

Henderson
State
University
Student-
Athlete
Handbook



This document addresses Student-Athlete issues for the Athletic Department at Henderson State University. There are 25 pages (including Table of Contents) Updated: July 1, 2011

HSU Athletics
Department

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APPENDIX: *(Available from Associate AD David H. Thigpen on the HSU Compliance Web-link.)*

- HSU Scholarships and FA Guidelines (FA)
- Institutional Scholarships and Waiver Requirements Handout (FA)
- Meet The Compliance Team Handout (Compliance)
- Do's and Don'ts (Compliance)
- NCAA Banned-Drug List Handout
- HSU Athletic/Compliance Web-Link Sample Page

To our Student-Athletes:

Congratulations on being a “Reddie.” That is a distinction that I will always carry with pride as do thousands of other former Henderson State athletes. I know you will too once you have had enough opportunity to experience this University and represent it in intercollegiate competition.

This handbook has been compiled to help you and inform you about being a successful Reddie. This information lets you know what to expect and how to deal with many situations be it in the classroom, on the playing field or conduct in general.

Please make yourself familiar with the contents of this handbook. Keep it in a place where you can refer to it when needed. If there is anything that you don’t understand or if you have any questions, go to your head coach, the compliance officer, or come see me for an explanation.

I want to get to know you and your family on a personal level, so please introduce yourself when you see me!

T. Kale Gober
Director of Athletics

To our Student-Athletes:

On behalf of the faculty at Henderson State University I’d like to welcome you to our beautiful campus. As a Reddie you will have opportunities to excel athletically in your chosen sport under the guidance of knowledgeable and caring coaches. Additionally, you will have excellent opportunities to excel academically in an educational environment that is second to none. The members of the faculty are here for you and because of you. I encourage you to avail yourself of their expertise and their willingness to help as you progress toward the degree in your chosen field of study.

We are excited that you have chosen Henderson State University to continue your education and we welcome the opportunity to make your experience a success.

David Gardner
Associate Professor of Mathematics
Faculty Athletic Representative

DISCLAIMER

The policies contained in this handbook at the time of printing are subject to revision at any time by Henderson State University, Great American Conference, Gulf South Conference, NCAA or Henderson State University Athletic Department.

The policies and sanctions contained in this handbook are considered minimum standards. Your coach may have more stringent sanctions and policies for your team.

PHILOSOPHY OF THE HSU ATHLETIC DEPARTMENT

The Henderson State University athletic department strives at all times to represent the very highest ideals in life. Because of the high visibility of athletes, we have a unique responsibility to be a positive influence on the lives of everyone associated with our program: student-athletes, other athletes, other students, faculty, staff, alumni and friends.

Our top priority will always be the student-athletes of our program. Proper direction and motivation will help them grow socially, academically, and athletically. Our ultimate goal is to provide each student-athlete with the means necessary to be successful in life and contribute to our society. We can accomplish this goal by fully integrating student-athletes into the educational program of Henderson.

The physical well-being of our student-athletes is of constant concern. We must never jeopardize their health or well-being for any reason.

We need to be aware of our accountability to the university and to the alumni and friends who support our program.

We must maintain a positive, open environment within which members of the athletic department can grow and develop in their careers and individual lives.

Success is one of the rewards of any organization. Discipline, dedication, and hard work are necessary for the building of a competitive athletic program. We have a responsibility to ourselves and to our student-athletes to strive to reach our maximum potential.

We will observe the letter and spirit of the rules and regulation of the NCAA, the Gulf South Conference and Henderson State University, while also adhering to the philosophy of the Division II member institutions. We have a responsibility to report any school that violates these same rules and regulations.

The university endorses the efforts of the NCAA to maintain academic standards, to publish and revise ethical and legislative standards, and to administer intercollegiate athletics in accordance with this set of principles.

Any member of the university's athletic department who encourage, suggests, knowingly or implicitly violates any NCAA, Gulf South Conference or University regulation is subject to immediate suspension and/or dismissal.

ATHLETICS DIVERSITY STATEMENT

Updated: May 1, 2011

The HSU Athletic Department believes in the fair treatment of all student-athletes and department personnel. Policies have been incorporated into daily practices that ensure the equitable treatment of each individual, regardless of race, gender, religion, sexual orientation, or national origin. These policies affect issues including, but not limited to, personnel, student-athletes, teams, travel, competition, facilities, and grants-in-aid. The HSU Department of Athletics believes in policies and operating procedures that are free of discriminatory practices and the department stands firm on a commitment to equity. The HSU Athletic Department is particularly sensitive to the need for role models in coaching and administrative positions. Therefore, the department will actively seek female and minority candidates for any personnel vacancy. Every effort will be taken to conduct a search committee consistent with both the department and the entire university's commitment to providing an equal opportunity for each applicant.

PURPOSE OF HSU ATHLETIC DEPARTMENT

Henderson State University's athletic department is a service organization for several groups: our student-athletes, the student body, faculty and staff, alumni, friends, the sports media and the general community. Our basic obligations to these groups are twofold:

- A. To develop and maintain a competitive athletic program that can be a source of pride for all
- B. To allow members of these groups the opportunity to become involved in the program as participants, contributors or spectators.

We will make sure that our sports programs function in conjunction with all principles of fair play and amateur athletic competition as defined by the NCAA.

As stated in our philosophy, our primary purpose is to direct each student-athlete toward growing and becoming a total person, earning a meaningful degree, and developing as an athlete. We should provide each student-athlete with the chance to become involved in all areas of student life while in school and with the tools to be successful in his or her career after graduation.

We should also strive to allow every member of the student body the opportunity to be a part of the athletic program. Some student can be actively involved as athletes, trainers, managers, cheerleaders, Pom-Pon members, band members, or booster club members. For the majority of students who participate as spectators, we have an obligation to field competitive teams that represent the quality and purpose of Henderson State University. Our program can and should be the single most important generation of positive school spirit on campus. We must be receptive to students' suggestions and inquiries and must always treat students with courtesy.

The faculty and staff are the heart of the University and can be a valuable resource for the athletic program. As we perform our duties in an open, competent, and professional manner, we will be viewed with respect by the academic community on campus and will be seen as an integral part of the school. A sound, honest, competitive athletic program will be a source of pride for faculty and staff. We must always be certain the faculty understands our commitment to academics as well as being aware of our activities and plans.

Alumni and friends are an essential part of the athletic programs. We must always be sensitive to their needs. We must have a services attitude, which means that every alumni, friend, or visitor should always be treated with complete courtesy and respect.

