) 753-5784

4420 Warwick Boulevard

www.kemperart.com

**National World War I Museum/
Liberty Memorial**

(816) 888-8100

100 W. 26th Street

www.theworldwar.org