When dealing with media, we have an obligation to help them be successful in their jobs. We must be honest, open and supportive at all times and never attempt to conceal unfavorable news. Each member of the media should be made welcome to our program.

We can and should be a source of pride for our community. A quality, competitive program can be a positive rallying point for our community. Every employee is encouraged to become involved in community activities. Whenever we help our community, we also help the athletic programs and ourselves.

HSU ATHLETIC DEPARTMENT DIRECTORY

2011-2012

Athletic Administration

Director of Athletics	Kale Gober	(870) 230-5072
Associate Athletic Director	Dr. David H. Thigpen	(870) 230-5485
Faculty Athletic Representative	David Gardner	(870) 230-5043
Senior Woman Administration	Rhonda Thigpen	(870) 230-5194
Academic Success Coordinator	Lynette Jones	(870) 230-5010

Athletic Department Staff

Athletic Office Coordinator	Angie Bradshaw	(870) 230-5161
Insurance Coordinator	Kim Jackson	(870) 230-5202
Sports Information Director	Troy Mitchell	(870) 230-5197

Head Coaches

Baseball	Cody Hooten	(870) 230-5071
Men's Basketball	Doug Nichols	(870) 230-5196
Women's Basketball	Chris Oestreich	(870) 230-5123
Women's Cross Country	Brenda Joiner	(870) 230-5444
Football	Scott Maxfield	(870) 230-5201
Men's & Women's Golf	Ben Smock	(870) 230-5035
Softball	Beth Jackson	(870) 230-5575
Men's & Women's' Swimming	Coak Matthews	(870) 230-5206
Women's Tennis	Brenda Joiner	(870) 230-5444
Volleyball	Rhonda Thigpen	(870) 230-5194

Athletic Support Staff

Head Athletic Trainer	Robert Redding	(870) 230-5069
Assistant Athletic Trainer	Brittany Stone	(870) 230-5426
Assistant Athletic Trainer	Josie Gordon	(870) 230-5191

THE STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is your **"voice"** that can be heard across America. SAAC was established in 1996 at HSU to promote and represent the views, feelings, and interests of the student-athlete. You are an essential part of the athletic department and the University. SAAC provides the means as well as the opportunity to express your opinion on issues that are directly related to you and other student-athletes.

The SAAC is composed of two team-elected members from each sport. Your teammates are your representatives. Therefore, if you want or need something to be addressed, you need to speak with one of those members. It could concern one particular sport of the student-athletes as a whole; issues could range from academics to community involvement. The possibilities are endless if you choose to express your concerns and to try to better the athletic program at HSU.

TIME COMMITMENT

As a student-athlete, you are required to balance the demands of being both a student and an athlete. The time commitments to be successful in both the classroom and on the field or court are great, however, it can be done. Advance planning and perseverance can help you achieve success in both areas. Don't hesitate to speak to your coach or instructors if and when you need help. Additionally, student-athletes may not participate in athletic related activities beyond a certain number of hours per week in accordance with NCAA regulations. During your competitive season, you may not engage in athletics activities amounting to more than 20 hours per week. During your non-competitive time, all "off-season" conditioning related activities may not total more than eight hours per week. This eight-hour per week total includes not more than two hours per week for individual skill instruction. If you have questions about the time commitments required of you, speak to your coach, SAAC representative, faculty athletic representative or an athletic administrator.

CODE OF CONDUCT

HSU student-athletes are subject to the University Code of Conduct established for all students. This code, contained in the HSU Student Handbook, specifies infractions and the accompanying disciplinary process. Student-athletes are also subject to disciplinary measures for violation of any team rules set by their coach. Hot-Topic of concerns from the NCAA will be focused upon yearly. In 2010, "Hazing" was a focus concern of the NCAA. HSU has taken a strong stance, and has a zero-tolerance, on any actions considered as Hazing. In 2011-12, "Equity" issues will be HSU's focus of discussion.

UNSPORTSMANLIKE CONDUCT DEFINED BY THE GULF SOUTH CONFERENCE

Unsportsmanlike conduct includes, but is not limited to: physical and oral acts, written or spoken words and other actions that would incite spectators or student-athletes; threatening gestures and words; obscenities, and race-religious, nationality or sex based statements (whether spoken, signed, gestured, written or printed); public criticism officials, conference officers, the Conference in general, and other member institutions and their employees; confrontations between officials and student-athletes or coaches; or confrontations between student-athletes from opposing teams and/or coaches from opposing teams that exceed socially acceptable behavior; baiting or taunting; and any other act of omission that would discredit the institution, sport, conference or NCAA. The commissioner has final judgment as to what constitutes an act of unsportsmanlike conduct.

FINANCIAL AID

An athletic grant-in-aid or scholarship may consist of up to tuition, fees, room, board, and books. There are several guidelines governing financial aid with which the student-athlete should be familiar:

1. **Grant-in-aid:** Each grant-in-aid can be for up to one academic year. Student-athletes should be aware that full or partial scholarships do not automatically cover four years. In most situations, the renewal of scholarships is up to each head coach.

HSU Policy mandates that all student-athletes receiving university athletic aid must file a federal financial aid packet each year. This packet should be filed and completed no later than August 1st

each year, though it may be filed as early as January. If a student is deemed non-eligible for Pell Grant, the student is exempt from future filing.

2. **Terms of grants-in-aid:** The NCAA sets an individual limit on the amount of assistance a student-athlete can receive from HSU and awards cannot exceed this limit.

If the combined total awarded to a student-athlete from university sources exceeds this limit, the athletic award must be reduced.

If a student-athlete receives a Federal Pell Grant, the athletic award may be reduced to meet NCAA, Great American Conference and HSU guidelines.

If a student-athlete receives certain other types of financial assistance, the athletic award may be reduced to meet NCAA, Gulf South Conference and HSU guidelines.

A student-athlete must report, in writing, all types, amounts, and sources of external financial aid to the HSU Financial Aid Office.

3. **Employment:** Student-athletes are permitted to work during the school year. It is imperative that you obtain this employment without the assistance of anyone associated with the athletic program. Employment obtained through individuals associated with the program may have a major impact upon the NCAA financial aid limitations for the sport in which you participate. As a result, the university could be found to be in violation. If you have any questions on this complicated matter, contact your head coach, the Director of Athletics, the Compliance Coordinator or the Director of Student Aid.
 4. **Itemization of financial assistance:** All student-athletes are required to provide, each year, a listing of any and all financial assistance received from any source other than the university and your family. The purpose of this requirement is to ensure that all "countable financial aid" is included in team sport totals. Failure to report all such aid can jeopardize your athletics participation and also result in penalties assessed to the university.
 5. **Acceptance of gifts:** All student-athletes should remember that acceptance of financial assistance or gifts from a booster, an agent, or a person outside your family is an NCAA violation and can result in your suspension and loss of athletics eligibility.
 6. **Federal aid eligibility:** Like all students at HSU, a student-athlete must maintain minimum academic standards in order to receive federal financial aid (Pell Grant, SEOG, Stafford Loans, Parent Loans and Federal Work Study). A policy statement is available upon request from the university financial aid office.
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ROOM AND BOARD

Revised 6-17-05

Some grant-in-aids specify the award of room, board or both. All room and board scholarships are applied to the individual student account. A student-athlete who wishes to live on campus should make arrangements with Residence Life. An application, contract and monetary deposit are required. Arrangements for meal plans are also made through Residence Life.

- a.) All single student-athletes must reside in "on-campus" housing only to be eligible to receive an amount equivalent to a double dorm room to use for rent payment. On-campus housing includes: Smith, Sturgis, Newberry, East, West and the International House only.

A student-athlete who wishes to live off-campus can only receive room and board at the direction of the Head Coach of that sport and under the following conditions:

- a.) A married student-athlete or an approved single parent may receive credit for room and board for use on off-campus housing and food. The student-athlete in this case will receive four refund installments totaling the amount equal to a double dorm room and a premium meal plan without a declining balance.

A credit on a student-athlete's student account is handled according to normal operating procedures by the university business office.

**“Fifth Year Aid” POLICY
PROGRAM “CANCELLED” as of MARCH 12, 2009
SPRING 2009**

OFFICE OF COMPLIANCE

The purpose of this letter is to inform each current and former Reddie student-athlete that there has been an immediate policy change concerning Fifth Year Aid at HSU. This new policy became effective as of 3-12-09 and cancels all Fifth Year Aid waivers immediately.

HSU wanted to use this opportunity to notify each Reddie athlete of this policy change immediately so alternative plans could be made to continue your degree path at HSU. Contact HSU Financial Aid office for alternatives and solutions to financial aid needs to complete your degree.

Sam Goodwin (Retired)
Athletic Director
March 12, 2009

“Transfer” POLICY
The Compliance Office is your liaison for all Admissions and Transfer Issues.
Updated: SPRING 2010

**Hearing Opportunity Process for Denial of Transfer
(NCAA manual 13.1.1.2.1)**

In accordance with National Collegiate Athletic Association regulations a student whose request for a transfer exception/release is denied by the Athletics Department is entitled to an appeal. **(It is up to the STUDENT-ATHLETE to contact the Compliance Office with a request for appeal due to the Denial of Transfer.)**

Sam Goodwin (Retired)
Athletic Director
February 4, 2010

EQUIPMENT

Henderson State University athletic equipment and clothing may only be used in practice and competition while representing HSU as a member of a varsity team. Use during any other type of competition may result in loss of athletic eligibility among other consequences.

1. It is the responsibility of the equipment/team manager to maintain an inventory for each sport, to issue and/or launder equipment, and to provide to the coach a list of student-athletes who have not returned equipment.
 2. The head coach will give to the equipment/team manager a list of all equipment to be issued, the date that he/she wishes it to be distributed, and a list of team members.
 3. You are responsible for all equipment that has been issued to you. It is your responsibility to return all equipment (regardless of condition) to the equipment/team manager on the date established by that person. All competitive equipment must be returned immediately following the final competition even of the season. If equipment is not returned to the appropriate person, a hold will be placed on your academic records. You will reimburse the department for any missing equipment.
 4. Student-athletes are to wear athletic equipment for practice and competition only. It is not intended for daily use.
 5. Arrangements for laundering of practice and competitive equipment will be made by the manager and the coach.
 6. All athletic equipment and uniforms are to be issued by the team manager or equipment room personnel.
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COMPLIMENTARY ADMISSION POLICY

Recipients of complimentary admission to HSU athletic events via student participants include family members and/or friends. Student participants may not receive payment from any source for complimentary admissions, nor may they allow another person to use their complimentary admission.

Listed below are the maximum athletic event complimentary admission available for each home football and basketball regular season contest via student participants:

Student-athletes.....	4
Head and Assistant Coaches.....	4
G.A.'s.....	4

Prior to each home game the coach will be supplied a list of the student-athletes on his team with four lines for each student-athlete to write in his/her guests for that game. Each guest will sign beside his/her name upon entrance to the contest. This list must be turned in to the Athletic Director's office prior to game time. There will be no additions allowed after the game begins.

Medical Coverage for Athletes

Policy: It is the policy of Henderson State University and the Department of Athletics to provide medical coverage (for injuries only) to those athletes competing in intercollegiate athletics. Only injuries occurring during supervised and scheduled practice sessions or competitive contests will be covered. Club sports, intramural sports, and physical education participants will not be covered by the Department of Athletics.

The insurance coverage provided by Henderson State University is secondary to any other policy in force at the time of injury. Athletes are required to obtain primary insurance to compete in intercollegiate athletics. Upon completion of the athlete's eligibility, the Department of Athletics will not be responsible for any medical costs incurred by that athlete if he/she participates in club sports, intramural sports, or physical education classes.

I. Procedures:

- A. Physical Examinations: All athletes who wish to compete for a position on the sanctioned intercollegiate team must have passed an athletic physical exam prior to being issued athletic equipment.
- B. Upon completion of the physical, the athlete will be issued athletic department equipment.
- C. The athletic physical shall consist of:
 - 1. Injury/illness questionnaire - to be completed prior to the physical exam.
 - 2. Athletic insurance questionnaire - to be completed prior to the physical exam.
 - 3. Complete medical exam - to be completed by HSU team physicians.
 - 4. Completion of a drug policy consent form.
- D. A physical exam shall be performed every academic school year.
- E. Any athlete who feels he/she should see a physician for a current or past injury must get a written referral from the head athletic trainer prior to making an appointment or the visit will not be covered.
- F. The athletic department will not be responsible for the cost of prescriptions unless arrangements have been made before hand and prior to the purchase of such items.

II. Illness / Sickness

- A. An athlete may be seen by any physician that he/she wishes for sickness. However, the athletic department has obtained the services of team physicians and Student Health Services, and student athletes are encouraged to utilize these personnel. This is advantageous for both the athlete and the athletic department and provides for the most efficient means of treating the athlete and insuring their readiness to participate in future events.
- B. The athletic department will not be responsible for any charges made by the athlete for physical evaluation, medical treatment, or prescriptions resulting from an illness.
- C. No head coach or assistant coach will recommend or personally acquire an appointment for any athlete, unless he or she wishes to be personally responsible for the charges. The head athletic trainer is available to schedule and refer student athletes to the team physician or Student Health Services when further attention is necessary.

III. Dental Work

The athletic department will not be responsible for any charges for dental work unless:

- A. The athletes must have incurred the dental problem as a result of practice for, or participation in, a game, meet, or match.
- B. An athlete has first seen the head athletic trainer and has been issued a HSU medical form and given an appointment time.
- C. There are mouthpieces available to all athletes. It is an NCAA football rule that players wear a mouthpiece. All football players are issued mouthpieces prior to the beginning of football season and the first practice.
 - 1. Should any dental injury occur while the mouthpiece is in use, the athletic department will be responsible for the cost of the repair. (The athlete must be able to produce the mouthpiece and present it to the trainer immediately following injury.)
 - 2. If the mouthpiece is not worn or has been lost, the athletic department will not be responsible for dental charges.
 - 3. DENTAL COSTS WILL NOT BE THE RESPONSIBILITY OF THE ATHLETIC DEPARTMENT UNLESS AN INJURY RECORD IS FILED ON THE DAY THE INJURY OCCURRED.

IV. Glasses and Contacts

- A. The university is only responsible for replacing glasses and contacts if they are lost or broken during practice and/or a game, meet, or match.
 - B. The athletic department will replace and assume the responsibility for payment for any glasses or contacts that are lost or broken, provided:
 - 1. That there is an injury report filed the day of breakage or loss of glasses or contacts explaining the situation.
 - 2. There is a record in the athlete's personal file of his/her need for corrective lenses to participate in said sport.
 - 3. Proof must be shown that the breakage or loss occurred during practice or a game, meet or match in an authorized intercollegiate athletic event.
 - 4. Only those people with authorization and a doctor's form from the head athletic trainer will be made an appropriate appointment.
- V. Post Participation or Post Eligibility
- A. Any student-athlete who has finished his/her athletic eligibility even though he/she is still in school is recommended to purchase student insurance for purposes of medical coverage while competing in intramural sports, club sports, or physical education classes.
 - B. The athletic department will not be responsible for any medical charges incurred by an athlete upon completion of his/her athletic eligibility unless those charges are for further consultation of an injury sustained while actively engaged in a sanctioned intercollegiate sport.
- VI. Medical Examinations
- All athletes who participate in intercollegiate athletics, scholarship or walk-on, must have passed a physical examination from a licensed physician prior to the issue of any athletic department equipment. This applies to all intercollegiate athletes at Henderson State University.
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ATHLETIC DEPARTMENT

DRUG ABUSE POLICY

INTRODUCTION

The purpose of the Henderson State University Athletic Department's drug abuse policy is to set standards and implement procedures for enforcing our drug abuse program against those drugs that are banned from use by the NCAA. The athletic department is initiating a drug abuse prevention program in order to allow its athletes to progress toward their athletic and academic goals in a drug-free environment. The philosophy of our drug-abuse program is as follows:

- A.** To identify any potential drug abuse by a student-athlete and to provide a mechanism of counseling.
- B.** To educate Henderson State University athletes on the effects of abusive drugs on their physical, psychological, and social selves.
- C.** To reassure athletes, parents, alumni and the community that drug abuse will not be tolerated in the Henderson State University athletic department.

To implement the drug abuse policy, the following programs will be used:

- A. Drug Education
- B. Drug Testing
- C. Drug Counseling
- D. Sanctions

DRUG EDUCATION

The Henderson State University athletic department will hold drug education programs for all of the student-athletes. The speakers for these programs will be drawn from community and university resources. The main objectives will be to educate the athletes on the harmful effects of drugs, the negative effects of drugs and the social and legal implications resulting from drug misuse.

DRUG TESTING

Each athlete must sign a release form that states that he/she is aware that urine testing for presence of drugs is permitted. In signing the form, the athlete understands that any voluntary failure to undergo testing could result in loss of the privilege to participate in any of the Henderson State University athletic programs. Athletes will be randomly selected for testing by the Head Athletic Trainer on an unannounced basis. The Head Coach of each sport may request a random test of members from his/her squad currently enrolled at Henderson State University. Collection of urine will be done under the direct supervision of the Head Athletic Trainer. Urine samples will be tested in house and any athlete with a positive result will be re-tested. The re-test will be performed by a physician or outside laboratory. The results of the testing will be reported to the Athletic Director, Head Coach, Team Physician, Head Athletic Trainer, and the athletes' parent(s) or legal guardian(s).

DRUG COUNSELING

Should counseling be required, it will be the responsibility of the athlete to acquire this professional help from the appropriate agency. The staff of the Henderson State University athletic training room will be available to assist and support the individual in arranging for this assistance.

6§1 & 7, 216

All student-athletes with a positive drug test and who have been found to be positive for NCAA banned substances are subject to disciplinary action. Failure to provide a urine sample as requested will be treated as a positive sample. A drug abuse offense will become part of the student-athletes' file and will not be erased at the end of any academic year or sport season.

First Offense: Any student-athlete who is found to have utilized a substance on the list of banned drugs shall be suspended until a negative test can be produced (in accordance with the Henderson State University drug testing methods). The re-test will be performed at the student-athletes' own expense. Notification of the student-athletes' parents, head coach, and athletic director will be performed. Counseling will be mandatory for the student-athlete by any qualified counselor (a minimum of one visit - qualified counselor will be determined by the Henderson State University head athletic trainer). The student-athlete will be suspended from participating in any intercollegiate athletic event for a minimum of one contest. The athlete must produce a negative test in 30 days unless the team physician makes an exception to the time limitation.

Second Offense: The student-athlete will undergo counseling as determined by the appropriate counselor. Upon the second positive test, the parents and all other previously mentioned people will be notified. The student-athlete will undergo counseling for their drug problem at their own expense. Complete compliance with the drug counselor will continue until the drug counselor feels the service can be eliminated. Compliance with the drug counselor will be mandatory. The student-athlete will not be allowed to participate in any intercollegiate athletic event for the Henderson State University athletic program until a negative test can be produced by the student-athlete (in accordance with the Henderson State University drug testing methods). Failure to comply with drug counseling will result in the athlete being suspended from participating in any athletic event for a minimum of one semester.

Third Offense: Upon a third positive test for utilization of a banned substance, the student-athlete will be permanently removed from any and all Henderson State University sanctioned athletic teams in both the capacity of "athlete" and as an "assistant". They will automatically forfeit any and all athletic aid (scholarship). At no time will they be allowed to re-enter Henderson State University athletics. Notification of parents, coaches and staff will be implemented.

Selling of Drugs: A student-athlete who is convicted of selling drugs shall be automatically and permanently suspended with termination of their athletic aid.

SUMMARY

It is the intent and purpose of the athletic department to provide to each student-athlete a mechanism for promoting self-satisfaction through sport participation and a mechanism for realization of each student-athlete's academic goals. Use of abusive drugs directly opposes that intent.

ALCOHOL CONSUMPTION

Alcohol is a drug. As a drug, it has the potential for abuse by all those who use it. In our society, alcohol is highly visible and its use heavily promoted. As a result, the dangers of alcohol consumption are often minimized and/or not fully understood.

Aside from the medical consequences of excessive alcohol consumption, there is always the impairment of judgment from even modest amounts of alcohol consumption. As a student-athlete, your ability to reason and make sound judgments is crucial to your success. Consumption of alcohol will affect your judgment and can create significant problems for you.

If you are under 21, it is illegal to consume or possess alcohol in the State of Arkansas. Public intoxication, on or off the HSU campus, and the use or display of alcoholic beverages in any public areas of the residence halls and all other areas of campus are violations of the Student Code of Conduct. Student offenders will be subject to disciplinary action, including possible suspension and dismissal from the University and process via the State court system.

It is in your best interest to refrain from alcohol consumption while a student-athlete at HSU. If you choose to consume alcohol, consider carefully the legal, medical, and psychological consequences, which can result from its use. For further information, you are invited to discuss this with the HSU athletic training staff, your coach, or your family physician.

Your coach may have more stringent rules regarding alcohol consumption. You should follow any and all team rules that your coach may impose.

TOBACCO USE

Tobacco is an addictive drug. Repeated studies have shown that nicotine, the major component in all forms of tobacco, can result in addiction just as with other drugs. Numerous other studies also have confirmed the link between tobacco use and a whole range of medical problems, including a variety of cancers.

During the past few years, there has been a rise in the use of smokeless tobacco, particularly among young people. The medical dangers associated with smokeless tobacco also are widespread. In an attempt to discourage the use of this product by student-athletes and others associated with collegiate athletics, the

NCAA has prohibited its use by all personnel during practice and competition. Players, coaches, managers, trainers, etc. observed using smokeless tobacco products before or during competition will be immediately ejected from that contest, in accordance with GAC regulations.

If you value your health, you will refrain from the use of any and all tobacco products.

Henderson State in striving to adhering to all Conference and NCAA bylaws will follow the guidelines set by them concerning tobacco use. The following is verbatim as both are written.

2001-02 NCAA Manual

Bylaw 11.1.5 Use of Tobacco Products. The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

2001-02 Gulf South Conference Manual (Former Conference)

ACTICLE XV – Section 2. BAN OF TOBACCO PRODUCTS. The Conference has a **total ban** on the use of all tobacco products during practice, competition, warm-ups and at conference-sponsored events such as banquets, meetings and clinics. This restriction applies to all coaches, student-athletes, support personnel, staff and administrators. **It is more extensive and carries stronger penalties than NCAA Bylaw 11.1.5.** Violators will be ejected from the event without warning and all will not be permitted to participate in that event. Pre-game warm-up periods are considered part of the event for the purposes of this rule, so violations during those times will mean ejection from the next event in which the violator is supposed to participate. **At the June 2000 Meeting, the GSC Presidents re-affirmed their strong support of sanctions against anyone violating the tobacco policy and reminded all of their athletics administrators that this rule is to be strictly enforced.**

PUBLIC SERVICE

HSU student-athletes are prominent and popular on campus and in the community. Because of the attention they receive, some companies want to be affiliated with HSU student-athletes. It is important that you check with the Athletic Director or Compliance Coordinator before establishing any agreement with an individual or representative from any company or outside organization. In almost all cases, the NCAA and HSU will strictly prohibit any involvement.

If you are approached by a business to advertise or promote a commercial product, it will be your responsibility to report this immediately to your head coach. It is a violation of NCAA regulations for any student-athlete to endorse any commercial product.

There are times when a student-athlete is permitted to work for a nonprofit, charitable or educational organization. For instance, if the Big Brother/Sister organization wishes to have you speak to the group, this may be permissible. However, the following must be met:

- **Written permission:** The student-athlete must receive from the Athletic Director written permission to participate.
- **No commercial involvement:** The specific activity or project in which the student-athlete participates does not involve commercial endorsement.
- **No payment to student-athlete except for normal expenses:** All monies derived from the activity or project goes directly to HSU or the charitable or educational agency, but the student-athlete may accept normal and legitimate expenses.
- **Policy for the solicitation and generation of external funds:** Due to the increased need to raise external funding it is very important that all solicitation of funds by members of

the athletic program be coordinated. Therefore, the following is the policy for the solicitation and generation of external funds by student-athletes at HSU:

1. All requests for external funds by either individual student-athletes or teams must receive prior approval from the Director of Athletics.
2. Examples of requests for funding which must receive approval, include, but are not limited to: Olympic tryouts, Amateur women's volleyball, Cheerleader bus trips, Calendar sales, Raffles, Etc.

It is important to note that graduated athletes, in particular those who have just completed their eligibility, also are requested to inform the Athletic Director of requests for their participation in the solicitation and/or generation of external funds.

3. In no case will a student-athlete be required to raise money for athletic equipment and supplies necessary for their participation in intercollegiate athletics. The only exception to his policy includes the selling of game programs by members of the HSU sports teams.
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ATHLETIC AWARDS AVAILABLE TO STUDENTS AT HSU

NCAA Awards

As a member of the NCAA, Henderson State University competes for Division II national team championships in football, volleyball, men's basketball, women's basketball, baseball, softball, men's and women's tennis, golf, and women's cross country.

The NCAA also awards individual championships in cross country, tennis and golf. An individual NCAA champion may receive an award that is designated specifically for that sport. The award must be approved by the appropriate Director of Athletics and within NCAA rules and regulations.

The NCAA awards individual statistical championships in football, basketball, women's basketball, baseball and softball. An individual NCAA statistical champion may receive an award that is designed specifically for that sport. The award must be approved by the appropriate Director of Athletics and within NCAA rules and regulations.

All-America Awards

All-America teams are selected by different coaching and media organizations in the various intercollegiate sports.

Baseball – the American Baseball Coaches Association.

Basketball – the National Association of Basketball Coaches, the Division II SID's.

Football – the American Football Coaches Association, the Associated Press, the Football Gazette, and the Division II Sports Information Directors.

Softball – the National Fastpitch Coaches Association (NFCA) All-America Awards for Softball are given to players who have a 3.5 GPA for the entire year.

Volleyball – the American Volleyball Coaches Association.

Other Sports –All-America teams in cross country, golf, tennis, and swim are determined by the student-athletes' finish in the national championship tournament.

Academic All-America Awards

The College Sports Information Directors of America select Academic All-District and Academic All-America teams in each sport during the fall and spring. To be eligible for nomination, a student-athlete

must have a minimum 3.2 cumulative grade point average and have played a significant role in the success of their respective team. The sports information director submits nominations.

Great American Conference Awards

All-Great American Conference – All-Conference teams are selected by the head coaches in football, basketball, baseball, tennis, women’s basketball, women’s tennis, volleyball and softball. The individual finish in the conference tournament determines all-Conference teams in cross-country and golf.

Academic All- Great American Conference – All-Academic teams are selected in each sport, as voted by the sports information directors and faculty athletic representatives at the GAC schools. To be eligible a student-athlete must maintain a minimum 3.00 grade point average, either cumulative or the current academic year.

All- Great American Conference Tournament Teams – GAC All-Tournament teams are selected by the head coaches at the tournament site in volleyball, and by the sports information directors at the men and women’s basketball tournaments.

Great American Conference Player of the Week – The GAC office selects a POW each week during the seasons of football, volleyball, basketball, women’s basketball, baseball and softball.

Other Great American Conference Individual Honors – The GAC awards various Player of the Year, Freshman of the Year, Newcomer of the Year, Offensive and Defensive Players of the Year and Sportsmanship Awards, determined by sport. The award winners are selected by voting by the conference head coaches in that sport.

Great American Conference Commissioner’s Trophy – The conference presents a Commissioner’s Trophy to the top male and female athletes in the league each year. The Director of Athletics must nominate the S-A and a panel of conference administrative officials selects the winner.

Great American Conference Top Eight Awards – The GAC annually recognizes the top four male and top four female student-athletes. The nomination and selection process is the same as that for the Commissioner’s Trophy. The Commissioner’s Trophy winners are selected from this group.

Henderson State University Annual Scholarships and Awards

Coaches Rowland, Sherman & Wells Scholarship - \$1500.00 per year. Reddie Football athlete.

The award of \$1500 per year is in recognition of three former HSU greats. This award can be used to benefit any HSU Football student-athlete. This award is selected by the HSU Athletic Director and Head Football Coach.

General Ross- Football/ ROTC Scholarship - \$1000.00 per year. Reddie Football athlete.

General Ross has endowed a scholarship worth \$1,000 per year for football. There is a separate/equal portion endowed for a ROTC student as well. It can all be awarded to one person if he is in both programs. If not, then \$500 would be awarded in the Fall and \$500 in the Spring term. Student can’t be awarded all \$1,000 in one term. This football portion is selected by the Head Football Coach.

Alan and Doris Wright Academic Achievement Scholarship - \$600.00 Yearly Academic.

Arkansas athlete from any sport.

One student-athlete will be chosen from the HSU Reddie and Lady Reddie population each Spring term to receive this \$600.00 per academic year award. The award winner must have eligibility remaining for the next season, be a graduate of a public high school in Arkansas and possess an excellent academic record. A committee made up of the Associate AD in charge of Compliance and the Wright’s will review the

nominations submitted by each Head Coach before the athletic banquet each year. Team contribution and academic success will be the deciding factors in the decision.

Antony Moore Memorial Scholarship- \$500.00 Yearly scholarship. Reddie Football athlete.

Purpose of the Scholarship: To honor the life and legacy of Antony Ryan Moore, a walk-on Reddie football player from Houston , Texas, whose belief was that athletics prepares young people for the obstacles of everyday life. His desire was to help young student athletes obtain an education and build character, integrity and the spirit of competition. Contact: James F. Moore 930 Sapphire Ridge Oak Point, TX 75068
Stipulations: The recipient of this award will be the most promising walk-on player each year, as determined by the Reddie football coaching staff. The award will be presented during the annual athletic awards banquet.

Bobby Cullen Memorial Scholarship- \$2,500.00 Yearly scholarship. Reddie and/or Lady Reddie Swim athlete.

This scholarship is given to honor the life of the late Bobby Cullen and is funded by donations from friends and family. The recipient must be a HSU Swim athlete who has most exemplify Bobby's team dedication, team spirit and who can always be count on 'in the clutch'. The recipient will be chosen by HSU Swim Head Coach. The award will be presented during the annual Swim Alumni meet at the Letter Awards Luncheon/Blanket ceremony in the Fall.

Reginald James Comeaux Memorial Scholarship- \$500.00 Yearly scholarship. Senior Reddie Basketball athlete.

This scholarship is given to honor the life of the late Reggie Comeaux and is funded by donations from friends and family. The recipient must be a HSU Reddie basketball player who has completed eligibility, who maintained at least a 2.5 cumulative GPA, a person of integrity, a person who exhibited sportsmanship and a person who participates in community service activities. The recipient will be chosen by a committee consisting of the Head Men's Basketball Coach, the Associate AD, Ms. Kathy Johnson Comeaux, and, if possible, Dr. Charles Dunn. The award will be presented during the annual athletic awards banquet.

Joe Branch Memorial Scholarship – \$250.00 yearly. Baseball athlete.

This award is for HSU Baseball players only. The award is decided by the HSU Head Baseball Coach. Money comes from Foundation via HPER department. This award is for \$250.00 per year. They are given a plaque and their names added to the cumulative plaque that hangs in the athletic department.

White House Academic Scholarship – \$150.00 yearly. Swim athlete.

The \$150.00 per year award for a Junior or Senior swimmer. The recipient must make a significant contribution in the sport and maintain a 3.0 cumulative GPA to continue receiving the award during the Spring term. Founded by swim alumni and named after the big "White House" they all shared while in school at HSU. The HSU Head Swim Coach sends applications and recommendations to a committee to choose an award winner.

George and Beverly Baker Honorary Scholarship – \$TBA yearly. Swim athlete.

The award is for a Junior or Senior swimmer. The recipient must be a strong team leader, make a significant contribution in the sport and maintain a 3.0 cumulative GPA to continue receiving the award during the Spring term. The HSU Head Swim Coach will consult with the Baker family to choose an award winner.

Bobby Reese Memorial Scholarship – \$200.00 Fall/\$200.00 Spring. Men's Basketball athlete.

The award is in recognition of Coach Bobby Reese who was a former Reddie Basketball Coach. The award is given to a Reddie Basketball athlete who showed tremendous leadership, attitude and sportsmanship.

This award is for \$200.00 in the Fall and \$200.00 in the Spring term. They are recognized and their name is added to the cumulative plaque that hangs in the athletic department. The award is decided by the HSU Head Basketball Coach.

Wells Inspirational Award – Recognition and plaque. Male athlete.

The award is in recognition of Coach Duke Wells who was a former Reddie athlete, Football Coach and Athletic Director. The award is given to a male student-athlete who showed tremendous inspiration, attitude and sportsmanship. They are given a plaque and their names added to the cumulative plaque that hangs in the athletic department. Each Head Coach makes a recommendation and a committee consisting of the AD, Associate AD, SWA and the SID will make the selection.

India Norman Award – Recognition and plaque. Female athlete.

This award is for a female athlete only. The award is in recognition of India Norman who was a former Lady Reddie athlete who showed tremendous attitude and sportsmanship. They are given a plaque and their names added to the cumulative plaque that hangs in the athletic department. Each female coach makes a recommendation and a committee consisting of the AD, Associate AD, SWA and the SID will make the selection.

Harry Hall Memorial Award– Recognition and plaque. Senior Men’s Basketball athlete.

This award is for a Senior Reddie Basketball player only. The award is in recognition of Harry Hall who was a former Reddie Basketball athlete who showed tremendous attitude and sportsmanship. They are given a plaque and their names added to the cumulative plaque that hangs in the athletic department. The award is decided by a committee consisting of the AD, Associate AD, SWA, SID and the Head Men’s Basketball Coach.

Outstanding Scholar Athlete Award – Recognition and plaque. One male and one female athlete.

One male and one female honored each year at the Annual Sports Banquet. They are given a plaque and their names added to the cumulative plaque that hangs in the athletic department. Each coach makes a recommendation and a committee consisting of the AD, Associate AD, SWA and the SID will make the two selections. Nominees must be senior status and have been enrolled at HSU for at least 3 semesters. Cumulative GPA will include the Fall semester.

Outstanding Sportsmanship Award– Recognition and plaque. One male and one female athlete.

One male and one female honored each year at the Annual Sports Banquet. They are given a plaque and their names added to the cumulative plaque that hangs in the athletic department. Each coach makes a recommendation and a committee consisting of the AD, Associate AD, SWA and the SID will make the two selections. Nominees must have exhausted their eligibility for participation to receive this award.

Most Valuable Player Award– Recognition and plaque. Male or female athlete.

Each Head Coach will name a MVP recipient for their team. It is at the discretion of the Head Coach as to what criteria are used to determine their program winner. MVP winners will be recognized from each team at the Annual Sports Banquet.

MEDIA GUIDELINES FOR STUDENT-ATHLETES

Henderson State University Sports Information Office is the publicity and media relations office for the University’s 12-sport intercollegiate athletic program and is located in the Duke Wells HPER building. The telephone number is 870-230-5197.

The goals of the Sports Information Office are to effectively communicate to the media and other interested groups information about the HSU athletic program. The office produces media guides, game programs, schedule cards and news releases as part of its daily activities. This information is then distributed to all local and regional media, media covering HSU's opponents and the media in each athlete's home region as well as national media. It is also responsible for responding to news media inquiries and arranging all media interviews. The other principal duty of the office is serving as the University's liaison to various athletic governing bodies such as the NCAA and the Great American Conference.

Interviews – How They Work

- Almost all requests for interviews with athletes come through the sports information office.
- The only exception is that coaches and athletes are routinely expected to make themselves available for interview within a reasonable period of time following the conclusion of games or practices. The head coach will handle these requests.
- Any time the sports information office receives a request it will contact the student-athlete either directly or through the coach, working around the academic and athletic schedules as best it can to arrange interviews and to accommodate the media.

Many requests for interviews come from out-of-town media, probably some from your hometown area, hoping to contact you via telephone. It may involve asking you to return a call collect or providing a phone number and time when media can reach you. In any event, the department will not release your telephone number unless you ask that this be done in the course of making arrangements, and **at no time should you agree to an interview unless it comes through the sports information office or the head coach, according to NCAA Media Guidelines.** This is for your protection, to prevent members of the media from constantly contacting you at your dorm room or apartment or other places where they would be a disruption to your daily activities.

Relax and Enjoy It

There's no reason to look upon an interview as drudgery. Ninety-nine times out of hundred, media people simply want to ask you what you think about how you are playing, how your team is doing, or what you think about an upcoming game or opponent. It's not difficult. You don't have to become friends with the media, but there's no reason you can't develop a rapport, whether the interview lasts five minutes or an hour. Remain calm, look at the interviewer, speak slowly – and think before you answer a question.

GOVERNING BODIES OF INTERCOLLEGIATE ATHLETICS

Henderson State University is a member of the National Collegiate Athletic Association and the Gulf South Conference.

National Collegiate Athletic Association (NCAA): A basic purpose of the NCAA is to maintain intercollegiate athletics as an integral part of the educational program and the student-athlete as an integral part of the student body. HSU is an active member within Division II.

Great American Conference (GAC): The purpose of the GAC is to regulate, control and promote all recognized activities of intercollegiate athletics sponsored by member institutions through the maintenance of high standards of personal honor, eligibility and fair play.

Athletic Committee

The Athletics committee shall function as the liaison between the Athletic Department and the other parts of the University. The Committee makes recommendations to the President. Such functions include:

1. To recommend policies and rules governing intercollegiate sports and to set standards for participation therein.
2. To interpret Conference/NCAA rules
3. To aid in the solution of athletic problems

PERSONNEL: Faculty Representative to the Gulf South Conference will serve as committee chair; Athletic Director, ex officio; Senior Women's Administrator, ex officio; Executive Assistant to the President, ex officio; Vice President of Finance and Administration; Assistant to the President for Diversity, Director of Alumni Services, Director of Development, Compliance Coordinator, Assistant Registrar, Spirit Group Representative, 2 faculty representatives; one male student and one female student.

ACADEMIC ELIGIBILITY

You are a student who also happens to be an athlete. Your main goal should be to obtain a college degree.

Class Attendance: You are expected to attend classes and to complete all assignments on time. This is critical if you are to be successful academically. It is your responsibility to obtain and understand each professor's attendance policy. If you are unable to attend class because of a competition, the professor has the opportunity (but is not obligated) to provide make up work for missed assignment. Remember that completing class assignments and tests prior to your absence is more favorable than afterward. NCAA rule 17.1.5.5.1 prohibits missing a class in order to attend practice except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest. HSU AD Kale Gober has stated that all student-athletes will attend class on game day and suggests they do not report to the field until two-hours prior to the start of all "home" playing dates.

Advisement: Procedures for advisement are as follows:

1. All student-athletes, including freshmen and transfers, will be assigned an academic advisor.
2. Additional academic advising will be provided by the Academic Success Coordinator, Lenette Bailey-Jones, located in Wells 108K

Before student-athletes can pre-register for classes, they **MUST** see both their academic advisor and the Academic Success Coordinator.

Hours Earned or Accepted for Degree Credit: NCAA regulation 14.4.3.1.4 (a) states: During the first two years of enrollment, a student-athlete may use credits acceptable toward any of the institution's degree programs: (revised 1-13-03 effective 8-1-03)

Declaration of a Major: You must declare a major by the beginning of your third year (fifth semester) and make satisfactory progress toward that specific degree. This applies to students who enter HSU as a freshman and also to transfer students. NCAA regulations require that student-athletes declare a major by the beginning of their third year (fifth semester). This procedure is achieved through completion of a form in the office of the Registrar. Student-athletes also are required to make satisfactory progress toward that specific degree (see Eligibility). This applies to students who enter HSU as a freshman or as a transfer and remains in place until potential athletics participation eligibility is exhausted.

Declaration of a Minor: You must declare a minor by the beginning of your third year (fifth semester) and make satisfactory progress toward that specific degree. This applies to students who enter HSU as a freshman and also to transfer students. NCAA regulations require that student-athletes declare a minor by the beginning of their third year (fifth semester) for those who must have a minor. This procedure is achieved through completion of a form in the office of the Registrar. Student-athletes also are required to make satisfactory progress toward that specific degree (see Eligibility). That they declare their minors as well, and the minor has to be degree APPLICABLE TO THE MAJOR.

Changing Your Major/Minor: Prior to initiating a change in major/minor a student-athlete should report to your academic advisor, the Academic Success Coordinator and to your Head Coach. Changes must be made in writing in the Office of the Registrar.

Changing Your Schedule: Before changing your schedule a student-athlete should meet with your academic advisor, the Academic Success Coordinator and your Head Coach. Schedule changes should always be discussed with your head coach prior to any changes.

Eligibility: In order to practice and compete in a sport at HSU, you must earn at least 24 academic credit hours per year and must be making normal progress toward an academic degree. Eligibility is based upon satisfactory progress, which states that:

1. You must be enrolled for a minimum of 12 semester hours in order to practice and compete. If at any time you fall below 12 hours, you become immediately ineligible for practice and competition. Never drop a class without consulting your academic advisor and head coach.
2. You must successfully pass a minimum of 24 semester hours each academic year in residence, or an average of 12 per semester.
3. No more than 6 semester hours necessary for satisfactory progress toward a degree may be earned during the summer sessions.
4. Mini-term courses taken after Spring Graduation Commencement exercises are calculated into the summer school hours for the 75/25 Progress-Toward-Degree calculations. (14.4.3.1.2.1)
5. **Six Hour Rule:** Beginning in Fall, 2005 each Student-Athlete must pass 6 hours of credits in their declared major field or general education. This credit must be earned in the normal Fall or Spring term in order to be eligible to compete.
6. **10 SEMESTER RULE: BYLAW 14.2** (Each S-A has 10 F/T terms to COMPETE 4 seasons.)
7. **You must earn a minimum GPA each academic year.** These are as follows:
NOTICE: Effective 8-1-04
 - 1.80 at the completion of 24 semester hours
 - 1.90 at the completion of 48 semester hours
 - 2.00 at the completion of 72 semester hours
 - 2.00 at the completion of 96 semester hours

Academic Success: Ms. Lenette Jones will coordinate our [Athletic](#) Academic Success Program on the HSU campus. Each student-athlete will receive a grade check sheet from their head coach every three weeks to monitor their attendance and grades.

Student Support Services: is sponsored by the US Department of Education. They provide academic, personal and financial counseling and guidance to students meeting federal guidelines. To qualify for Student Support Services a student must be either a first generation college student, a student with a disability, or receive financial aid. The purpose of the program is to assist the applicant in completing graduation requirements. Free peer tutoring, computer lab and computer tutorials are available for program participants.

Office of Student Success Retention and Career Services: provides academic enrichment and support to assist students with defining and successfully achieving their educational goals. They provide free tutoring, assistance with major selection and career exploration, commuter and nontraditional student services, college skills workshops, and a resource library. The office is located in Garrison L221

Phone: 230-5295
www.hsu.edu/dept/career.

Counseling Center: Shy? Homesick? Don't know how to study? Can't decide on a major? In doubt about what career to follow? Having dating problems? Roommate conflicts? Beliefs changing? Self-understanding lacking? Grades low?

Such typical and normal student concerns are what the counselors deal with. Discussion, evaluation, and planning courses of action are common techniques which students and counselors use together in striving for insight, decisions, and resolution of conflict. A voluntary, free and confidential resource is what the Counseling Center, Mooney Hall (telephone 230-5102), seeks to provide. Drop in for one visit or many on any subject: educational, career, personal.

Student Health Services: mission is to promote the optimal wellness of the student. Student Health Services may be contacted at 230-5102 or at the bottom of Mooney Hall. Hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. Services include primary care for illnesses and minor injuries, immunizations, limited laboratory tests and non-prescription medications. A completed health history form should also be on file. An Arkansas student health insurance plan is also available. All international students are required to have proof of health insurance coverage while attending Henderson.

NCAA BANNED DRUG LIST

*Found and updated each year from the NCAA web-site.

SUMMARY

This publication hopefully has helped you to better understand some of the important things surrounding your academic and athletic success. It and other publications, such as the HSU Student Handbook, will be valuable references throughout your stay at HSU. Always remember that everyone at HSU wants to help you succeed and enjoy your college experience. Good luck!

This handbook is provided to assist you as you compete as an athlete and as you matriculate as a student. This handbook is for informational purposes and the University reserves the right to change it as may be appropriate. Information provided in this handbook was revised on May 16, 2011.

It is the policy of Henderson State University not to discriminate on the basis of race, color, religion, sex, national origin, age or disability in its educational programs, activities or employment practices as required by Title VI and Title VII of the Civil Rights Act of 1964, Age Discrimination in Employment Act of 1967, the Equal Pay Act of 1963, the Americans with Disabilities Act of 1990, Executive Order 11246, Sections 503 and 504 of the Rehabilitation Act of 1973, and Section 402 of the Vietnam Era Veterans Readjustment Assistance Act of 1974.

